



## ACTIVITIES OF PHYSICAL EDUCATION TEACHERS PRACTICAL - PEDAGOGICAL FUNDAMENTALS

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### Annotation

This article contains the main terms used in the scientific and pedagogical activities of the future physical education teacher, the correct organization of pedagogical activities, the study of the problems they face, theoretical and practical solutions, suggestions. The characteristics contain abilities, knowledge, skills, experience and the need for an effective approach to the learning process, which should be given special attention by physical education teachers during their scientific and pedagogical activities, will be studied, as well as the use of pedagogical scientific knowledge how to organize innovative and technological activities in a creative way in their field.

**Keywords:** physical education, problems in physical education, pedagogical skills, innovative activity of a future physical education teacher, creative approach, young personnel, pedagogical knowledge and skills.

### Introduction

One of the priorities of our country's policy is both physical and spiritual is to raise a healthy generation. Indeed, in the countries of the world today highly spiritual and physically fit in the context of accelerating globalization The upbringing of the generation determines the future of our country and the noble goals of our people is one of the most important factors. It is his in the realization of this noble deed the legal framework has also been established and extensive work is underway. Including Uzbekistan President of the Republic of Uzbekistan Shavkat Mirziyoyev on June 3, 2017 "Physical training and mass Resolution No. PQ-3031 "On measures for the development of sports" and March 5, 2018 "Measures to radically improve the system of public administration in the field of physical culture and sports Decree No. PF-5368 on the further development of this area has One of the main objectives of these decrees and decisions is also theoretical and practical in this area deepening knowledge, understanding of physical education skills and competencies and the correct formulation of terms. Indeed, it should be noted that the current process of globalization is intensifying at the same time directly involved in the general and special physical training of young people the focus on physical education teachers is important in this regard.





After all, one of their important services is to provide students with educational, cultural, medical, industrial orientation, manufacturing, and so on to a certain extent it serves to arm with physical training. Young today skills and the knowledge associated with them ”.

"Physical training is aimed at strengthening the body in all respects, strengthening health training, exercise”.

The meaningful and quality of the lesson, in turn, depends on its pedagogical skills, pedagogical skills, pedagogical qualifications, and pedagogical activity in general depends Well-known Russian pedagogue VA Sukhomlinsky: “One of the secrets of pedagogical leadership regular research and teacher interest in the analysis of their work. Who owns it in their lessons, in their interactions with students, to distinguish between good and evil, success and tried to make up for his shortcomings in a timely manner and achieved half the success of his pedagogical career This is how he defined his pedagogical activity. the teachers themselves who teach the next generation are full of modern innovative technologies have the skills to use information and communication skills wisely they need to be aware of all the secrets of education in general.

Future physical In the study of issues related to the scientific and pedagogical activity of teachers, first of all, it is expedient to analyze the content of the concepts related to this phenomenon.

In particular, we see that the concept of "physical education" has several definitions possible. “Physical education is a pedagogical process that deals with the morphological and functional aspects of the human body to improve his basic motor skills, which are important for his life, In that sense, he is a young man who has just started his pedagogical career whether the teacher is completely physically and mentally relaxed or completely relaxed not allowed. In order for every physical education teacher to fully master the pedagogical skills: first of all, he has mastered his subject in accordance with the requirements of the time; secondly, psychological and have pedagogical knowledge (be able to use methods appropriate to the character of students); third, it is important to incorporate pedagogical curiosity and dedication. Russian scientist IP Rachenko expresses the following opinion on pedagogical skills as a part of pedagogical art: “Pedagogical skills are defined as a teacher's pedagogical and psychological knowledge, professional skills and perfect skills, interest in the profession, advanced pedagogical thinking and intuition, moral and aesthetic attitude to life, self-confidence and determination the will is understood ”.

She is also a teacher of physical education Dedication to the teaching profession, excellent knowledge of teaching methods, be able to demonstrate pedagogical skills,





apply pedagogical techniques in their place is an important component. It is important to note that every future physical education teacher is always ready to help students in parallel with the delivery of exercise, in parallel with his education and upbringing interacts with him. Every student is mentally, emotionally and physically because they are constantly evolving, the future teacher must be in constant contact with them, impact, taking into account each of their psychological characteristics and physiological characteristics a thorough study of the mechanisms of presentation, especially in the theory of psychology and education; must constantly improve their professional activities. In that sense, the future is physical pay special attention to the following during their scientific and pedagogical activities We consider it necessary:

- Excellent knowledge of the system of physical education;
  - Have the skills and abilities to fully deliver physical exercises to students;
  - Mastering the basics of general methodological sciences, especially the state knowledge of current policy issues;
  - Independent analysis of social problems and processes in the environment be able to
  - To gain knowledge about the spiritual image of students during the learning process;
  - Modern pedagogical and psychological, based on the age characteristics of students be able to apply knowledge in place;
  - Independently acquire, improve and work on new knowledge be able to use it in their work on a scientific basis;
  - Be able to individually use normative legal documents in their scientific and pedagogical activity;
  - Adhere to the culture of communication;
  - Be able to critically analyze the acquired knowledge; - the knowledge they have acquired be able to communicate clearly to students;
  - A sense of responsibility for their profession;
  - Exchange of professional skills or scientific communication in one of the foreign languages during pedagogical activity possessed as a means;
  - Be able to effectively use modern information technologies
  - To be able to use modern pedagogical technologies in pedagogical activity, etc.
- Prospective physical education teachers are also involved in their teaching activities must be familiar with the terms of physical culture used. These are:
- Mastering the basics of physical education and a healthy lifestyle;
  - Achieving an acceptable level of physical and psychological qualities;
  - From the experience of physical culture and sports activities to achieve life and professional goals ability to use.



-The desire to solve the problems of comprehensive development of students in the learning process leading to the search and formation of new methods of teaching physical culture in institutions came

- The conceptual direction of the educational process in the field of physical education is the interests of the state, physical rehabilitation of citizens, their participation in skilled labor and socially active life is to fulfill the requirements for training.

-Youth education through democratization, stratification and humanization of education

The educational process is carried out, affecting all areas of activity of teachers and students taking into account cultural, natural, regional and other factors.

- Implementation of the educational process in the process of physical education, the purpose of education, the content of training, is a logical connection between teacher-student interaction. In fact, each of us today is broader than the terms of physical culture in our daily lives we use It should be noted that “today there are about 300 sports in the world There are more than 15,000 concepts and terms specific to the species”.

Future physical education In their pedagogical work, teachers work with students in a deep, effective, logical way. be able to speak fluently and use appropriate phrases that are educational in nature need to take. It is important to remember that a teacher's speech is an example for every student as a source, even to a student who negligently angers him and breaks the discipline relatively rude, insulting, discriminating, not touching the personality, but positive should be able to get out of the situation. With physical training by raising and lowering his voice where needed to explain the related exercises be able to tell students what to focus on. It is important in the scientific and pedagogical activity of future physical education teachers today The following specific approaches can be considered:

1. Creative approach.
2. Innovative approach.
3. Technological approach.

Every prospective physical education teacher is in class be able to find ways to engage students in a lesson based on a creative approach purposeful. In this regard, the famous psychologist Dale Carnegie said, “a man does something there is only one way to motivate and motivate to do. And that's what works in that person's heart is a genuine desire to do. Coercion and torture do not work ... ” not in vain.

Explaining the concept of creativity, we mean "Creativity" (English (create) - creative, "creative" creator, creator) a lesson for the future teacher to make a quick decision on the problems encountered during the training represents a high level of







unconventional creative approach to their arrival and resolution. Creativity is traditional in the teaching process of a prospective teacher aimed at ensuring the effectiveness of the training in a way that is different from the approach and thinking readiness to create innovative ideas and positive solutions to existing problems, the ability to find and solve existing problems to achieve a specific goal to solve problems that arise by chance rationally and quickly will help. Creativity in the scientific and pedagogical activity of future physical education teachers The ability can be seen in the following:

- Fluency of the teacher's thoughts and speech;
- The teacher is able to focus on a clearly defined goal;
- Originality in the teacher's work;
- Curiosity of the teacher, creativity of new ideas, breadth of imagination, assumptions ability to create;
- To study and accurately assess the student's abilities;
- The teacher has mastered the methods of science and applies them to the educational process;
- Creative exchange of ideas with colleagues on new information about the achievements of the teacher;
- Be able to independently study and apply in practice the best foreign experience in the field of teaching;
- The teacher is constantly improving their knowledge, skills and abilities;
- The teacher can gain the trust of the student, find a way to his heart and communicate with him be able to connect.

President of the Republic of Uzbekistan Shavkat Mirziyoyev said, "Today we are a state and a society on the path of innovative development aimed at radically renewing all spheres of life we are going This is not in vain, of course. Because the times are rapidly evolving Who will win in the period? From the above analysis, it can be concluded that, first of all, take The ongoing comprehensive reforms are not only a matter of training personnel in various fields radical scientific and pedagogical activity of the staff in the field of physical education in educational institutions calls for improvement; second, an analysis of issues related to the scientific and pedagogical activities of physical education teachers indicates that, despite the availability of opinions and information on the subject, the issue is resolved demonstrates the need for purely pedagogical research;

third, physical education teachers today are important in their scientific and pedagogical work effective use of creative, innovative, technological approaches



shows the need for a globalization process; Fourth, any teacher should be independent-minded, articulate, and communicative in the classroom. should focus on the development of strong, spiritually and physically mature individuals. This, in turn, will lead to the development of our country in the future serves as the basis for the formation of.

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