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The Essence and Use of Innovative Technologies in Teaching Students the Technique of The Long Jump

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ABSTRACT

In this article, the author aims to identify the pedagogical skills of the most effective use of innovative technologies in the process of teaching the methodology of teaching the long jump technique for students of universities of all directions. The analysis of bibliographic data of researchers is given. The article proposes a system of exercises and tasks related to the use of graphic organizers, Venn Diagrams, the conceptual table "ZHU" and the case method in the classroom for the course "Physical Education".

Keywords:

Innovation, technology, physical education, long jump, technique, IT (innovative technologies), personality, education, educational material, critical, logical, analytical thinking, run, repulsion, flight, landing.

A strategic significant task in Uzbekistan is to further increase the political, economic, moral and physical activity of citizens for the modernization of society and the implementation of fundamental reforms. This, in turn, requires the study of international experience in the formation of physical activity of citizens, instilling the skills of selfless work, courage, heroism, the study of national and universal traditions and the identification on this basis of effective, optimal ways of educating physical perfection among young people - becomes an objective necessity.

In addition, in today's information society, there is a need to integrate IT (innovative technologies) in the educational process. The study of the issues of physical development in the formation of the personality, the increasing role and importance of physical activity, the formation of a comprehensively developed personality, the education of young people in the spirit of patriotism is no exception, and in this regard, there is a need to create and improve electronic

educational resources, develop digital didactic materials for learning.

In the process of teaching the course "Physical Education", there is a need not only to systematize the material, but also to use more optimal, convenient and simple means of explanation. Given the current pace and lifestyle of society, it is advisable to use innovative technologies, online electronic resources in the classroom that meet the needs of both society as a whole and students in particular.

Various types of innovative, computer technologies are used as a tool for developing training exercises, as an information database that allows you to create, store and analyze the studied subjects, as a means of educational interaction on the Internet.

In this regard, the search for new forms of presentation of educational material is of particular relevance. Last but not least, this concerns pedagogical technologies that are used in educational institutions. In particular, the problem of using innovative technologies in

the basis of the method of teaching the long jump technique by the "bending legs" method of training, in our opinion, is of undoubted scientific and practical importance and remains extremely relevant today.

From the first days of independence of the Republic of Uzbekistan, issues related to the physical culture of young people, the foundations of a healthy lifestyle of citizens, the upbringing of the best qualities of a person - strength, will, endurance, the desire to win, play a major role in the formation of a personality, a moral ideal, an increase in the role and importance of physical activity, the formation comprehensively developed personality and patriotic education of youth were studied by R.K. Kudratov, I.D. Ganiboev, I.D. Soliev, M.S. Olimov, K.T. Shakirzhanova, Kh.T. Rafiev. N.T. Tukhtaboev, L.V. Smurigina.¹ Their research substantiates the existence of an objective need for a theoretical analysis of the essence and content of the practical training of young people from the physical side of the types of athletics. According to I.D. Ganibaeva, today one of the most pressing problems is to properly educate the younger generation and prepare them for big-time sports. Athletics consists of all-around, that is, walking, running, jumping and throwing. This requires the use of modern tools and techniques in teaching young athletes these types of techniques.

Independence creates real prerequisites for the physical education of young people, but no less important is the desire of the individual

¹ Қудратов Р. К "Енгил атлетика" Тошкент, 2012, Қудратов Р. К, Ғанибоев И. Д, Солиев ва б, "Енгил атлетикачиларнинг махсус машқлари" ЎзДЖТИ нашриёт-матбаа бўлими, 2011, Олимов М.С, "Ўрта масофага югурувчи спортчи-талабаларни ЎзДЖТИ ўқув юкламасига мослаштирилган мусобақа олди тайёргарлиги дастури бўйича мусобақаларга тайёрлаш самарадорлиги" ЎзДЖТИ нашриёт-матбаа бўлими, 2011, Ғанибоев И.Д., Солиев И.Р., "Ёш енгил атлетикачиларни енгил атлетика турлари техникасига ўргатиш услубияти" ЎзДЖТИ нашриёт-матбаа бўлими, 2014 й, М.С.Олимов, К.Т.Шакиржанова, Ҳ.Т.Рафиев. Н.Т.Тўхтабоев, Л.В.Смуригина "Енгил атлетика назарияси ва услубиёти", Тошкент, 2017, Тўхтабоев Н.Т. ва бошқалар, "ИААФнинг болалар енгил атлетикаси мусобақалари" Тошкент, 2015.

for self-expression, self-realization and self-disclosure ... This means that patriotic education should be aimed, first of all, at encouraging a person to self-realization.²

An analysis of the bibliographic data used in writing this article allows us to conclude that at the present stage of development of our country, education is given considerable attention. The society needs qualified specialists who speak foreign languages, methods of working with innovative technologies, developing critical, logical, analytical thinking of students.

Long jumps were part of the pentathlon in ancient Greece. It is known that athletes jumped with dumbbells in their hands, pushing off from hard ground, and landing on soft, loosened ground.

Long jump competitions began to be held with the beginning of the revival of athletics. In 1860, this species was included in the program of the annual "Great games" of Oxford University in England. The first registered record was 5.95 m. In 1868, the Englishman A. Toswell jumped 6.40 m, and already in 1874, the Irishman D. Lane overcame the seven-meter line. His record is 7.05 m.

In 1935, the American athlete D. Owen jumped 8.13 m, this record held until 1960. In 1968, at the Olympic Games in Mexico City, R. Beamon (USA) shows a phenomenal result - 8.90 m, which is still has been an Olympic record ever since. Only in 1991, another American, M. Powell, brought the world record up to 8.95 m.

In women, world records begin to be recorded since 1928. The first record holder was the Japanese K. Hitomi - 5.98 m. The six-meter line was overcome in 1939 by the German jumper K. Schultz - 6.12 m. The first woman to jump over seven meters was the Soviet jumper V. Bardauskene, who showed results in 1978 - 7.07 and 7.09 m.

The long jump technique with a run has three varieties: "bending legs", "bending", "scissors". The simplest method of "bending your legs" was used until the end of the 19th

² Очилдиев А. Миллий фазилатларимиз.

Ватанпарварлик. – Тошкент: Мухаррир, 2008. – 40 б.

century. The modern method of "scissors" first appeared in 1900, but became widespread only in the 30s and 40s. 20th century In 1920, the Finnish jumper Tuulos for the first time demonstrated a new technique for the long jump - "bending over". Despite the fact that this method is less effective than the "scissors", many jumpers, and especially women, use it widely. A number of other jumpers use a combined technique of these two methods.

The run-up long jump technique can be divided into four parts: run-up, take-off, flight and landing.

The increase in performance in long jumps from a running start depends on the strength of the legs, the speed of the take-off, the speed of repulsion and the coordination abilities of the jumper. An increase in take-off speed by 1 m/s allowed our leading jumper I. Ter-Ovanesyan to improve the result by almost a meter.

Thus, we can conclude that the physical education of a person is carried out in a certain area of social life, in the process of activity, characterized by a certain direction, forms and methods of implementation. For physical development, not only desires and aspirations are important, but also the practice of mastering social reality. The content and procedural aspects of physical education are determined by social needs, the interests of the development of society, strengthening independence and ensuring the welfare of society, but one cannot ignore the fact that physical education is always a manifestation of individual dedication, individual feat, that is, the active inclusion of an individual in solving a super-task.

Moral, spiritual and physical education are closely interconnected. Physical culture and sports have always been necessary in individual, group and social life. For the physical improvement of young people in the lessons of physical education, modern innovative technologies play an active role.

How can innovative technologies be used in the process of teaching the method of teaching the long jump technique using the "bending legs" method. Let us consider the

specifics of using the Venn diagram, the conceptual table "ZHU" and the case method in the lesson on the methodology of teaching the long jump technique using the "bending legs" method.

How can innovative technologies be used in the process of teaching the method of teaching the long jump technique using the "bending legs" method. Let us consider the specifics of using the Venn diagram, the conceptual table "ZHU" and the case method in the lesson on the methodology of teaching the long jump technique using the "bending legs" method.

To implement the reception "Table ZHU" the following handouts are offered:

The run in the long jump is used to create the optimal speed of the jumper. The take-off speed in this form is closest to the maximum speed that an athlete can develop, unlike other types of jumps. The length of the run and the number of running steps depend on the individual characteristics of the athlete and his physical fitness. Leading athletes use up to 24 running steps with a take-off run of about 50 m. For women, these values are somewhat less - up to 22 running steps with a run-up length of more than 40 m. The run itself can be conditionally divided into three parts: the start of the run, the acquisition of run-up speed, preparation for repulsion.

Repulsion. This part of the jump starts from the moment the foot is placed at the place of repulsion. The foot is placed on the whole foot with an emphasis on the outer arch, some athletes put the foot from the heel. In both cases, some sliding of the foot forward by 2-5 cm is possible. This is especially observed when setting the foot from the heel, since there are no spikes on it and it can slide forward. This is also facilitated by the irrational setting of the pushing leg, located too far from the OCM projection.

The purpose of repulsion is to convert part of the horizontal take-off speed into the vertical take-off speed of the body of the jumper, i.e. give the body initial velocity. The optimal repulsion angle is within 75° , and the optimal departure angle is within 22° . The

faster the repulsion, the less the loss of the horizontal take-off speed, which means that the range of the jumper will increase.

I know	I want to know	I have known

The following handouts are offered for the implementation of the case method:

As part of the word, elements of the terms associated with athletics are also distinguished: run, repulsion, flight, landing, deflection. To reveal the place and educational value of the implementation of the technical element, its application in a non-standard situation. Our case problem:

What type of classifications are the technical elements of the long jump?

Problem	Key terms	Causes	Solutions	Your actions/ actions in a problematic situation

Expected and obtained results of the training

As a result of the lesson, the student must

1) own the following technical skills and abilities: run-up, repulsion, flight and landing.

2) learn to practically substantiate the content, structure and various aspects of the dynamics of change; develop and practically substantiate a holistic concept;

3) learn to distinguish methodological features and techniques for performing technical elements and use them correctly in practice;

4) learn to reveal the motivational productivity of the lesson.

Based on the results of the survey, it can be concluded that all of the listed educational goals were largely achieved.

Suggestions and recommendations for further improvement of the quality of athletics classes. In order for the process of cognition to become mutually interesting,

significant, both for the teacher and for students, pedagogy offers various ways: the education of responsibility, the development of motivation, the adaptation of educational material to the student's learning opportunities, etc. The modern educational situation requires the search and development of new forms of educational interactions between participants in the learning process. In this regard, there is a need to introduce innovative methods and new pedagogical technologies into the educational process, designed to ensure the individualization of education and upbringing, develop students' independence, and also promote the preservation and strengthening of health. Interactive methods fully meet these requirements.

Interactivity takes on a special meaning these days. This is a complex process of interaction between the teacher and students, based on dialogue. Participation in a dialogue requires the ability not only to listen, but also to hear, not only to speak, but also to be understood.

While maintaining the ultimate goal and the main content of the educational process, interactive learning changes the usual forms to dialogue based on mutual understanding and interaction.

Interactive teaching methods are very effective, as they contribute to a high degree of motivation, maximum individuality of teaching, and offer ample opportunities for creativity and self-realization of students. There is a stronger assimilation of the material, since students acquire knowledge independently, consciously, experiencing every step of learning.

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