



## INNOVATIVE APPROACHES TO PHYSICAL EDUCATION OF SCHOOL STUDENTS

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### Annotation

The article describes the aspects of the organization of mass sports in residential areas.

**Keywords:** physical education, mass sports, sports facilities, sports field, simulator, folk national games, moral, volitional, movement games, development.

### Introduction

The process of physical education in school-age children requires us teachers to know what is the basis of physical education to work at school, its content, organization, methods of teaching children to move.

The purpose of the process of physical education in school-age children is to gradually achieve their physical maturity and, at the same time, to prepare them for life, creative work and the defense of the Motherland.

In the process of physical education of students, general and specific tasks are solved. The general tasks are education, physical training and rehabilitation, and the special ones are solved in the form of special tasks in the program of the State Education Standard on physical education.

Private duties include:

- 1) strengthening, developing and strengthening the health of the learning organism;
- 2) development of physical qualities specific to this age in order to be ready for various labor activities;
- 3) develop the skills and abilities necessary for life and equip them with what is needed later;
- 4) to provide students with new knowledge about physical culture;
- 5) Encourage students to engage in regular physical activity and develop a habit of it;
- 6) solves tasks such as educating students as physical culture activists and thus developing their organizational skills.





These tasks, together with the tasks of moral, spiritual, aesthetic and labor education, which are elements of spiritual education, clarify some stages of teaching, depending on the age of the students, their physical fitness.

At the age of 11 years of school age (4th grade) the body is in natural development. We will have to regulate its harmonious development. Attention is paid to the further development of the control function in the central nervous system, the activity of the musculoskeletal system, the work of the cardiovascular and respiratory organs, as well as the ability to hold the body correctly. The educational process is facilitated by the addition of knowledge of the rules of personal hygiene to this process.

The task of physical education is to provide at least some theoretical understanding of the rational techniques of movement skills encountered in life (gymnastics, athletics, sports, cycling and sports tactics).

During this period, children will be prepared to pass the requirements and norms of the special tests "Alpomish" and "Barchinoy". As a result of exercise, the process of explaining the development of sports skills, the role and importance of physical culture in society will be established. Gradually, organizational skills will be improved, competition rules will be mastered, judging skills will be developed, and the use of nature's healing powers will need to be taught in order to harden.

Means of physical education. The main tools for the physical education of children aged 10-11 years are basic gymnastics, athletics, movement games, excursions and travel, as well as games and exercises in the bosom of nature. At this age it is possible to organize regular swimming and tennis classes. Special classes for children with deteriorating health - in the form of therapeutic gymnastics or special classes for children assigned to a special medical group.

Educational work is the main form of organization of physical education of students, the school is organized in the form of physical education. A lesson is a systematic form of physical education that understands the process of teaching program topics to children of the same age and in the same contingent over a set period of time.

The physical education process is not a one-year affair. It is possible to aim to achieve certain results in this area of education only through a series of lessons, the content and organization of which is characterized by different areas. Individual tasks are solved in each lesson. The previously taught (taught) and then the taught subjects differ from each other in the fact that they are necessarily connected with each other or parts of the movement and are structured and are carried out on the basis of a defined system.

A characteristic feature of physical education classes is that it is organized by a specially trained specialist on the basis of a program designed for several years with a





close contiguous physical development and training, as well as a systematized schedule. Classes are a systematic and relatively economical, effective form of training conducted for the purpose of establishing general physical education physical training and sports specialization.

Other typical forms of exercise are radically different from lessons in their periodicity, non-systemic, only one-time, individuality.

Often the above-mentioned forms of training complement the lesson and play an additional role in completing its specific and general tasks. However, they are of independent importance, fully meeting the requirements of the population to a certain level of physical culture.

The essence, purpose and content of education are determined by the cultural development of society, the development of science and technology, the level of implementation of production technologies. Every new idea and change, the latest advances in techniques and technologies need to be applied to the learning process. The secret of pedagogical skills is to form, move forward and develop a sense of joy, achievement, and success in focusing students on learning activities. The teacher directs the process of forming a person who loves life, people, the world, and is creative. When the process is skillfully managed, it lays the foundation for understanding oneself, and the knowledge imparted is the main tool. Otherwise, education will lose its value. That is why the teacher is the creator of the lesson, he should not become an ordinary executor of ready-made technologies, he should use pedagogical technologies to demonstrate his way, research and ingenuity.

The diversity of activities aimed at achieving a specific goal in the educational process leads to new approaches. In addition to teaching, the terms "method" and "means" are used in the school education system. The method is to work with some of the elements used in the transition to specific learning materials. For example, changing the direction of the main method when a specific content is explained in a school lecture, when students are asked questions along the way, or when explanations are given using handouts and it remains a style in relation to this method. Because private methods have their own style and methods. However, the specific methods used to teach some subjects are closely related to the general teaching methods. The tool is the use of auxiliary teaching materials - tools, weapons, equipment, etc., necessary for the successful implementation of a particular teaching method. For example, natural or visual visual materials (schemes, diagrams, pictures, etc.) in the course of the lesson, weapons and equipment used in laboratory or demonstration classes, educational film equipment, projection lanterns, microscopes and other devices, as





well as is the use of evidence (data, evidence, definition, rule, formula, etc.) from other relevant teaching materials.

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