

**PEDAGOGICAL TECHNOLOGIES IN TEACHING PHYSICAL CULTURE.****Xudaynazarova Gullola Mirkhojiddinovna****Senior lecturer, Kokand State Pedagogical Institute**

**RESUME.** The peculiarity of the modern world has become the complication of the teacher-world relationship, which is due to the uncertainty of the future, dynamic changes in life, the emergence of new technologies and means of communication, the multiplicity of culture, the lack of canons in culture, art and behavior, the establishment of a new cultural type of personality, meaningful transformation of knowledge and other factors.

**Key words:** knowledge, pedagogical technologies, physical culture, methods.

Considering educational innovations as a process, its main stages can be distinguished:

1. The stage of the author's (personal or collective) development of a project proposal or concept for the creation and implementation of an educational innovation.
2. Design (sketch, then detailed).
3. Design, refinement of educational and economic parameters, market prospects.
4. Creation and testing of an experimental model of innovation.
5. Technologization (set of technologies, justification of methods).
6. The stage of experimental verification.
7. The stage of the first serial use of educational innovation.

It is possible to use knowledge on the formation of the stages of the innovation process in the formation of research procedures, the development of a new problem vision. The process of scientific research in obtaining new knowledge has been called a "process-oriented" approach to learning. From the teaching method, research becomes its content. Models of systematic research were developed by foreign scientists Beyer, Jays, Nelson, Fenton, Zuhman, Massialas, etc.

Generalization of the models allows us to identify a number of common research procedures embedded in them:

- identification of the problem;
- formulation (problem statement);
- clarification of unclear issues;
- formulation of a hypothesis;
- planning and development of training activities;
- data collection (facts, observations, evidence);
- analysis and synthesis of collected data;
- comparison;
- preparing and writing a message;
- presentation with a message;
- rethinking after answering questions;
- hypothesis testing;
- building generalizations;
- drawing conclusions, conclusions.

**Pedagogical technology** is a special set of forms, methods, methods, teaching methods and educational tools systematically used in the educational process on the basis of declared psychological and pedagogical attitudes, which always leads to the achievement of a predictable educational result with an acceptable deviation rate.

**Health-saving educational technologies** are the most significant of all technologies in terms of the degree of influence on the health of students, as they are based on age-related features of children's cognitive activity, an optimal combination of motor and static loads, learning in small groups, the use of visibility and a combination of various forms of information provision. The pedagogical technology of health saving in pedagogical activity includes: acquaintance with the results of medical examinations of children; their accounting in

educational work; assistance to parents in building a healthy life of students and the family as a whole; creating conditions for an interested attitude to study.

One of the main directions of health saving is considered to be the creation of a healthy psychological climate in the classroom. Thus, the situation of success contributes to the formation of positive motivation for the learning process as a whole, thereby reducing emotional tension, improving the comfort of relationships between all participants in the educational process.

**Game technology.** Practice shows that the use of gaming technologies, taking into account age characteristics, does not lose relevance. Game technology is a unique form of learning that allows you to make an ordinary lesson interesting and exciting. Play activity in physical education classes occupies an important place in the educational process. The use of game forms of classes leads to an increase in the creative potential of students and to a deeper, meaningful and rapid mastering of the material. Game forms of work in the educational process can carry a number of functions: educational, educational, correctional and developmental, psychotechnical, communicative, entertaining, relaxation. Now it is obvious that games are necessary to ensure a harmonious combination of mental, physical and emotional loads, and a general comfortable state.

Use of **information computer technologies (ICT)** in extracurricular activities and in the classroom, physical education makes the subject modern. The components of ICT are electronic, software and information components, the joint functioning of which makes it possible to solve the tasks posed by the development of society.

ICTs make it possible to organize the educational process at a new, higher level, to ensure a more complete assimilation of educational material. Information and communication technologies make it possible to solve the problem of finding and storing information, planning, monitoring and managing physical education classes, diagnosing the state of health and the level of physical fitness of students.

**Technology of level differentiation.** Using the technology of level differentiation in physical education lessons, it is possible to strengthen the health and develop the motor activity of students. The main results of the classes are the prevention of morbidity in children, as well as

increasing interest in physical exercises, the opportunity for everyone to realize themselves, to achieve success.

**Technology of personality-oriented learning.** The technology of personality-oriented learning involves the development of personal (socially significant) qualities of students through academic subjects. The content of personality-oriented learning is a set of pedagogical technologies of differentiated training in motor actions, the development of physical qualities, the formation of knowledge and methodological skills and technologies for managing the educational process that ensure the achievement of physical perfection.

**Activity-based learning technologies. The method of projects.**

To a greater extent, it is implemented in physical education lessons with students who are in a special medical group, children who often miss lessons, children who are often sick. Or children with poor physical fitness who cannot make control standards for positive marks. Project activity is the creation of problematic situations, the activation of cognitive activity of students in the search and solution of complex issues that require updating knowledge, building hypotheses. The project method is always focused on the independent activity of students (individual, pair, group), which they perform in the time allotted for this work (from a few minutes of the lesson to several weeks, and sometimes months).

**A collective way of learning.** We implement it in pairs, threes, fours; groups at all physical education lessons, at each section of the program material. Students are better involved in the work of the group than on their own, this method allows children with weak physical data to work with the most prepared children, get a high mark. Motivation to study and attend physical education classes increases.

**Differentiated marking of physical and technical readiness of students.**

When assessing the physical fitness of students, both the maximum result and the increase in their result are taken into account. Moreover, individual achievements (i.e., the increase in results) are of priority importance.

When making a mark on physical culture, take into account both theoretical knowledge, and the technique of performing motor actions, and diligence, and the ability to carry out

physical culture and recreational activities. In the work, it is necessary to use methods of encouragement, verbal approval.

**In competitive technology**, learning takes place through play and competition. This technology ensures the gradual development of strong-willed qualities, personal responsibility, and faith in the ability to overcome difficulties.

Applying new pedagogical technologies in the classroom, I became convinced that the process of teaching physical culture can be viewed from a new point of view and master the psychological mechanisms of personality formation, achieving better results.

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