



EFFECTIVENESS AND RESULTS OF TRAINING TEACHING USE OF PEDAGOGICAL TECHNOLOGIES

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Annotation

From the first days of independence, Uzbekistan has paid great attention to the development of physical culture and sports, the promotion of a healthy lifestyle. Raising a harmoniously developed young generation has been identified as one of the priorities of state policy. A number of decrees and resolutions have been adopted in this regard. The large-scale work carried out in our country places a great responsibility on the professors and coaches of the departments of physical culture and sports of the higher education institution. Physical culture and sports help to prepare young people for life, socially useful work, to improve their physical abilities, to prepare them for the defense of the Motherland, to help them develop to perfection. The article discusses the effectiveness and results of trainings using pedagogical technologies in the acquisition of pure exercises of the future teacher.

Keywords: physical education, training, students, competitions, training time.

Аннотация

С первых дней независимости Узбекистан уделял большое внимание развитию физической культуры и спорта, пропаганде здорового образа жизни. Воспитание гармонично развитого молодого поколения определено одним из приоритетов государственной политики. В связи с этим принят ряд указов и постановлений. Масштабная работа, проводимая в нашей стране, возлагает большую ответственность на преподавателей и тренеров кафедр физической культуры и спорта вуза. Физическая культура и спорт помогают подготовить молодежь к жизни, общественно-полезному труду, усовершенствовать ее физические способности, подготовить к защите Родины, помочь развиться до совершенства. В статье рассматриваются эффективность и результаты занятий с использованием педагогических технологий в овладении чистыми упражнениями будущего учителя.

Ключевые слова: физическое воспитание, подготовка, студенты, соревнования, тренировочное время.





Introduction

It is known that the Law of the Republic of Uzbekistan "On Education", the National Program of Personnel Training, the Law "On Physical Education", President of the Republic of Uzbekistan Sh.M.Mirziyoev to promote the importance of mass sports in human and family life in all regions of the country, to promote it as the basis of physical and mental health, to protect young people from harmful habits, to show them their abilities and talents. Important and urgent tasks have been identified to create the necessary conditions for their implementation, to select talented athletes from them and to improve the system of targeted training. The article describes the basics of theoretical and practical physical training of students of higher education institutions "Physical Culture and Sports". They are the foundation of the knowledge, skills, and abilities needed to engage in independent sports, improve physical fitness, and promote good health in the academic process and extracurricular activities of a higher education institution.

Literature Analysis and Methodology

By the way, rowing exercises are exercises in which the participants work together or individually in a certain row. With the help of line exercises, the organization of the training successfully solves the problem of cultivating a sense of rhythm and speed, develops the skills of teamwork.

This exercise is also a means of correcting one's posture. Rowing exercises develop the ability to be precise, disciplined, and cohesive.

Rowing exercises are divided into four groups:

1. Pure methods.
2. Purification and re-purification.
3. Move from place to place.
4. Open and close the ratio.

Rowing is the arrangement of participants according to a set rule.

In the classroom, teachers and students are led by a group leader, department heads and duty officers, either directly or through direct orders and assignments with a set signal.

The main names of the rows and their location:

A dense row consists of rows of participants spaced from the palms of the hands (between the elbows) or in a row at arm's length.

An open row is a row in which students are placed one step at a time or at a distance determined by the teacher.





Feedback and Suggestions

Pure methods

Line methods are line actions that are performed while standing. The importance of these exercises is, first of all, that they help to develop discipline and organization.

1. "Line up!" - this order lists the participants.
2. "Right!" - this command assumes a standing position. It corresponds to the basic posture in gymnastics.
3. "Flatten!", "Flatten to the left!", "Look in the middle!".
4. "Stop!" - this command stops the movement G'mashqG '.
5. "Free" - this is an order in which participants stand freely, without smiling, freeing one leg from the knee.
6. "Stand free on the right G'chapG' - the practitioner moves the right G'chapG' foot one step to the right G'chapGG, distributes the weight of the body on both legs and puts his hands behind his back. holds.
7. "Scatter!" - participants leave the line and sit freely in the hall on the platform G.
8. "Date in order!", "Count one or two!", "Count three, four, five, etc." and others. The score starts on the right wing. The practitioner who says his number at the same time quickly turns his head to the practitioner on the left and then returns to the starting position. The person at the end of the line takes a step forward and says, "The count is over."
9. Turns in a standing position Commands "Right", "Left", "Back", "Half right" G In some cases, the commands can be replaced by tasks, but the mentioned exercises in accordance with the order, except for turns in the standing position.

Purification and re-purification

During the cleanup, the teacher should be in a position where all students can be seen.

Line-ups are the actions taken by participants to take a line after the teacher's order.

As a rule, the group is lined up before the training, and in some cases in two rows.

To line up: "One (two, three) row - line up!" command is given. When the command is given, the khalfa or the duty officer stands in a "Standing line" position facing forward. The group is lined up on his left.

Before reporting on the readiness for the training, the midfielder straightens the group on duty, performs it, and then gives the command: "Right!", "Right to left, look in the middle!"

Halfa stops the teacher on duty in two or three steps and reports:

Comrade teacher! _____ stage _____group students of
_____ faculty lined up for the training. There are _____
students on the list, _____students in a row.





Then the shortest way is to go to the plane where the teacher is standing and stand in a line with his face to the side. After the teacher greets and the group responds, the teacher on duty says, "Free!" repeats the command and stands on the right wing of the line.

The cleansing and reporting ceremony should be held in a solemn atmosphere. This has important educational implications and has a positive impact on the organization of the entire session. The teacher should not be prepared to receive a report until the purification is completed, and should not interfere in the purification process. It is advisable to discuss the shortcomings later.

It is recommended to use the following two tables in the course of the lesson.

AMALIY MASHG'ULOTNING TEXNOLOGIK MODEL

1-jadval

Mashg'ulot shakli	Amaliy Interfaol, musobaqa
	Gimnastika to'g'risida umumiy ma'lumot berish. Saf mashqlari haqida tushuncha berish. Saf mashqlarining maqsad va vazifalari haqida malumot berish va amalda bajarib ko'rsatish. O'ngga, chapga, ortga, o'ng yelka bo'ylab, chap yelka bo'ylab burilishlar, ilon izi bulib yurish, 1.2.3.4 kalonna bo'lib saflanish . Ovchi va bo'ri harakatli o'yinini o'ynatish.
O'quv mashg'ulotining maqsadi	Talabalarga saf mashqlarini o'rgatish orqali malaka va ko'nikmalarni shakllantirish va ommaviy sog'lomlashtirish.
Ta'lim berish usullari	Amaliy
Ta'lim berish shakli	Guruhlarga bo'lib va jamoaviy
Ta'lim berish vositalari	Xushtakva x.k.
Ta'lim berish sharoiti	Short maydonchasi, sadion.
Monitoring va baholash	Bajarish texnikasiga qarab.



Amaliy Mashg'Ulotning Texnologik Xaritasi (Mashg'Ulot) 2-Jadval

Bosqichlar, vaqti	Faoliyat mazmuni	
	O'qituvchi	Talaba
1-bosqich. Kirish (20-25 min)	<p>O'qituvchi talabalarni saflaydi. Salomlashish, davomatni qabul qiladi. Yangi mavzu bilan tanishtiradi. Mavzuning maqsad va vazifalarini tushuntiradi. Bugungi darsda kutilayotgan natijalar bilan talabalarni tanishtiradi. Saf mashqlari, yurish, yugurish mashqlari, nafas rostdash mashqlari, umumiy rivojlantirish mashqlari va maxsus mashqlarni amalda bajarib ko'rsatadi. Talabalarning jismoniy sifatlarini rivojlantirishda kuchlilik, chidamkorlik, tezkorlik, chaqqonlik sifatlarini rivojlantirish shu bilan birga umumiy sog'lomlantirish va bilim berish. Interfaol usulidan foydalangan holda umumiy va maxsus rivojlantiruvchi mashqlarni bajartiradi. Talabalarni asosiy qismga jismoniy tayyorgarlik ko'radi. Mashqlarni interfaol usulida bajarilishini mashqlardagi kamchiliklarni ko'rsatib o'tadi (amalda va ogzaki tushuntirish).</p>	<p>Talabalar tinglaydi. Yangi mavzu bilan tanishadi. O'qituvchi tomonidan berilgan buyruklarni amalda bajaradi. URM ni o'qituvchi bilan birgalikda xatosiz bajarishga harakat qiladilar. Mavzuga xos maxsus rivojlantiruvchi mashqlar texnikasini bajaradi.</p>
2-bosqich asosiy (50-55 min)	<p>O'qituvchi gimnastika to'g'risida umumiy ma'lumot beradi. Saf mashqlari haqida tushuncha beradi. Saf mashqlarining maqsad va vazifalari haqida malumot beradi va amalda bajarib ko'rsatadi. O'ngga, chapga, ortga, o'ng yelka bo'ylab, chap yelka bo'ylab burilishlar, ilon izi bulib yurish, 1.2.3.4 kalonna bo'lib saflanish . Ovchi va bo'ri harakatli o'yinini o'ynatadi.</p>	<p>Talabalargagimnastika to'g'risida umumiy ma'lumot beradi. Saf mashqlari haqida tushuncha beradi. Saf mashqlarining maqsad va vazifalari haqida malumot beradi va amalda bajarib ko'rsatadi. O'ngga, chapga, ortga, o'ng yelka bo'ylab, chap yelka bo'ylab burilishlar, ilon izi bulib yurish, 1.2.3.4 kalonna bo'lib saflanish . Ovchi va bo'ri harakatli o'yinini o'ynatadi.</p>
3-bosqich Yakuniy (5-10 min)	<p>Mashg'ulotni yakunlaydi, talabalarni baholaydi va faol ishtirokchilarni rag'batlantiradi.. Mustaqil ish sifatida talabalar mavzuni amalda takrorlaydilar. Mavzuga oid topshirik oladilar. Xayrlashish. Darsni yakunlash.</p>	<p>Eshitadilar. Baxolanadilar. Topshiriqni oladilar</p>



Conclusion

It is important that the teacher takes the report seriously before the lesson, and that his or her appearance and stature are important to the tradition.

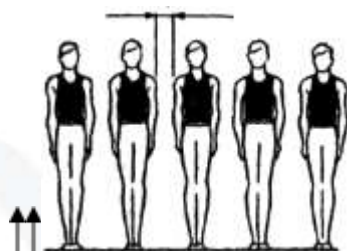
Rowing in a row is performed according to the command "One (two, three) rows - Row!" The group is lined up behind the teacher (on duty).

Interval is the distance between participants in a side-by-side row (Fig. 146, a).

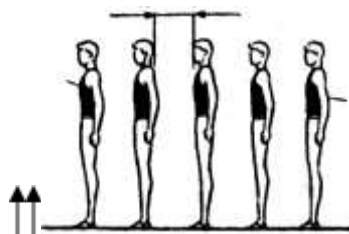
Distance is the distance between participants in a row (Fig. 146, b).

Row by task, row by row, circle, and so on. For example: "Stand in a circle!", "Stand in two rows!".

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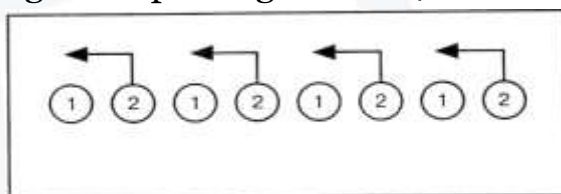
Qator ,a



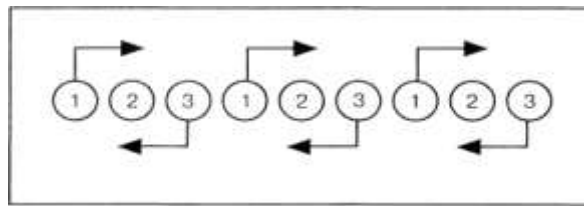
Ketma-ket qator,b

Qayta saflanish- bir safdan ikkinchi safga o'tish.

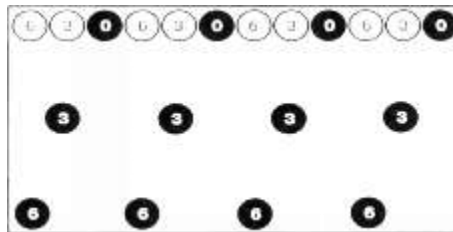
Rowing from one row to two rows. After the first "first" and "second" are listed, "Two rows - line up!" the second digit puts the left foot one step back (count - "one"), the right leg takes one step to the right without pairing (count - "two"), and the first standing pairing the left leg while passing behind (count- «three»).



Rowing from row to row. After the first enumeration, the following command is given: "Three rows - line up!". According to this command, those in the second number stand in place. Those in the first number take a step back with their right foot, one step to the side without pairing their left foot, and move their right foot to the back of the second number. Those in number three take one step forward with their left foot, without pairing their right foot to the side, and cross their left foot in front of those in number two. To purify as before, the following command is given: "Line up in a row!". Re-purification is performed in reverse order to purification.



Rowing in a row After the first count in the group ("6-3 places, 6-4-2 places, etc."), the following command is given: "By number - step by step!" trainees are needed by number



they take a step back and then pair their legs. The teacher counts until the first line stops. Counting "in 6-3 places" - up to 7; It is carried out up to 10 when counted as "9-6-3 in place".

In order to regroup, the following command is given: "Step into your place!"

The teacher stands in the last row and counts until he turns back ("one", "two").

Line up the wings of the subdivisions in a row (Fig. 150). After counting from three, four, etc., the following command is given: "Divide 3-4, etc., and move the left (right) shoulder forward!"

The units enumerated by this order move forward with the marked wing until a series of rows are formed, preserving the plane. Second command: "Stop the group!" The following commands are issued for further purification:

1. "Ort-ga!"
2. "Divisions move forward in a row with the right (left) shoulder!"
3. "Stop the group!"

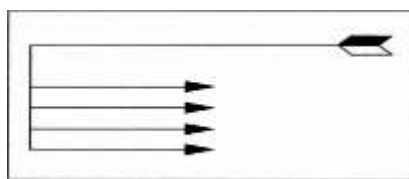
The last command is when the trainees reach their seats in the row.

1 2 3 4 1 2 3 4 1 2 3 4

Line up three consecutive rows "side by side" (Fig. 151). After enumerating the three, the following order was given. The first two steps G, three, four, etc. Step to the right, the third two G three steps four, etc. Step to the left "Step!"

To return to the previous state, the following order was issued: "Step back to your place!" re-purification is performed in double steps.

As you walk, turn from one row to two, three, etc. in a row (Fig. 152). As the group moves to the left, the command is given: "Two Powers, four, etc." in a row, "Step to the left!" After the first two Powers, Four, etc.G turn, the next turn at the command of the person at the end of their line, where the first turns.



You can then use the distance and distance instructions here to avoid re-opening the gap.

The following orders were issued for further purification:

1. "Turn left (right) in a row!"

During the training, it is advisable to take a few trainees, stop at the appropriate commands, and demonstrate re-purification.

Re-line a row by dividing and joining two, four, or eight rows in a row. Re-purification is performed during the movement. Commands:

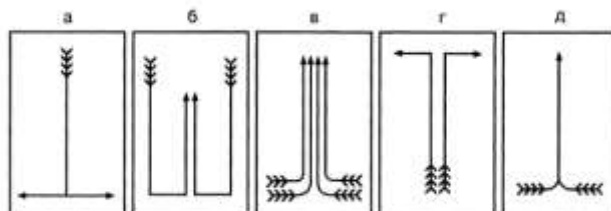
1. "From the center-Step-by-step!" usually this command is given from the middle of the hall G 'Square.

2. "In a row, turn to the right and to the left - Step!" This command moves the first number to the right and the second number to the left (Fig. 153-a).

3. "Two consecutive rows from the center - Step-by-step!"

4. "Four consecutive rows from the center - Step-by-step!"

As you divide and join, you can line up four, eight, and so on.



Re-sorting is called separation and addition: re-sorting from two consecutive rows to one consecutive row.

Command: "One by one, turn left and right - Step by step!" This command moves the right row to the right and the left row to the left. When rows meet on the opposite side, the command is given: "Step in a row from the center!" .

Doira bo'lib yurish.





Doira Turlari

Command: "Walk around the circle!" The execution order is given from the middle of the hall (platform), followed by the distance between the participants to determine the size of the circle.

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