

NEW PEDAGOGICAL APPROACHES TO ORGANIZING PHYSICAL EDUCATION AND SPORTS EVENTS IN SECONDARY SCHOOLS

Qo'ziyeva Feruza Ismoilovna

Bukhara State Pedagogical Institute

Annotation: This article considers the relevance of organizing physical education, sports and health promotion events held in secondary schools on the basis of state sponsorship using new pedagogical technologies in educating the younger generation.

Keywords: morning physical education, physical education, sports, sports clubs, health promotion,

Entroction

As we stand on the threshold of building a new Uzbekistan and the third renaissance, new requirements for training personnel are set out in the Law "On Education" and the new Constitution of the Republic of Uzbekistan. Secondary education ensures that students acquire the necessary knowledge, skills and abilities in accordance with the curriculum, as well as the choice of the next type of education and the acquisition of professions that do not require high qualifications.

During the period of renewal, we must deeply understand the importance of developing physical education and sports in schools as an integral part of the educational process, helping students form a healthy lifestyle, strengthening the physical health of children and youth, as well as the development of physical education and sports, and our state is providing us with ample opportunities. In a situation where physical inactivity, excessive parental involvement in courses, unhealthy eating, stress, and drug addiction are increasing threats to the health of the younger generation, it is appropriate to pay special attention to this area. At the same time, physical education, sports, and health-improving activities greatly contribute to the positive development of specialized training. Physical education activities for students are carried out using new pedagogical technologies in the form of morning physical education, physical education classes, sports club classes, sports and health-improving competitions and holidays.

Physical education, sports and health promotion of the younger generation in secondary schools are provided by the state and are an important component of the educational process. The importance of this area is recognized both at the level of state policy and at the level of educational institutions. The physical education system in secondary school education is aimed not only at the formation of physical skills in schoolchildren, but also at developing responsibility for their own health, and at forming a healthy lifestyle.

The formation of a healthy lifestyle is a complex systemic process that includes many components of the lifestyle of modern society. Studies have shown that ensuring human life and health, and raising the younger generation in a physically fit manner are becoming an urgent problem today.

According to the analysis of the World Health Organization, among the factors affecting human health, medical care accounts for 10 percent, hereditary factors for 15 percent, and

environmental conditions for 20 percent. Most importantly, a person's lifestyle (physical activity, nutrition, harmful habits) affects his health by up to 55 percent. The contribution of individual factors of different nature to health indicators depends on the age, gender, and individual typological characteristics of a person.

Main part

One of the important tasks set for educational institutions today is to teach pupils and students to grow up physically healthy and maintain their health. The expression health care is now acquiring a very broad meaning, its modern meaning can be interpreted not only in the sense of health, but also as a comprehensively developed and highly practical and physical ability to work, learning to quickly adapt to a changing climate. Especially in the age of technological progress, a person is required to be able to quickly and skillfully control movement, and to be well-trained physically. The foundation for all this is laid from an early age. The main tasks of physical education of schoolchildren are: To help strengthen, strengthen, and harmoniously develop health in all aspects, to increase mental and physical working capacity. We all know that the tasks of physical development, physical fitness and the formation of movement skills and abilities take different forms depending on the age, gender and personal characteristics of those involved in physical education and sports. If the physical education of schoolchildren is aimed at their harmonious physical development and strengthening of the body, then in sports it is aimed at achieving specialization in the type of sport and showing high results in sports. The main factor in implementing the above goals and objectives of physical education is the coaches and organizers.

Today, we are witnessing the fact that diseases are also observed among children who are very active. As a result of the research conducted, it was found that 30% of children lag behind their peers in development, and ideas were discussed to prevent this. In terms of quality, the solution to these problems is to involve students in sports sections and clubs based on their interests, organize more sports events, hold conversations with parents, and encourage them to play sports.

The main aspects of increasing the importance of physical education and sports in schools are as follows.

1. Promoting physical development and health: Physical activity helps schoolchildren maintain a normal level of physical development, develop correct posture, improve endurance and strength, and strengthen the immune system. This is especially important in an environment where many children spend a lot of time at the computer, which leads to poor health.
2. Preventing diseases: Regular physical activity helps prevent various diseases, such as obesity, cardiovascular diseases, and musculoskeletal diseases. The introduction of health-saving technologies into the school process helps minimize the risk of developing chronic diseases in adolescents.
3. Development of the most important skills in children: Physical education helps not only to improve physical condition, but also to develop such qualities as perseverance, determination, teamwork, the ability to work in a team, as well as to develop coordination of movements and motor skills. These skills are useful not only for a healthy lifestyle, but also for successful social adaptation.
4. Creating a positive atmosphere in the team: Sports events, olympiads, school competitions create an atmosphere of healthy competition and mutual assistance. This helps to form friendly relations between children, develop leadership qualities in schoolchildren, and strengthen the moral atmosphere in the classroom.

5. Involvement in sports clubs and sections: In schools, it is important to organize sports clubs, circles and sections that allow students to engage in sports in addition to physical education classes, develop interest in various sports, and also identify talents.

Summary

New pedagogical approaches to organizing physical education and sports events in secondary schools are aimed not only at developing the body, but also at strengthening the mental and spiritual health of students. New approaches include, first of all, increasing the physical activity of students, further strengthening their interest in sports, and involving them in various physical activities. In these approaches, physical education is carried out not only through lessons, but also through the organization of various competitions, events, student sports clubs, and active recreation. Changes in pedagogical approaches, in particular, focus on ensuring an individual approach. Exercises and sports that are appropriate for the physical condition and capabilities of each student are selected. Also, new methods, games, and innovative training methods are used to develop interest in sports.

At the same time, the inclusion of physical education and sports activities in the educational process has a positive effect on students not only physically, but also morally and psychologically. This, in turn, helps to ensure their balanced development, to form a healthy lifestyle.

New pedagogical approaches also require improving the skills of physical education teachers and introducing them to modern methods. Such approaches make it possible to organize physical education of students at a high level in schools and serve to educate them as healthy and active citizens. Thus, new pedagogical approaches to organizing physical education and sports activities in secondary schools make the educational process more effective, interesting and useful.

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