

Ways to Increase the Efficiency of Physical Education Lessons

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ABSTRACT

In this article, there are some issues related to the effective conduct of physical education classes.

The state educational standards for physical education for general secondary education set requirements for the quality of the educational process, education and content: the necessary and sufficient level of student preparation, activities in educational institutions and physical education and determines the procedures and mechanisms for evaluating the quality of education.

On the basis of the Law "On Education" and the "National Program of Personnel Training", every educational institution should develop the physical capabilities of students to maintain and strengthen their health in the context of the diversity of educational opportunities. is obliged to create conditions that guarantee the formation of the foundations of physical culture in them.

The lesson "Physical education" in general secondary education consists of the following:

Physical education classes.

1. Extracurricular forms of physical activity: gymnastics held before class, physical moments, dynamic pauses during extended breaks, games.
2. Extracurricular forms of physical training: sports sections, electives, sports competitions, etc.

Materials for sports games are included in the physical education curriculum (volleyball, basketball, handball and separate football).

Exercises, technical and tactical methods, as well as theoretical and practical rules of the game, necessary for teaching physical education program materials, are included. The effectiveness of the training depends on the teacher's proper planning and organization of the lesson, the

coefficient of teaching more useful actions. The use of equipment and tools plays an important role. (E.K. Akhmerov, 1985).

It is not enough to have a few balls and a court to successfully teach physical education. Of course, it is necessary to have a filler ball, chips, cones, batons, flags, clubs, ropes, hurdles, gymnastic mats, hanging balls, cushioned ball and other similar equipment. . The hour allocated for sports in the program is not enough to master the movement techniques and tactics of the sport to the necessary and sufficient level. Therefore, it is appropriate to organize sports training sessions in secondary schools.

The organization of a sports section at school begins with the training of young athletes. The structural harmony and age homogeneity of the participants in the training groups corresponds to the form of the training sessions.

Regular participation in general activities unites participants into a single team, which is an important factor in effectively solving the educational and educational tasks of physical education.

It is necessary to fulfill a number of accepted general requirements when conducting physical training sessions.

First of all, the training and education of the participants should be carried out throughout the training.

Secondly, methodical templates should be avoided at all costs during training.

The constantly increasing complexity of the tasks, the dynamics of the changes occurring in the body and psyche of the participants, and the permeability of the external conditions require that the content and methodology of the training should be varied.

Thirdly, taking into account the personal characteristics of the students, they should be equally involved in educational activities. Only in this way, it is possible to achieve a whole educational process for the participants for a long time, and it is possible to prevent the participants from leaving the training or falling behind.

Fourthly, it is necessary to carry out educational activities in each session with strict adherence to methodical principles. The effect of the training should be health-giving, educational and educational.

Fifth, it is necessary to set specific tasks before the training that can be solved in this lesson. The general issues of the educational process (strength, quickness, agility, endurance, flexibility) are usually solved by performing a specific system of tasks.

Circles are divided into three parts, like training classes: preparation, main and final parts. Then, taking into account the tasks set before the specified parts, a clear mastered structure of the lesson is developed.

Functional preparation for the main activity, which begins in the preparatory part of the training, occupies a central place. This is achieved with the help of exercises that are easy to moderate, do not take much time to prepare and perform. These include running, jumping, games, and activities familiar to students. Adhering to the principle of one after the other, the complex of general development exercises is performed in the following order in most cases: introductory exercises; exercises for arm and shoulder girdle; exercises for legs; squats; exercises for the body; jumps; muscle strengthening exercises (Y. D. Zheleznyak, 1989).

The most complex tasks of the training are solved in the main part. Usually, the study of new material, complex movements in terms of coordination is decided at the beginning of the main part.

The tasks of teaching technical and tactical movements in sports are solved in the main part,

strictly following the stages (introduction, training, improvement). It is advisable to widely use a complex of preparation and approximation exercises in training for technical and tactical movements.

In the final part of the training, it is very important to gradually reduce the intensity of movement, to be able to analyze the work done by the participants. Special attention should be paid to homework.

The training is supplemented with independent exercises.

It is also important to choose the places of physical training.

It is necessary to make full use of the opportunity to take classes outdoors as much as possible. It is true that it will be difficult to lead those who practice in the open field.

Sometimes, the sun, wind, and objects that distract the attention of the participants make it permissible to hold a lesson. But outdoor activities increase work capacity, and these activities help to train and strengthen health.

At the same time, always using traditional standard exercises in training aimed at developing physical qualities, especially quickness and agility, which are very important for children, does not give the expected result. According to the researches of most expert scientists, the use of non-standard game-like exercises in training the mentioned qualities arouses great interest among the participants. Most importantly, it has been proven that the qualities being formed can be developed very effectively in a short period of time.

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