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THE PEDAGOGICAL SIGNIFICANCE OF PHYSICAL CULTURE AND SPORTS IN THE UPBRINGING OF A HARMONIOUSLY DEVELOPED GENERATION

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From the first days of independence of Uzbekistan, measures have been taken to ensure the peaceful coexistence of the population, their mutual understanding and protection of their health.

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. Separate tasks are solved in each lesson. Topics that have been taught (taught) and then taught differ from each other in the way they are connected and structured with each other or in parts of the movement, and are carried out on the basis of a defined system.

Pedagogical scientists and practitioners of the Republic are trying to apply on a scientific basis in educational technologies and educational practice adapted to the socio-pedagogical conditions of Uzbekistan.

The main conditions for the introduction of educational technologies in the educational process are:

The need to accelerate education to achieve the goals and objectives of the "National Training Program";

the need to change the role of teacher and student in the educational process;

Due to the rapid development of science and technology, there is a sharp increase in information and limited time to inform young people;

At this stage of its development, human society is moving from thinking based on theoretical and empirical knowledge to technical thinking based on concrete results, which has increasingly useful results;

The need to prepare a harmoniously developed generation requires the use of the principle of a systematic approach to objective existence, which is the most advanced method of educating them.

The learning process is an educational activity that meets all the requirements of the five basic conditions listed above. Below we discuss the advantages and disadvantages of using some modern educational technologies in the classroom:

Working in small groups is a method that divides students into small groups to work together on a specific task given by the teacher and requires the development of solutions to the given task. When this method is used, the student has the right to work in small groups, to actively participate in the lesson, to be in a leading role, to learn from each other and to appreciate different perspectives. In the small group method, the teacher is able to save time compared to other non-traditional methods. Because the teacher can engage and evaluate all the students on the topic at the same time.

The advantages of the method of "working in small groups" are:

leads to better mastery of the content of training;

leads to the improvement of communication skills;

There is an opportunity to save time;

all students are involved;

There will be opportunities for self and group assessment.

Disadvantages of the method of "working in small groups" are:

Strong students are also more likely to get low grades because they are weak students;

low ability to control all students;

Negative competition between groups may occur;

Conflicts may arise within the group.

The method of business game is a method of imitation (imitation, reflection) of making managerial decisions in different situations, prepared according to the given tasks or by the participants of the game. Game activity is given by imitating the behavior and social responsibilities of the participant participating as a representative of any organization. On the one hand, if the game is controlled, on the other hand, participants will also have the opportunity to change their activities according

to the intermediate results. In an action game, the role of the role and the roles are mixed. Some of the participants have to play a fixed and fixed role throughout the game. Some participants define their roles based on their personal experiences and knowledge. In a business game, each participant has a specific role to play in fulfilling the goal. Each participant first decides on their task and then consults with the group. Achieving the goal on this individual sheet depends on the results achieved by all team members. At the end of the game, each participant and group will be evaluated based on the results achieved.

Advantages of the "business game" method:

Helps to express students' knowledge and experiences through their views and behaviors;
a good opportunity is created to mobilize the student's basic knowledge and experience;
Conditions are created for students to demonstrate their abilities based on their knowledge.

Disadvantages of the "business game" method:

requires great preparation from the teacher;

time consuming;

the chosen topic is required to correspond to the level of knowledge of the student;

The student's emotional excitement may interfere with making the right decision.

If we translate these concepts into the learning process, the teacher can be described as a social phenomenon that intensively shapes the pre-determined social quality that is necessary for society as a result of the systemic influence it exerts on learners under certain conditions using pedagogical teaching aids. Above we have considered some aspects that should be taken into account when choosing the methods used in the educational process.

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