



Methods and theory of teaching physical education in primary school

**Palwaniyazova Nawbahar
Abdreymovna**

Nukus State Pedagogical Institute Theory and methods of physical education and sports exercises 2nd year Master

**Baltabaeva Guzal
Maqsetovna**

Nukus State Pedagogical Institute Theory and methods of physical education and sports exercises 1st year Master

ABSTRACT

Currently, the development of new theories and practices of physical education, including the upbringing of children and adolescents, their socio-pedagogical support and protection is a process that is considered an integral part of individual-oriented integrated physical education.

Keywords:

Physical education, field of study, learning process, teaching theory and practice.

It is obvious that the specificity of the historical situation in Uzbekistan at the beginning of the 21st century determines the shift of emphasis from the interests of the state to the interests of the individual, the paradigm of education in general and physical education in particular, requires the teaching of physical culture, in which the upbringing of children and adolescents, their socio-pedagogical support and protection is considered an integral part of an integrated society person-centered physical education

educational process [6] Thus, the modern socio-pedagogical situation, the development of the component of physical education is promoted. The need for methodological and theoretical substantiation of the provision of students with pedagogical physical education in the field of physical education in the process of teaching physical education. [5]

Modern special scientific analysis of the literature, the realities of the pedagogical and socio-cultural situation, the existence of objective contradictions in the theory and practice of the component of physical education confirms that the theoretical and methodological foundations of pedagogical

physical education have not been developed. field of study of students in teaching physical education; pedagogical methodology to ensure pedagogical adaptation in unspecified physical education;

Adapting students to physical education; support physical education to stimulate the process of internal potential of the student using pedagogical tools for which pedagogical mechanisms are not defined. In this regard, the methodological and theoretical substantiation of the issues of teaching physical culture in primary school, pedagogical physical education is being scientifically developed. Supporting small school students in the field of physical education and technology. Pedagogical activity with children, ensuring this process, will be an important future practice, especially for science.

The purpose of this work: to develop the methodology and pedagogical theory of the process of teaching the component of physical education, the adaptation and formation of the personality of the young student in the space of physical education.

Hypothesis: It is based on the fact that in the field of physical education the process of

pedagogical support of physical education to students will be effective if:

- The basis for supporting the formation of theoretical and methodological personality is a space for students of physical education;

- Peculiarities of personality development student

in the process of forming the component of physical education as a pedagogical phenomenon;

- justified the essence, content and main features of the space of physical education as a social environment, the adaptation of students of primary school age;

- The theory of pedagogical activity with children is developed, which provides the implementation of pedagogical support for the formation

personality in physical education;

- Adaptation of students in the process of social and pedagogical formation

physical education component educational institutions;

- The theory of educational activities of technologies of interaction with children in the field of physical education, based on the organization of targeted socio-pedagogical cooperation and collaboration, the introduction of modern innovations;

Research methods. The following methods are used to solve tasks:

analysis of scientific and scientific-methodical literature, pedagogical experience and pedagogical observations, assessment of the level of formation of skills of the component of physical education, determination of the level of development. Physiometric and functional indicators, activities to determine the indicators of extracurricular use of elements of a healthy lifestyle, assessment of mental state "Anxiety is calmness" and "Self-confidence is a feeling of helplessness" scales, assessment of cultural aspirations, assessment of personal characteristics of social significance;

Determining the degree of cohesion of the team, assessing the level of formation of the base, motor qualities, estimating the number of colds, mathematical methods statistics.

A total of 800 young children are of school age (1st, 2nd and 3rd grade students)

high school) participated in a three - year longitudinal study on the formation of physical education component skills. Testing of control subjects and Experimental groups were conducted four times: at the beginning of the pedagogical experiment, experiment after the end of the first year of training, at the end of the second year of the pedagogical experiment and at the end of the third year.

years of pedagogical experience. The test was performed on all indicators.

Experimental and control classes of physical culture were conducted according to the following scheme. Control and experimental teams completed the bulk of the complex. Physical education programs for students 3rd grade of 37th comprehensive school in Nukus. Differences in the content of physical education classes include groups of control and experimental cultures:

- In the form of a variable variant of physical education classes,

- Methods of conducting the educational process.

The control group used the traditional method of conducting physical education classes:

- explanation of new material;

- its development;

- consolidation of previously studied training material;

- improve it (if necessary),

- Formation of motor qualities, games

- Loss of fatigue and drawing conclusions.

The experimental group used a scheme designed to form

the skills of the physical culture and wellness component based on the theory of learning activities and, in addition, the elements of influencing students were introduced:

- characteristics of their personal aspirations;

- The level of formation of skills in the component of physical education;

- personal characteristics.

Accounting for these indicators was carried out contributed to the identification, in our view, of the positive results obtained during the physical education class and during the pedagogical experiment.

Evaluation of the effectiveness of teaching the component of physical education in the classroom to students of primary school age Physical education was carried out using the following experimental methods.

- Assess the level of formation of individual skills in physical education component (maintaining a healthy lifestyle);
- to determine the level of development of physiometric indicators;
- determination of performance indicators elements of a healthy lifestyle in the extracurricular component;
- Determining the level of team solidarity; Assessment of mood on the scales "Anxiety - calmness" and "Confidence in its own power - a feeling of helplessness";
- assessment of personal aspirations;
- assessment of personality traits;
- assessment of the level of formation of fixed assets;
- Assess the level of knowledge formation On the subject of "Physical Culture";
- Assess the level of motivation for physical culture.

All of the above research methods were used at the beginning of the pedagogical experiment (base), at the end of the first year of the pedagogical experiment (primary intermediate level), at the end of the second year of the pedagogical experiment (final intermediate level) and at the end of the third year of the pedagogical experiment (final stage).

The results obtained in the course of the work allow us to draw the following conclusions.

1. Development of education in the system of physical education of young students the process of self-growth of knowledge in the mind, the conditions created by teachers. The development of the skills of the physical education component in the system of physical education of young students is carried out in the following educational system. consists of three main components: student consciousness [1], a set of learning tasks [2], which differ in the nature of their organization and integration mechanisms [3]. Organization of the system of physical education determined by the following

principles: unity of integration and differentiation, anthropocentrism, physical compatibility.

2. With regard to the education system the skills of the physical culture and education component can operate in a mode of cognitive-reproductive and personal development. The difference between them stems from what knowledge the student works with. A knowledge objective and new, then the system can work only in reproductive mode. In the developing system, the student works objectively with knowledge (motor movement), which is already in his mind. Exploring the structural unity of the developing individual in the learning movement. [4].

It is a didactically organized movement of the transformation of mental knowledge, that is, the transfer of it to another, the study of language - actions, as a result of which the knowledge in the mind increases mobility.

3. The subject of "Physical Education" - a holistic and differentiated system of teaching the skills of the component of physical education, combining different knowledge and skills. The degree of heterogeneity of the same subject may be different, depending on whether it is a reproductive or developmental mode of operation.

4. The highest level of integration and differentiation within the system is achieved through teaching skills in the field of education. Physical education component. cultural (local or small) educational field in the field of humanitarian development education [1] and culturally compatible educational field [2].

5. The field of physical culture is built on a problematic basis as education task. It is an evolving type of system in which training is focused notions about the formation of a humanitarian theory about some important event in cultural and historical life. Constructing a concept in a student's mental experience is achieved by presenting knowledge about a phenomenon in different signaling systems and creating conditions for the student to translate knowledge into a

learning language (theoretical) to others (motor).

6. Integrated physical culture is being re-created in the space of educational physical culture. Here the study is done in full

relevance of research to the scientific-theoretical process. Students only work with them

theoretical models (what is already happening in the local space) but also the skills to create them.

7. Physical education of youth school students as a targeted process provides continuity between generations, social development, preparation for life and physical education. The relationship of educational work in the field of physical culture (educational tools, results) that arises within physical education work, etc.) is a fundamental basis for the formation of value. In the activity of person-oriented physical education, physical culture, the formation of a conscious need for educational work in the field, physical culture has economic, social and moral significance.

The younger generation needs a formative influence. It plays an important role in this complex process, together with the community and the family. Physical education teacher. In it, a special social function is performed by the student, who lays the foundations of a humane relationship with individuals, the environment and society. Physical education is a topical issue of person-centered social physical education, the solution of which is based on the appropriate training for young students.

8. The preparation of a small school student for physical education should be based on a comprehensive, multifaceted approach. Must include

all important aspects of small preparation school students: general scientific, special, physical culture and technology, psychological, methodological, pedagogical, aesthetic, ensuring the necessary preparation of the student for the specified person-oriented physical culture and educational activities

9. Personalized training of small school students in physical education, which provides the integration and organic interaction of all components of the complex and strengthens

the preparation of primary school students for person-centered physical education classes. the developed approach is the basis of the complex.

10. The existence and expediency of the content of the systematic approach developed by us in the course of research work, its validity and effectiveness have been experimentally proven. Thus, the results of a three-year systematic study of personality-oriented physical culture and educational preparation of small school students confirmed the hypothesis put forward by us in physical education, and all on the development of forms and methods of such training allows us to conclude that the research tasks have been solved.

Further prospects work: opportunities to train young students to explore possible physical education, regional, national characteristics, physical culture and educational activities small school students, taking into account the natural compatibility of personality-oriented tasks, other aspects of the problem.

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