

METHODOLOGICAL RECOMMENDATIONS ON THE TEACHING OF PHYSICAL EDUCATION IN VOCATIONAL SCHOOLS

Danayev Toshpolat Nashayevich
Chirakchi District, Kashkadarya Region
Head of Physical Education of the 2nd Vocational School

Abstract:

This scientific article gives methodological recommendations on the teaching of physical education in vocational schools in our country, attention to the education of a healthy generation, and the opportunities created.

The purpose of writing this article is to show that the importance of physical education and sports in the growth of the young generation to become physically healthy and mentally mature, and that attention to the development of physical education and sports in our Republic is considered at the level of state policy.

Result: in the teaching of physical education in vocational schools, in front of physical education, physical culture and sports should be more integrated into the life of our people, social education and sports from all different forms, including folk traditions, in the education of young people in the spirit of independence. use, improvement of people's health is achieved.

Keywords: competence, practical experience, ability, interest, experience, physical culture, sport, physical exercise...

It is clear to all of us that teaching about any movement activity requires a certain amount of time. Each stage of education is defined by its own and some leading concepts. Only if the tasks are sequential, should the teacher correctly implement the educational methodology, including the use of educational principles, preparation and guiding exercises, and use the methods and methodologies in accordance with the purpose. It can take. Nowadays, the structure of the educational process cannot be said to be unchanged. This process is only a typical connection of the elements of the stages and represents the general laws of education and may change depending on specific tasks.

It is worth noting that at all stages of education, the teacher should analyze and evaluate the activities being mastered together with the students, and the shortcomings in their practical work should be mastered by the students. has a negative effect on the formation of existing skills and qualifications. In particular, strengthening the health of the people, especially the young generation, is one of the main tasks of physical culture in Uzbekistan. In the period of independence, the attention to sports and physical education in particular increased day by day, and the importance of sports in the education of the young generation is incomparable. After all, one of the necessary things in human life is sport. Everyone should do sports. Because a person who plays sports will always be healthy, fresh, and healthy, after all, it is not for nothing that sport is a guarantee of health. Some diseases also disappear if you do sports. Sports is a must. Especially the elderly and young people should do physical education and sports in the morning.



It is good to pay attention to the following in the teaching of physical education in vocational schools:

1. In-depth learning of topics by students;
2. Ease of supervision of students by the teacher;
3. Students get more information in a short time;
4. Maximum development of students' skills and competencies;
5. Such as being able to do physical exercises independently.

In the teaching of physical education in vocational schools, several issues can be solved at the same time. The main of these is the development of students' skills and abilities in conducting physical exercises, sports games, helps establish emotional relationships among students, encourages them to work as part of a team, listen to the opinions of their peers. ensures the fulfillment of educational tasks through teaching.

Physical education and sports are of great importance in the development of the young generation to become physically healthy and mentally mature. In our republic, attention to the development of physical education and sports is considered at the level of state policy. The laws adopted in this regard pave the way for the development of physical education and sports. President of the Republic of Uzbekistan Sh. Mirziyoyev, in September 2018, at a meeting dedicated to the development of physical education and sports, emphasized that it is necessary to pay attention to the use of modern economical technologies in the construction of children's sports facilities.

Also, today in the Republic of Uzbekistan, great attention is being paid to the development of sports and to increase the competitiveness of young athletes at the international level, to train athletes with high physical potential and mental alertness. The second of the 5 important initiatives put forward by President Shavkat Mirziyoyev is aimed at physical training of young people and creation of necessary conditions for them to show their abilities in the field of sports. The appearance of national sports on the world stage and its recognition is a clear proof that the ancient dreams and

hopes of our ancestors have been fulfilled. In front of physical education, we should introduce more physical culture and sports into the life of our people, make wide use of all different forms of social education and sports, including folk traditions, in educating young people in the spirit of independence, improve people's health and make them Motherland. There are many tasks to prepare for defense and so on. The national games of our people are one of the important physical and sports tools widely used for this purpose. Therefore, the need to pay more attention to the national movement games of the people is becoming more evident. The names and rules of some of the games mentioned above have been preserved for the time being. When using such games, it is necessary not to lose sight of the fact that they have an educational effect on children in addition to the physical effect, and creative use should be coordinated with the goal. In addition, it is effective to organize competitions in the teaching of physical education in vocational schools. Preparatory competitions.

The main task in these competitions is to improve the reasonable technique and tactics of the athletes in the activities of the competitions, to adapt the various systems of the body to the loads related to the competitions, and others. In this, the training level of athletes is increased, their experience and skills for competitions are formed.

Control competitions allow to assess the level of preparation of athletes. During these competitions, the level of mastery of techniques and tactics of athletes, the level of development of qualities related to actions, the level of mental readiness for competition loads is checked. The results of control competitions allow making changes to the structure of the training process.

Competitions in the form of competition meetings are held for the purpose of improving skills among sports societies, physical education clubs, sportsmen's groups of the city and the republic, and training athletes in patriotism and loyalty to their team, the city and their republic. Regional level competitions are organized by the committee of physical education and sports affairs, for the purpose of checking the state and development of boxing at the city, district, regional, republican level, taking into account the participation of individual athletes and sports teams living in the relevant region, regardless of their affiliation to the KSJ and agencies. held in the state.

So, sport was considered a must for the head of every state, of course, to be a leading general. Amir Timur, Jalaluddin Manguberdi, Zahiruddin Muhammad Babur, who left an indelible mark in history, were such rulers.



Realizing this, paying attention to the teaching of physical education in vocational schools in our country places a huge responsibility on our teachers.

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