

COMPETENCY APPROACH TO PHYSICAL EDUCATION LESSONS OF SECONDARY SCHOOLS

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ABSTRACT:

The article emphasizes the need for a competent approach to the subject of physical education in secondary schools, while recognizing the requirements of today's times, its specifics. There is also a life skills program that needs to be developed in the student to implement this approach

KEY WORDS: physical education, competence, motor skills, education, cognitiveness.

INTRODUCTION:

It is known that the school is a dwelling that shapes skills by giving students knowledge in certain disciplines. The purpose of school education is determined by the set of knowledge and skills that the graduate must possess on the basis of the established program. Today, however, this approach is not enough. The society requires not only graduates who have mastered the established knowledge, but also students who are able to practically solve life and professional problems in the future. Today, when falling into any problematic situation, it is very important to be able to solve it positively, to prepare a graduate at a level that can justify his decision and choose a reasonable method. As a result of this need, the concept of compensation appeared.

The process of physical education of schoolchildren can serve as a real school of life, knowledge, communication, understanding and

self-expression. Based on the spiritual foundation of the individual, it is necessary to develop in children the desire for introspection, self-esteem and self-improvement.

Modernization of the educational system of Uzbekistan requires a radical change in physical education. At present, the activities of a physical education teacher are based on the following tasks:

- formation of a system of knowledge on physical education and vital motor skills;
- develop individual motor skills and increase the physical training of students;
- to educate the individual about the values of physical perfection;
- formation of the need for selected sports and physical exercises;
- education of moral and voluntary qualities;
- • develop interpersonal communication experience.

The competency approach in the field of physical education will help to carry out these and other functions of the modern lesson, which will help to formulate the vital competences of students. At present, there is no single opinion on how many and what compartments should be formed in the students.

| <i>Of the main competences in the field of physical education manifestation</i> | | | | |
|---|----------------------------------|--|---|--|
| Basic competences | The scope of compensation | Compensation activities | Social significance for the student | Personal significance for the student |
| General cultural | Cultural and historical sphere | General activities; ability to have relevant historical experience | Knowledge of the cultural and historical foundations of physical culture, comprehensive physical and spiritual development, to know the role of physical culture in shaping the ability to lead a healthy lifestyle; health and high performance; training for labor and protection of the motherland | To determine the importance of systematic physical education for improving health, increasing physical training and preventing diseases; develop interest and habits in systematic physical education and sports |
| Educational and cognitive | science, art | ability to learn all my life, knowledge, skills | Knowledge of the basics of physical development and education to shape a spiritually rich and healthy person | Possession of the necessary knowledge for physical education and sports; knowledge of the basics of personal and public hygiene; knowledge of the rules for the regulation of physical activity in the morning exercise, regular exercise conditions |
| Communicativ | Field of | Oral and written | Having different | Ability to analyze |

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|----------|--|---|--|--|
| e | communication | communication skills | information; opportunity to discuss the development of sports and physical education; development of your position on these issues | and evaluate the activities of friends, classmates; ability to make recommendations for independent physical education classes based on modern sports and fitness technologies |
| Social | social relations (politics, labor, religion, nationality relations, ecology, health) | take responsibility for participating in shared decision making | Understanding the benefits of physical exercises for human health, increasing their working capacity and increasing their life expectancy, as well as the role that physical exercises play in the prevention of occupational diseases, in the fight against occupational injuries | The ability to use physical culture to prepare for professional activities; to have modern requirements for the scientific organization of labor and rest |
| Personal | social and cultural sphere | identify the main goals of life and the ways to achieve them. Active adaptation to the socio-cultural environment to achieve key life goals | Mastery of the technique of self-awareness; determination of personal and life itself | Ability to express oneself and self-development; ability to manage the physical state of the body |

The formation of basic skills requires a certain program of action from the teacher:

| The activities of the physical education teacher in the formation of the basic competencies of students | | |
|---|---|--|
| Objectives of physical education | Physical culture is the knowledge, skills and knowledge that provides individual health | Formed powers |
| 1. Take care of your own health, improve individual skills in physical education classes, prevent diseases | Physiotherapy complexes. First aid for injuries. To determine the individual characteristics of physical development and physical training. Understand the importance of a healthy lifestyle, avoid bad habits with the help of physical education. | Personal |
| 2. Development of modern health care systems technologies in physical education | Complexes of Professional practical exercise. To relieve fatigue and improve performance, autogenous the simplest ways to exercise and relax. Know the physical indicators of a person, the positive impact of physical exercises on health and the factors that shape a healthy lifestyle. | Authority in social, health restoration activities |
| 3. Enrich the motor experience with professional-practical exercises aimed at preparing for future life activities | General and practical physical education. Possession of methods of motor activity. Ability to perform test assignments, which determines the individual level of physical preparation. | Educational and cognitive abilities in motor activity, taking into account individual characteristics of physical development and medical indicators |
| 4. Mastering the system of knowledge about physical education classes, their importance in the formation of a healthy lifestyle and social direction. | Personal health, knowledge of the features of physical development, the possibility of correcting them through physical exercises; the ability to organize individual forms of physical exercises; the ability to perform individual exercises, the acquired knowledge and skills in practical activities | General cultural, personal |

In conclusion, the introduction of a competency-based approach to the physical education lessons of secondary school students will contribute to the formation of the following among the students:

- ability to work without a permanent leader, take responsibility on his own initiative;
- ability to initiate without requiring it from others;
- awareness of problems and willingness to seek solutions;
- ability to analyze new situations and apply existing knowledge;
- ability to find a language with others;
- willingness to acquire new knowledge on their own initiative (taking into account their own experience and opinions with others);
- the opportunity to learn something new from high-class athletes.

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