

### Pedagogical Principles of Increasing the Physical Fitness of Students in Physical Education Classes

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#### ABSTRACT

*Physical training is a part of the physical education process, in which physical education tools and methods are used, and the principles of physical education are implemented. This, in turn, is the main basis for solving the tasks of physical education*

The benefits of physical education are many, helping young people grow into responsible adults who know the importance of a healthy lifestyle. The laws of nature, which control the process of physical education and physical culture, affect the human body and physical growth, are called principles in the theory and methodology of physical education. Knowing the general principles of the development of the body and applying them in practice will bring the process of physical education of students to a more effective level.

In the literature on physical education and pedagogy, the principles are defined in different ways, but the analysis of the sources shows that one principle, described by different names, means the following contents:

- organize physical exercises consciously and with understanding for the all-round development of students during physical education classes;
- use of various forms of demonstration for better mastering of the exercises being taught;
- to ensure the simplicity and comprehensibility of targeted and psychological challenges offered to each student;

To strengthen the demand for students to consolidate what they have learned in previous trainings and to ensure the creation of a foundation for further trainings. In the science of pedagogy, we call these principles didactic principles, taking into account their relevance to teaching.

It is more legitimate to call the principles methodical-methodical rather than didactic, as

they include physical training, training in physical exercises and equipping participants with knowledge, education of physical qualities. The main methodological principles used in the formation of skills and qualifications are the same and necessary for all, regardless of the age of the students. It is appropriate to consider separately the essence of each principle and the ways of its implementation in the process of physical education of students. The principle of consciousness and activity.

Pedagogical scientists and practitioners of our republic are trying to use educational technologies and educational practices adapted to the socio-pedagogical conditions of Uzbekistan on a scientific basis.

The main conditions for the introduction of educational technologies into the educational process are as follows:

- the need to change the role of teacher and student in the educational process;
- as a result of the rapid development of science and technology, there is a sharp increase in information and the limited time to communicate it to young people;
- the fact that human society at the current stage of its development is moving from thinking based on theoretical and empirical knowledge to technical thinking based on a clear end, which has an increasingly useful result;
- The requirement to train a competent generation requires the use of the principle of a systematic approach to objective existence, which is considered the most advanced way of imparting knowledge to them.

An educational process is an educational event that meets all the requirements of the five basic conditions listed above. Below we will consider the advantages and disadvantages of using some modern educational technologies in the course of the lesson:

➤ Working in small groups is a method that requires students to be divided into small groups for the cooperative performance of a specific task given by the teacher, and to develop ways to solve the given task. When this method is used, the student will have the right to work in small groups, actively participate in the lesson, be in the role of leader, learn from each other and appreciate different points of view. In the method of working in small groups, the teacher has the opportunity to save time compared to other non-traditional methods. Because the teacher can attract and evaluate all students at the same time.

- The advantage of the "work in small groups" method is as follows:
  - leads to good mastering of teaching content;
  - improves communication skills;
  - it is possible to save time;
  - all students are involved;
  - There will be a possibility of self- and group evaluation.
- Disadvantages of the "work in small groups" method include:
  - there is a possibility that even strong students will receive a low grade due to the fact that they are weak students;
  - the ability to control all students will be low;
  - negative competition may arise between groups;
  - a conflict may arise within the group.

➤ The business game method is considered a method of imitating (imitating, reflecting) making management decisions in various situations according to the assigned tasks or prepared by the game participants. The activity of the game is given by imitating the behavior and social

tasks of the participant who is participating as a representative of an organization. On the one hand, the game is controlled, and on the other hand, according to the results, the participants have the opportunity to change their activities. In a business game, the role and purpose of the roles are mixed. Some of the participants have to play a fixed role during the game. Some of the participants define their roles based on their personal experience and knowledge. In the business game, each participant has a separate role to fulfill the goal. Each participant first decides on his task, and then consults with the group. Achieving the goal of this personal sheet depends on the results achieved by the members of the whole group. At the end of the game, each participant and group will be evaluated based on their results.

➤ Advantages of the "working game" method:

➤ helps students to express their knowledge and experience through their views and behavior;

➤ a good opportunity is created to mobilize the student's initial knowledge and experience;

➤ conditions are created for students to demonstrate their capabilities based on their knowledge.

➤ Disadvantages of the "working game" method:

➤ requires a lot of preparation from the teacher;

➤ time is spent a lot;

➤ the chosen topic must correspond to the student's level of knowledge;

➤ the student's emotions can prevent him from making the right decision.

➤ "Role-playing" method is a method in which students demonstrate various conditions of a life situation by staging. Role-playing games differ from business games in that there is no evaluation. In the role-playing game, participants actively work together to solve the problem, like a business game. Role-playing games form students' interpersonal skills.

➤ Stages of the "role play" method:

➤ the teacher determines the goals and results of the game on the topic and develops the scenario of the role-playing game;

➤ the goals and objectives of the game are explained;

➤ distributes roles based on the goal of the game;

➤ students play their roles. Other students are watching them;

➤ at the end of the game, students are given the opportunity to explain how they can play the role they played.

Students who are observers give their final comments and the game is concluded. In the "role play" method, the teacher must have prior information about the students. Because the individual character and behavior of each student is important in playing roles. The selected topics should correspond to the students' level of mastery.

Advantages of the "role play" method:

- helps to form motivation (interest) in students during the learning process;
- forms students' interpersonal skills;
- changes the ability to apply theoretical knowledge in practice;
- the ability to analyze the task given to students is formed.

Disadvantages of the "role play" method:

- it takes a lot of time;
- requires a lot of preparation from the teacher;

- students' readiness for the game may vary;
- roles may not be distributed to all students.

If we transfer these concepts to the educational process, as a result of the systematic influence of the teacher on the students in certain conditions with the help of pedagogical teaching tools, they will intensively form social qualities necessary for society and predetermined social quality. can be described as an event. Above, we considered some aspects that should be taken into account when choosing the methods used in the educational process.

The task of physical education is to introduce the rational techniques of movement skills found in life (gymnastics, athletics, sports games, cycling and sports tactics), even if it is a little theoretical understanding.

During this period, children will be prepared to pass the requirements and norms of the "Alpomish" and "Barchinoy" special tests. The process of explaining the role and importance of physical culture in society will be launched as a result of physical exercises. Gradually, the ability to organize will be improved, the rules of the competition will be mastered, the skills of judging will be developed, and for the purpose of training, it will be necessary to teach to use the healing forces of nature.

Basic gymnastics, athletics, active games, excursions and trips, as well as games and physical exercises played in the heart of nature are the main tools for physical education of children aged 10-11 years. At this age, regular swimming and tennis lessons can be organized. Special classes for children with poor health are organized in the form of therapeutic gymnastics or special classes for children allocated to a special medical group.

Academic work is the main form of organization of the physical education of the student, and the school is organized in the style of physical education. A lesson is a systematic form of physical education training and is understood as the process of teaching program topics to children of the same age and the same contingent within a specified time.

The process of physical education is not one year. It is possible to set the goal of achieving certain results in this direction of education only through a series of trainings and lessons characterized by different content and organization. Separate tasks are solved in each lesson. The previously taught (taught) and later taught topics are distinguished by their connection and structure with some or parts of the movement and are carried out on the basis of a specified system.

The characteristic feature of physical education classes is that they are organized by a specialist with special training, based on a program designed for several years with approximately the same contingent of physical development and training, and on the basis of a schedule built into a certain system. Classes are a systematic and relatively economical, effective form of training conducted in order to establish general physical education physical fitness and sports specialization.

Other typical forms of physical exercises are fundamentally different from classes by their periodicity, non-systematic, one-time nature and individuality.

Most often, the above-mentioned forms of training complement the lesson and play an additional role in fulfilling its specific and general tasks. But they gain independent importance by fully satisfying the requirements of a certain level of physical education of the population.

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