

## INCREASING THE EFFICIENCY OF PHYSICAL EDUCATION WITH MIDDLE CLASSES

BAHODIR SATTOROV O'ROL O'GLI

Komron Rashidov

master's degree graduates of Termez State University

### ANNOTATION:

In school students, especially in middle classes, physical education motives (interest, ability, or ability) are characterized by existing instability, which is a process that depends on external conditions. Practical forms and methods of education increase the quality of physical education lessons for students of all ages

**KEYWORDS:** Physical education, physical activity, perfection, wellness, school age, education, training, competition, creative approach.

### INTRODUCTION:

Physical education of students is an organized pedagogical process of realizing their physical movements. The work of physical education in school differs in its very different forms, which require from students enthusiasm, initiative, coherence. They help to develop organizational skills, activism, and ingenuity in students. The purpose of physical education of students at school:

### HEALING:

1. To bring up as a mature person in every way.
2. Preparation for the defense of the homeland and labor.

Based on the purpose of physical education, the main tasks of physical education on health, fitness, physical development, formation of motor skills and abilities are defined strengthening health, helping students to develop and strengthen properly. Natural factors strengthen the health of students under the influence of water, sun, air, strengthen and increase the body's resistance to disease. Conduct physical education classes in the fresh air as much as possible or organize the provision of fresh air in gyms.

While the goal of physical education classes in the primary grades is mainly to teach children to hold their posture correctly, to teach them to perform important movements, walking, jumping, running, and to exercise with objects, in the upper classes (5-9) more complex sports elements and is to teach methods.

In school students, especially in middle classes, physical education motives (interest, ability, or ability) are characterized by existing instability, which is a process that depends on external conditions. Practical forms and methods of education increase the quality of physical education lessons for students of all ages. In sociological research of A.M. Voilokova, M.I. Javoronkova, A. Ya. Sviridovs' noted that the interest of a wide range of schoolchildren in physical education and sports is age-appropriate. This seems to be an antonym to the above idea, but the age-appropriate aspect does not explain the balance with interest and psyche. The results from the experiments conducted by American scientists in the early 2000s are not enviable: on a one-year basis, only 80.3% of students attend classes. In addition, this figure has reached even lower levels in recent years.

### MAIN PART:

The participation of students in physical education (as well as in other related subjects) in general secondary school is 98% for boys and 97.4% for girls in 5th grade, but before graduation this indicator is much more passive: o' clay falls to 55.7% for boys and 48.5% for girls.

The dramatic difference in the attitudes of boys and girls towards exercise also changes with age. If activity is high from 12-13 years. At the same time it is stable and then decreases. Maximum physical activity is observed in boys in grades 7-10, and in girls in grades 5-8. Researchers pay close attention to the factors influencing school students' physical education and sports interests, as well as their impact on them. Rural schools with the highest level of physical education and sports (with a large contingent).

Physical education of high school-age children is an integral part of the completely educational and pedagogical work of the school and plays an important role in preparing students for life and socially useful work. The goals of the school and the teacher are interrelated. The comprehensive development of the student in the life of society also depends on the vital factor. This includes strengthening health, acquiring high moral and willpower qualities - willpower. All this should be done through physical education teaching from primary school. The subject of "Physical Education" has a special role in inculcating these qualities. In this regard, it is very important to improve the quality of teaching physical education classes.

In this article, it would be better to consider the following questions and suggest what tasks we face the teachers:

- ✓ clearly state the goals and objectives of the lesson;
- ✓ effective use of methods and forms of lesson organization;
- ✓ to pay attention, activate and increase the interest of schoolchildren;
- ✓ constantly changing the content of the lesson, the methods of its organization and conduct.
- ✓ constant monitoring of the development of student activities.

Both the original purpose and content of these tariffs and words are the subject of the experiments and in fact the formation of interest and interest in physical education and sports, the promotion of healthy lifestyles and abilities, interest-based incentives, practical for a healthy lifestyle creating conditions in school for the conscious development of skills.

The partnership between family and school is also the basis for the regular physical development and upbringing of children. Of course, we see only the intellectual side of this education, but we are sure that the teacher of physical education has a special place in this educational process. It is not just sitting at a desk and listening to a 6-hour lesson, sometimes the main person who calls a child to mental and physical motivation becomes this physical education teacher.

Monitoring and sociological surveys revealed that school students had little or no attitudes or interest in physical education classes. The main reason for these results is due to three factors:

- a. poor conditions at school for physical education classes;
- b. negative attitude towards physical education lessons by other teachers;
- c. the influence of parents on schoolchildren.

Different methods of improving the quality of physical education should be used in the planning of the educational and practical process. They include the following ways to improve the quality of physical education classes in education:

- 1) introduction of new types, forms, innovative technologies in physical education classes;

- 2) a rational combination of traditional and innovative approaches in the organization and conduct of physical education classes;
- 3) the formation of a variable part of the physical education program, taking into account the individual abilities, interests, needs, motives of students, as well as the educational opportunities of the school;
- 4) strengthening the educational direction of physical culture;
- 5) construction of educational process on physical culture taking into account pedagogical technologies of education;
- 6) timely equipping the educational institution with school supplies;
- 7) introduction of modern information and educational technologies in the system of physical education classes;
- 8) formation and development of professional competencies among teachers of physical culture in accordance with modern achievements of the theory of pedagogy and physical culture;
- 9) organization and holding of meetings with school graduates, as well as famous athletes;
- 10) involvement of school students in extracurricular and extracurricular activities.

In order to optimize a physical education lesson, it is first necessary to organize the involvement of students in the learning and competitive process. To do this, the teacher must prepare in advance for the lesson, learn more about the movement techniques taught to children, choose the appropriate method, tools, apply them correctly and use the power of active learners. Practice shows that the use of only one teaching method for all teaching materials reduces the effectiveness of lessons, negatively affecting students' interest in the lesson. Using the same teaching method in teaching all movements leads to a decrease in attention and interest. Therefore, every teacher must use appropriate methods and tools to improve the level of education. For example, if a teacher comments on topics such as throwing, jumping, running, and so on. will be the method of narration, but at the same time it must also use the method of explanation and exhibition. In determining the content of the lesson, the teacher should pay special attention to two methodological issues. First, specific learning materials should be provided for each section of the course, and second, these materials should be selected and complemented accordingly. This is of great importance both from a pedagogical and psychological point of view. This is not only a theoretical aspect, but also the consistent use of frontal, group methods in practice increases the quality of the lesson.

In short, physical education classes at school, not only standardized methods for the effective organization of training processes, but also new methods, the use of different methods helps to achieve a high level of efficiency and results. Of course, this will shape and shape the teacher's pedagogical skills, professionalism and creativity.

#### **REFERENCES:**

1. Azimov I.G. Age physiology of physical education. T.: 1994
2. Aliev M. Inculcating scientific and methodological knowledge about physical education in children is the basis of a healthy lifestyle in the future. T.: 2008
3. Mirzaev S.T. The upbringing of a healthy generation is the basis of building a great state, the materials of the scientific-practical conference. Part 2.T.: 1994.
4. Jakhongirov G. Mahmud Kashgari and Uzbek national games. Theses of scientific-practical conference. Tashkent-Jizzakh. 1991