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Research Article

PEDAGOGICAL POSSIBILITIES OF INCREASING EDUCATIONAL EFFICIENCY IN PHYSICAL EDUCATION LESSONS

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ABSTRACT

In this work, the pedagogical possibilities of increasing the effectiveness of education in physical education classes, the means of all-round development of physical education and sports are directly dependent on economic conditions, the need for mentally mature, physically healthy and strong young men and women for our republic today. Because the progress and development of a country with a healthy population will be healthy.

KEYWORDS

Healthy generation, physical education, healthy lifestyle, physically mature, socially active, morally healthy, physical maturity, mass sports, classes, physical and mental development.

INTRODUCTION

Amir Temur, a great entrepreneur, paid great attention to physical education in his time. In the East, bravery education, that is, education of courage and bravery in young people, is considered one of the main issues. From childhood, young men learned archery, horseback riding, swimming, hunting, fencing, and chess from skilled coaches and practiced in this regard.

Physical education is a pedagogical process, an educational tool aimed at improving the health of the young generation, forming a physically mature, socially active, morally healthy growing generation.

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As international sports relations develop, mutual trust and friendly relations between countries and peoples are also strengthening.

Comprehensive development of physical education and sports directly depends on economic conditions. Today, mentally mature, physically healthy and strong young men and women are needed for our republic. Special attention has been paid to this important work since the first time when our country began to take independent steps. Physical education and sports serve as one of the main factors in the formation of a healthy lifestyle, especially in the conditions of the market economy. The physical maturity of the community, group and individual is directly related to the subject of education and is determined by the subject's need for physical maturity. Manifestation of well-developed physical maturity, physical strength and physical qualities is a personal need of a person. The need of the team is the achievement of high production indicators of labor teams, the goal of the need of groups. is considered The need of the public is aimed at the great task of educating and bringing up a mature, physically healthy new generation of the Republic of Uzbekistan.

In the process of physical education, the organism is functionally and morphologically improved, movement skills, qualities of physical movement: dexterity, quickness, agility, flexibility, endurance are formed with special knowledge. Therefore, increasing the level of effectiveness of physical education classes, using modern pedagogical possibilities of the methods and tools used in it, and using national games in the lesson is a demand of the times. In our republic, which is gaining a stronger place in the world community, special attention is paid to physical education and sports, among other fields. From time immemorial, our country has been famous for its world-famous wrestlers, riders who surprised everyone, and handsome young men and women. Starting with our great grandfather Alisher Navoi, all our writers, poets, scientists and philosophers created wonderful and immortal works, wrote poems and epics, and sang songs about them. Alisher Navoi's treasure of world literature has an incomparable power.

The goals and tasks of physical education are determined by the needs of society. This need arises from the general goal of education, which is the formation of a harmoniously developed person who embodies spiritual wealth, moral integrity, and physical perfection. It is appropriate to form physical education from preschool age. When solving the tasks of physical education of preschool children, their age characteristics are taken into account. Rapid growth and development is a characteristic feature of preschool children's organism.

However, the formation of systems and their tasks has not yet been formed. Therefore, preschool children are

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very sensitive. In this regard, the following rehabilitation tasks are prioritized:

1) protection of life, fighting against disease, increasing the body's resistance to the effects of the external environment;

2) proper and timely development of all systems of the body, expansion of their functional capabilities

3) formation of correct height and heel, harmonious physical development.

Although the children's body is imperfect and delicate, the flexibility and rapidity of all tissues, the speed of metabolic processes ensure powerful development. Children adapt to changes in conditions and physical stress much faster and better than adults. He will be able to acquire knowledge and skills that are understandable to him, which will allow him to solve a number of educational tasks:

1) formation of preliminary knowledge related to doing physical exercises and mastering cultural and hygienic skills;

2) instilling personal and social hygiene skills;

3) formation of life-necessary activities, skills and abilities that will serve as a basis for practicing sports in the future.

Physical exercises help children's complete intellectual, moral, aesthetic and labor education, develop their spiritual and willful qualities (courage, honesty, courage, etc.).

In order to successfully implement the goals and tasks of physical education, a single state system has been established in our country.

a) The system of physical education in Uzbekistan consists of a unity of ideological, scientific-methodical, programmatic-normative foundations. The system of physical education in Uzbekistan is distinguished by its idealism, nationalism and scientificity.

It is related to upbringing, development, and health of a mature generation. When working with children of preschool and junior school age, these rules are expressed in the following. The rule of comprehensive development of the personality ensures the formation of the foundations of the movement culture and at the same time the development of mental abilities (ingenuity, observation, interest, etc.), moral qualities (discipline, community, etc.), aesthetic taste. Premature specialization in one or another type of physical exercise is not allowed. It can harm the health of children and their harmonious physical development, create difficulties in the formation of new skills and sports skills.

The rule of the direction of health care provides for the selection of the content and size of materials and tools, it ensures the strengthening of health, the

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implementation of the supervision of a doctor and pedagogue.

The connection of physical education with work experience is manifested in the enrichment of children with the experience of various socially based actions. Using various tools, children are trained to be accurate, quick to act, to adapt themselves to the conditions, to quickly find their place in any new activity such as study, work, household.

The system of physical education in pre-school education institutions consists of a complex content of scientifically based content, tools, methods and conditions for the implementation of physical education tasks.

Conditions of physical education. Protection of the nervous system is one of the important conditions for the full physical and mental development of a child. First of all, it is ensured by the organization of a reasonable regime that determines the replacement of different types of activity, in which a large place is given to various forms of action. It is also very important to ensure the full sleep of the child during the day and at night.

With a change in emotional state, the activity of all organs changes. Positive emotion activates the functions of physiological systems, negative emotions are exhausting: the heart rate decreases, the pulse decreases, and the oxygen supply to the blood decreases.

A child in a positive emotional state eats well, sleeps well, treats the surrounding children and adults with kindness, gets sick less often, develops fully, develops confidence, cheerfulness, and optimism.

The next form of physical education in preschool educational institutions is the need to create a simple environment, that is, to provide the room and the plot with furniture and physical culture equipment in a reasonable manner, in accordance with the age of the children.

The hall and area should be as suitable as possible to satisfy the children's need for movement. For this, the hall should have at least four rows of gymnastic walls, four benches, burgundy beds, several goal posts, boards, targets and small equipment depending on the number of children.

The plot should have a sports field with physical culture equipment, a running track with a jumping pit, and various facilities for games that are part of sports.

Because the progress and development of a country with a healthy population will be healthy. History knows very well that people from different countries united by the sports movement are fighters for peace.

Because sport, by its very nature, is an ambassador of peace on a global scale.

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Currently, these needs are foreseen in the social and economic development plans of the courts and agencies. It should be noted that the personal need for physical training means is considered the main one, and on its basis, the development of physical development is formed in all production sectors.

In addition to its beneficial effects on the human body, sport creates a "feeling of muscle joy", plays an important role in the organization of healthy recreation, and acts as a powerful tool for self-realization.

Sport has always attracted people's attention with its popularity. In attracting spectators to sports events, the service of modern media is great.

That is why high-performance sport is the top level of mass sport and has always been considered a social phenomenon.

Therefore, sport is not only a means of physical development, but it also serves as a kind of art.

Physical education is a pedagogical process, an educational tool aimed at improving the health of the young generation, forming a physically mature, socially active, morally healthy growing generation.

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