

METHODOLOGY OF ORGANIZING PHYSICAL EDUCATION LESSONS THROUGH DIGITAL TECHNOLOGIES

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Abstract: *This article provides some recommendations on the importance of using digital technologies in physical education and sports lessons, the formation of worldview and thinking, the formation of physical, spiritual and moral qualities.*

Keywords: *sports, digital technologies, methods, criteria, practical lessons, style, education.*

I. INTRODUCTION

Ensuring the implementation of the Decree of the President of the Republic of Uzbekistan dated March 5, 2018 No PF-5368 "On measures to radically improve the system of public administration in the field of physical culture and sports", as well as physical culture and sports In order to further improve the system of scientific and methodological support, retraining and advanced training of specialists, the Cabinet of Ministers adopted a resolution. To this end, first of all, it is necessary to thoroughly teach the younger generation knowledge, to form in them a broad outlook and scope of thinking, to effectively organize educational work on the formation of physical, spiritual and moral qualities. After all, to create a bright future for the country, to spread its name in the world, to demonstrate to the public the national and cultural heritage created by great ancestors, to enrich them, to ensure that our independent country is among the developed countries. depends on.

II. MATERIALS AND METHODS

Teachers need to integrate teaching methods into the teaching process, prepare for the lessons, and use a variety of teaching tools effectively. In this process, the teacher should be able to manage the teaching and learning process, make effective use of the available teaching aids, and make the lessons as useful as possible to the students, and many other similar tasks. will be required. A teacher is a person responsible for the use, teaching and learning of new pedagogical technologies in the teaching of science, as well as for the effective use of existing opportunities and conditions. In order to perform this task without mistakes, the teacher must have a thorough knowledge of the teaching process and the scientific and technical aspects of the subjects taught. The idea is that the teaching process should be organized in such a way that students are able to fully master the subject being taught.

In determining whether a teaching method meets the needs of students, the teacher should consider the following six key components of his or her curriculum:

- Planning;
- Opportunities and conditions;

- Styles;
- Activities;
- Feedback;
- Control.

Each of the above questions should be asked to determine and select the most appropriate teaching method. It is important to ensure that the requirements of each component are fully met and adhered to, which will increase the effectiveness of the chosen teaching method.

Planning. Teaching methods include:

- analysis of skills and objectives;
- group composition;
- required skills;
- subjects to be studied;
- motivating factors for learning;
- types and opportunities of study;
- educational material and its modernity;
- the need to generalize experience in identifying problems and finding solutions;
- the need for ways to present the material.

Opportunities and conditions. The following conditions must be met in order to study:

- classrooms;
- teaching aids;
- audio-video materials;
- various models and equipment;
- standard weapons for practical training;
- tasks and tasks on the topic;
- group or individual teaching methods.

Styles. The teacher should be aware of the following teaching methods:

- instruction and training;
- training with the help of special computer programs;
- lecture and teach;
- demonstration and experiment;
- work on a project basis;
- use of algorithms and various methods of analysis;

- case study;
- role-playing, discussion and motivation classes;
- computer-assisted learning.

Activities. The best results can be achieved by using the appropriate forms of training:

- report;
- independent work;
- training based on the needs of the audience;
- individual training;
- creating opportunities for work experience.

Feedback. Not only sound education but his alertness and dedication too are most required.

In order to develop a teaching and learning program that meets the criteria defined above, a teacher must have the following characteristics:

- have existing teaching skills and sufficient scientific and practical knowledge;
- be able to identify the criteria for assessing the level of knowledge of students and explain the criteria for analysis;
- determining the appropriateness of teaching methods to students.

Methods and tools to increase the effectiveness of the use of modern pedagogical technologies, combining teaching methods in physical education and sports. Today, like all educators, physical education teachers are required to use advanced pedagogical technologies, such as the organization of lessons in accordance with modern pedagogical requirements, an innovative approach to the lesson, the formation of independent thinking in the classroom.

The interactive method helps to develop students' personal qualities in physical education and sports, to increase their knowledge, to increase the activity between students and the teacher in the educational process.

Interactive is an English word that means "interact" and "act" means "to act."

In general, —interactive means to interact. differences between non-traditional and interactive lessons

When teaching the topics in the curriculum, it is important to consider which topics should be covered in the interactive lessons.

This involves the use of interactive or traditional types of activities that allow you to fully achieve the objectives of the session.

For an interactive lesson to be effective, it is important to ensure that students know the basics and background information on the topic before starting a new lesson.

It is important to keep in mind that interactive learning takes more time for students to work independently than traditional learning.

Interactive teaching method is implemented by each teacher at the level of available tools and capabilities.

Only when a physical education teacher knows the level of a particular condition of the students can they increase their cognitive and learning activity.

To do this, students should be able to prepare for an interactive lesson, master the topic, and prepare for the lesson, to discuss the text read or listened to during the lesson, creative, they should be able to perform practical tasks easily.

III. CONCLUSION

The learning process is not only teacher-led, it is also closely linked to student activities.

Student self-management activates the learning process. In physical education and sports lessons, the student is able to control their own behavior, to identify and correct mistakes, to draw conclusions independently, to participate in the performance of reproductive, partially exploratory and creative tasks, increases student activity and has an effective impact on its implementation.

Advantages of using interactive methods in theoretical and practical lessons of physical culture and sports:

- in-depth mastery of topics by students;
- ease of teacher supervision of students so that students can learn more in a short time;
- maximum development of students' skills and abilities;

In short, interactive learning allows you to solve several problems at once. Most importantly, they develop students' communication skills and abilities; promotes emotional connection between students; ensures the fulfillment of educational tasks by teaching them to work in a team, to listen to the opinions of their peers.

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