

Improving the Scientific and Methodological Basis for the Development of Interest in Physical Education at School

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Annotation: This article is devoted to the improvement of methods and techniques of physical education at school.

Keywords: teaching methods, verbal method, learning process algorithm, method of holistic learning exercises.

The "method" is distinguished from the "form" by the goal, and the fact that the method specifies the method of acquiring knowledge and the degree of participation of the listener himself. The forms of lessons are: a combined lesson; a lesson of presenting new material;

lesson of consolidation of the studied material and development of practical skills and abilities; self-study lesson; conference lesson and seminar lesson;

the lesson of repetition, generalization and systematization of the studied material. reception is a short-term method that involves working with one specific knowledge, skill, skill. And the method is a long process, consisting of several stages and including many techniques. Thus, the teaching method is only an integral part of a particular method.

The consistent solution of tasks at each stage of training in gymnastic exercises is associated with the use of specific methods and techniques. The method of teaching is understood as a fundamental way of solving a particular problem, and a methodical technique is the method of action of the teacher and the student. Individual methods and techniques can contribute to the solution of a single task of teaching movement or be applied at different stages. Programming method. Before learning a new exercise directly, the teacher must have a complete program of upcoming actions, a sequence of tasks, control and ways to correct errors, and means of provision.

One of the forms of such planning is the algorithmization of the movement learning process. The methodology of drawing up algorithmic-type prescriptions provides for the division of educational material into parts of educational tasks that are mastered in strict sequence.

The verbal method. This is one of the universal teaching methods. With its help, various tasks are solved: the description of the movement technique, the formulation of training tasks, the analysis of the results of the task, the management of the course of training, etc. This determines the variety of methodological methods of using the word in teaching. These include: story, conversation, explanation, discussion, installation, verbal accompaniment of the movement. All these techniques are available and effective at different stages of training.

The display method. This method has wide possibilities. It helps to create an idea of the exercise, to clarify individual details of the technique, to draw the student's attention to the mistake made, to compare the variants of the execution of the movement.

The method of holistic learning exercises. It implies the execution of the studied movement as a whole. The ability to perform a complex exercise entirely is usually achieved by using: physical assistance, reducing the height of the projectile, introducing additional safety measures, simplifying the initial and final positions, performing movements on simulators. The main rule of using these techniques is to preserve the structural integrity of the exercise being studied.

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