

**THEORETICAL AND PRACTICAL PEDAGOGICAL TECHNOLOGIES IN ORGANIZING
PHYSICAL EDUCATION LESSONS IN COMPREHENSIVE SCHOOLS****Tukhtamuradova Nafosat Voxidovna**Master of Science in Theory and Methodology of Physical
Education and Sports 2nd year

Abstract: This article discusses the theoretical, practical and pedagogical foundations of effective organization of physical education classes in secondary schools. It also analyzes the importance of forming a healthy lifestyle among students, developing physical culture, and using innovative approaches in the lesson process.

Keywords: physical education, healthy lifestyle, pedagogical technology, methodology, motivation, quality of education.

INTRODUCTION

Today, the role of physical education in ensuring the development of society, human health and well-being is incomparable. In the Republic of Uzbekistan, great attention is paid to improving physical education classes in schools based on the Law "On Physical Education and Sports", Presidential Decrees and State Educational Standards. Physical education classes serve not only the physical development of students, but also the formation of their mental state, will, teamwork skills and moral qualities. Therefore, the combination of theoretical, practical and pedagogical approaches in organizing these classes is of great importance.

MAIN PART**1. Theoretical foundations**

The theoretical foundations of physical education pedagogy are based on the idea of all-round development of a person. According to pedagogical scientists (A.V.Zaporozhets, L.P.Matveev, A.N.Leontyev, etc.), physical education is a means of ensuring the individual's movement culture, discipline and readiness for work. The main theoretical criteria are the consideration of the age, gender, physiological characteristics of students in the process of school lessons, the gradual complication of classes, and the principle of an individual approach.

2. Practical foundations

The following practical aspects are important for the effective organization of physical education lessons:

- Lesson structure: consisting of preparatory, main and final parts;
- Innovative methods: use of interactive games, competitions, team exercises;
- Use of information technologies: video lessons analyzing sports movements, videos promoting a healthy lifestyle;
- Individual approach: standardization of the load, taking into account the physical condition of each student.
- Also, factors such as thorough preparation of the physical education teacher for the lesson, sufficiency of equipment and sports equipment, and compliance with safety rules increase the effectiveness of the lesson.

3. Pedagogical foundations

The main directions of the pedagogical approach in physical education lessons are as follows:

- Formation of motivation: arousing students' interest in physical activity;
- Active teaching methods: stimulation through problem situations, peer evaluation, and competition;
- Educational goal: instilling the values of a healthy lifestyle, developing discipline and responsibility;
- Integration: linking physical education lessons with biology, psychology, and ecology.

Relevance of the topic: The relevance of the topic is determined by the organization of physical education classes in secondary schools, the development of recommendations for improving students' theoretical and practical knowledge of physical education and sports, the promotion of a healthy lifestyle in the younger generation, and the formation of skills and competencies in physical education classes.

Theoretical and practical significance: The possibility of theoretical analysis of psychological problems of increasing the efficiency of physical education and sports in general secondary schools is expanded. The role of ways of teaching students to sports in the process of organizing physical education classes has been identified. As a result of the study, it is possible to effectively use the developed methodological recommendations on ways of teaching students to sports in physical education classes in general schools.

CONCLUSION

Organizing physical education classes in secondary schools on a theoretical and practical basis is an important factor in the healthy development of students, the formation of a positive attitude to physical culture and life. The use of advanced pedagogical technologies, modern methods and individual approaches in the lesson process increases the effectiveness of education. Also, the physical education teacher, through regular self-improvement, plays a leading role in forming a culture of physical activity in students.

RECOMMENDATIONS

Recommendations for improving the lesson process

1. Increase activity: At least 70-80 percent of the lesson time should be devoted to active movement of students. This will enhance the health-improving and developing effect.
2. Optimize the preparatory part: Select exercises in accordance with the age characteristics of students; use exercises that gradually prepare the cardiovascular system for work.
3. Organize the main part based on a differential approach: Adjust the intensity of the exercises, taking into account the level of physical fitness of each student.
4. Analysis and reflection at the final stage: After each lesson, students should evaluate their performance, and the teacher should analyze mistakes and make corrections in subsequent lessons.

Recommendations for a pedagogical and psychological approach

1. Increase motivation: encourage students through sports games, mini-competitions, points system.
2. Strengthening educational importance: the formation of social qualities such as honesty, friendship, communalism during the lesson.
3. Individual approach: to give them a suitable load, without alienating students with low physical fitness.
4. Creating a psychological environment: having a cheerful, friendly environment in the lesson helps students to behave freely.

Recommendations for innovative approaches

- 1.Introduction of Information Technology: the use of videos, mobile applications and virtual sports games that teach you how to perform physical exercises correctly.
- 2.Applying elements of the STEAM approach: learning physical exercise in association with biology, anatomy, or technology (e.g. heart rate measurement experiments).
- 3.Keeping a student's wellness diary: recording weekly physical activity, establishing a self-control system to form healthy habits.

Recommendations for the development of teacher activities

- 1.Continuous professional development: learning advanced experiences through seminars, training, webinars for physical education teachers.
- 2.Analytical and creative approach: it is necessary for each teacher to analyze his or her course style and try new methods that increase efficiency.
- 3.Establishing a collaborative system: increasing student physical activity by working in partnership with parents, neighborhood, sports schools, and health care facilities.

Recommendations for extracurricular activities

- 1.Organization of sports clubs and clubs;
- 2.Regular interscholastic athletic competitions;
- 3.Establishing healthy lifestyle advocacy activities;
- 4.Holding physical culture weeks and "sports festival " events.

List of literature used:

- 1.O‘zbekiston Respublikasi Prezidentining “Yoshlar o‘rtasida jismoniy tarbiya va sportni yanada rivojlantirish chora-tadbirlari to‘g‘risida”gi PQ–5924-son qarori.
- 2.Matveev L.P. Teoriya i metodika fizicheskoy kultury. — Moskva: Fizkultura i sport, 2010.
- 3.Abdurahmonov A. Jismoniy tarbiya nazariyasi va metodikasi. — Toshkent: O‘zDJTI nashriyoti, 2022.
- 4.G‘afurov M. Umumta’lim maktablarida jismoniy tarbiya darslarini tashkil etishning pedagogik asoslari. — “Ta’lim va innovatsiyalar” jurnali, 2023, №2.