



## PHYSICAL EDUCATION OF STUDENTS INCREASING PHYSICAL TRAINING WITH MEANS

**Sotivoldiev Kadir Rakhimovich**

Namangan Institute of Engineering and Technology, Faculty of Light Industry Technology,  
Department of Uzbek Language and Literature, Senior Lecturer of Physical Education

### **Annotation**

The article deals with the issues of preparing future students of physical education for innovative activities, the organization of the content of physical education lessons on a scientific basis, modernization of its organizational and technological bases, development of future development trends. And its outcome is in the public interest, to guide young people towards social relations, to realize the natural potential of man to gain social experience.

**Key words:** innovation, physical education teacher, technology, activity, planning, organization, supervision, assessment, competent person, guaranteed result.

Uzbekistan continues to have a powerful innovative impetus in the field of education, covering various aspects of pedagogical practice: improving the quality of education, predicting results, introducing innovative information and communication technologies in the educational process, interactive learning, approaches to education management. ... is considered one of the most important, urgent tasks in the upbringing of a harmoniously developed person. "... only young people who have received a modern education, who are able to compete with their peers in the Manama countries of the world, who are physically and spiritually mature, will be able to continue the work we have begun and wait for a new stage," President Islam Karimov said. the leading place is occupied by the virtues of humanity, knowledge, ethics, patriotism, craving for knowledge, creativity, the desire for creativity. generation needs to know the secrets of modern education, to own innovative technologies, to competently use information and communication technologies. The demand for new content and the purpose of the teacher's work is growing:

- First of all, with the restoration of the independence of our country, the restoration of our great spirituality, instilling a healthy lifestyle for all citizens, especially young people, is a priority of our state policy. Education based on standards, improving their skills, solving the problems of the formation and assimilation of physical qualities, high spiritual culture, moral and educational qualities in the youth they bring up;

- Secondly, one of the most important tasks of our state is to educate a new generation of people spiritually, physically and mentally healthy, physically fit to defend the borders of the Motherland, improve the education system, educate a new generation. spiritually and spiritually based on national independence, birth out of necessity;

- thirdly, the ongoing work to restore our national spirituality, a radical reform of public education, a growing tendency in our society to pay more attention to the upbringing of a harmoniously developed, healthy generation;



- Fourthly, in the process of globalization associated with universal technologies, a social need arises for the interpretation of physical education in the system of lifelong education based on modern pedagogical technologies and innovative approaches.

Increased attention is paid to the organization and regularity of three-stage sports competitions, such as «Plants of Hope », “ Harmoniously Developed Generation ”, “ Universiade ”. or the appearance in Uzbekistan of Olympic and world champions in many sports, which glorifies our country peace is possible. In addition, various sporting events as well as family events are organized in all schools and communities.

Physical education is not only a process consisting of purely sports competitions, but also the formation of moral and volitional qualities in young people through this education. During physical exercises, young people are trained in will, speed, dexterity, endurance, their health is strengthened, efficiency and mental activity increase, moral values such as courage, honesty, perseverance, independence are formed, and they move towards maturity.

In physical education lessons, the teacher sets himself the goal of educating people who are mature in all respects: hardworking, purposeful, courageous, persistent, purposeful, who will be able to protect their homeland in the future. In this regard, the innovative organization of the activity of physical education teachers, updating and enriching the content of education is of great importance. Along with the development of the educational process, an urgent task is to prepare future physical education teachers for theoretical and practical innovative activities, achieving efficiency in physical education of the younger generation. After all, only a physically healthy and physically healthy person will be able to fully manifest their intellectual and spiritual potential.

In this sense, it is possible to generalize the historical experience of the physical education system in our country on the basis of comparative analysis, practical observations, practical observations, the correct organization of the innovative activity of physical education teachers, and determine its further strategy. To do this, it is necessary to conduct a targeted pedagogical research.

Teaching future physical education teachers to the content of physical education on a scientific basis, modernizing its organizational and technological base, developing promising directions of development is one of the urgent problems facing pedagogical science. At the same time, the goal of innovative activity is determined by society, and its results are in the interests of society, direct young people to social relations, create the basis for the realization of natural human potential for obtaining social experience. Today, as a result of the emergence of a new scientific direction in the field of pedagogy - pedagogical innovations and modernization of the educational process, a new direction in the pedagogical activity of teachers - the concept of "innovative activity of a teacher".

The innovative activity of a teacher is the organization of the educational process on the basis of continuous innovation, a process that is formed and improved over time. The main features of the innovative activity of physical education teachers are reflected in the following:

- 1) combine the philosophy of creative activity with the concepts of physical education;
- 2) mastering pedagogical research methods;
- 3) the ability to create author's concepts;



# Academica Globe: Inderscience Research

ISSN: 2776-1010      Volume 2, Issue 6, June, 2021

- 4) be able to plan and conduct experimental work;
- 5) be able to use the experience of other researchers and teachers;
- 6) collaboration with colleagues;
- 7) be able to exchange ideas and provide methodological assistance;
- 8) prevention and settlement of conflicts;
- 9) apply innovations in physical education lessons, adapt them to the conditions of the country.

## **List of used Literature:**

1. Karimov I.A. Our mother is glad to serve in the year of the great future - the highest happiness. - T.: "Uzbekistan", 201C. -2CC-6.
2. Ashmapin B.A. Biomechanical indicators of future athletes. - M.: "Physical culture" 2014. -S. 276.
3. Verkhoshanskiy Yu.V. Programming and organizing the foaming process. -2014. -S. 1C6.
4. Koltanovsky A.P. Training of qualified sportsmen. -Krasnoyarsk: IFS, 2013. -S. 76.