

Pedagogical Conditions for the Organization of Extra-Class Work on Physical Education of Higher Class Students

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ABSTRACT

In this article, the author examines the pedagogical conditions of physical education of modern students. The reasons for the lack of time due to the excessive volume of the study load, which are one of the main reasons for the physical inactivity of this contingent of children, according to the author, is improperly organized leisure time for adolescents and youth. Due to the dominance of affordable gadgets and computer games, schoolchildren spend more and more time at home. The article describes the ways of organizing extracurricular activities in physical education.

KEYWORDS: *extracurricular activities, senior pupils, pedagogical conditions, organization*

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INTRODUCTION:

Formulation of a scientific problem and its significance. A decrease in the level of motor activity of schoolchildren caused by a number of objective and subjective reasons inevitably leads to a decrease in the physical health and physical fitness of children of all ages, which has been observed over the past decade. In addition, unfortunately, experts unanimously point to a tendency to further deterioration of the physical condition of the younger generation [1].

This state of affairs is primarily caused by the imperfection of the process of physical education in general secondary educational institutions. Physical education classes do not solve the problem of forming the motivation of schoolchildren to engage in physical exercises. In addition, modern students have a lack of time due to excessive workload, but one of the main reasons for the inactivity of this contingent of children, in our deep conviction, is the improperly organized leisure of adolescents and youth. Due to the dominance of affordable gadgets and computer

games, schoolchildren spend more and more time at home. According to scientists, watching TV shows, playing games or working at a computer displace the natural locomotion of high school students, and physical culture as a tool for body formation is practically not perceived by them [2].

As a result of the conducted research, it turned out that due to the fact that most schoolchildren have different forms of physical exercises limited to 35 minutes a day, their level of motor activity is only 30% of the hygienic norm [3]. In addition, we note that in high school, an increasing proportion of students do not need physical exercises [4], which leads to irregular attendance of physical education classes and a decrease in motivation for sports and fitness classes during extracurricular time [5].

According to experts, a significant potential for personality development, improvement of mental and physical performance, physical fitness, motor activity is laid down in extracurricular work on physical education [6].

ANALYSIS OF THE LITERATURE ON THE SUBJECT:

Currently, there is a sufficient amount of work devoted to innovative approaches to organizing the work of high school students in physical education during extracurricular time [7, 8].

Consequently, there is a need to systematize the accumulated experience on the design of extracurricular work of schoolchildren in physical education, which, in our opinion, will open up ways to improve the practice of physical education of students, aimed at improving physical fitness and strengthening the health of adolescents.

Presentation of the main material and justification of the obtained research results. Due to the transitional period in the physical, intellectual and spiritual development of the individual, experts consider the senior school age to be the determining one that stands apart from other age categories of students [9, 10].

As the study of the literature devoted to the problem of improving physical education of high school students has shown, among the issues of developing theoretical and methodological foundations for the formation of motor skills and abilities of students, finding approaches to improving their physical fitness, the formation of value orientations in the field of physical culture and sports is important, a place is occupied by research in which scientists are trying to solve the problems of organizing leisure time for this stratum of children.

Along with the regular forms of classes, extracurricular activities are distinguished, including physical culture and wellness classes in the day mode, classes in physical culture circles and sports sections, groups of general physical training and therapeutic physical culture, sports schools, interest clubs, sports classes, as well as independent physical classes [11, 12].

ANALYSIS AND RESULTS:

Among the pedagogical conditions that provide shifts in the physical fitness of schoolchildren, attention is focused on the use of a set of methods and methodological techniques that are most effective for a specific physical quality that is being developed. In addition, it was noted that when planning educational work, it is necessary to take into account the peculiarities of the contingent of students, the age patterns of the formation of the child's body and the material and technical conditions of the educational institution.

According to experts, the choice of extracurricular forms of classes is primarily determined by the interests of high school students.

An effective pedagogical process of physical education of adolescents should be based on the principles of a combination of pedagogical guidance and independence of high school students, respect for personality, democracy.

Difficulties arising in the organization of extracurricular work on physical education include the lack of regulation of this type of activity and the need to implement the principles of initiative, creativity, as well as voluntary participation of pupils in extracurricular work.

As a result of studying materials that reveal the problems of activating physical culture and recreational activities of schoolchildren during extracurricular time, as well as on the basis of his own research, the author has developed a technology for designing extracurricular work of high school students in physical education. According to the author's proposals, when organizing leisure time for high school students, it is necessary to take into account the availability of free time, their motives and interests in motor activity, the specifics of the material and technical base of the institution and the possibilities of staffing [13, 14].

Noting the loss of interest of schoolchildren in physical education classes outside of school hours, a way to solve this problem is seen thanks to the joint efforts of the physical education teacher and parents, who should be involved in physical exercises with children. In the presented program of correction of physical education of schoolchildren during extracurricular time, such activities as morning gymnastics, sports sections, classes on simulators, outdoor games, contests, sports competitions, hiking trips are offered. It should be noted that the effectiveness of these activities directly depends on the cooperation of parents.

Extracurricular physical education and wellness work, according to estimates— is an effective means of educating students' independence. As part of this activity, it was proposed to organize outdoor games, relay races and competitions, which included outdoor games complexes, weekend hikes, excursions, and games in interest clubs. This approach made it possible to form the habit of independently engaging in gaming activities and organize healthy and meaningful leisure [15, 16].

To increase the motor activity of schoolchildren on the basis of the integrated application of modern trends and means of wellness fitness O. Y. Kibalnik has developed a fitness technology, the feature of which is the possibility of its use in extracurricular forms of classes, the effectiveness of which is

determined by the principle of electivity in the choice of means of physical education of adolescents variation.

The program based on the use of Ukrainian folk outdoor games was presented by M. M. Sainchuk. The scientist notes the importance of combining the development of physical activity and the spiritual component of their personality. In addition, his work emphasizes the relevance of supplementing the basic physical education program with extracurricular activities that are aimed at stimulating the assimilation of achievements of national and world culture and contribute to the development and formation of high school students and correspond to the mentality of the people and are reflected in playful fun, fun, competitions in strength, and ingenuity.

The study, analysis, systematization and generalization of the available evidence on the organization of physical education of high school students in their free time made it possible to identify among the main provisions, directions and approaches the appropriate pedagogical conditions that contribute to the increase of motor activity outside the educational process.

Conclusions and prospects for further research. As a result of studying the literature data and on the basis of their own research, the most important pedagogical conditions for promoting the introduction of active leisure in the life of high school students have been identified.

It is determined that the organization and conduct of activities to increase physical activity outside of school hours should include the systematic involvement of adolescents in physical education and sports through the coverage of questions about the role of physical education and promotion of a healthy lifestyle.

When planning extracurricular activities, much attention should be paid to taking into account the motives and interests of schoolchildren to the types of motor activity. Important aspects of effective physical education of high school students outside of school hours are the necessary logistical and personnel support, organization of competitions and work with parents due to their involvement in the competitive activities of teenagers as fans.

In addition to the general principles of physical education, among the basic principles that ensure an effective process of physical education of high school students during extracurricular time, it is possible to distinguish the principles of priority of needs, motives

and interests, comprehensive personal development, voluntariness, democracy and cooperation.

Systematic involvement of teenagers in physical education and sports, The availability of material and technical base and the necessary staffing, Taking into account the motor preferences of high school students, Organization of competitions, demonstration performances; involvement of parents as fans Forms of work: propaganda activities, classes in clubs, youth sports clubs, sports clubs, interest clubs, independent physical exercises, competitive, gaming activities, spartakiads, sports holidays, relay races. Methods: increasing motivation (explanation, demonstration, conversation, encouragement, game and competitive methods); methods of developing motor qualities (continuous variable exercise, repeated interval, circular training); methods of teaching physical exercises (holistic exercise, dissected exercise) Principles: humanistic orientation, wellness orientation, priority of needs, motives and interests, comprehensive personality development, awareness and activity, systematicity, regularity, voluntariness, variability, initiative, creativity Section 4. Physical culture, physical education of different groups.

CONCLUSIONS AND RECOMMENDATIONS:

The forms of work in this direction are propaganda activities, classes in circles, in youth schools, sports clubs, interest clubs, independent physical exercises, competitive activities.

The priority methods of extracurricular work on physical education is to increase motivation, during which it is necessary to explain to the student the role and place of physical culture in the harmonious development of personality, to involve high school students in physical exercises through competitions, emotional filling of classes, etc.

In addition to certain methods, actual methods of planning leisure time for schoolchildren are methods of developing motor qualities and teaching physical exercises.

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