

Inclusion of Modern Pedagogical Technology in the Teacher of Physical Education as a Pedagogical Problem

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Abstract: This article describes how to be a modern teacher and the methods used in the teaching process. The article describes the role of physical education in the life of students and its current state, as well as the state educational standard in this regard.

Keywords: Physical training, extracurricular activities, sports, State educational standards, physical training, physical development, physical skills, physical exercises, physical qualities.

The main idea of the national model of personnel training, which is consistently implemented in our country, is to train a competent professional. Education of independent and creative thinking qualities of a well-rounded person formed as a result of reforms is one of the important tasks of general secondary educational institutions. In this regard, the effective organization of extracurricular activities of students is particularly important. [2.]

It is important to develop students' creative qualities in the work of sending students to physical training. Analyzing the opinions of pedagogic scientists and relying on the experimental results of our research, we will direct students to organize physical education classes at school and in extracurricular activities. We have come to the conclusion that on the basis of the unity of moral, physical and aesthetic education, it will help to implement the ideas of a collective approach to their education on the basis of our national ideology. [2.3.]

In this case, according to the results of our work, the school pedagogical council and student organizations provide general guidance for the development of scientific and technical, experimental, and research work, and the labor teacher, in cooperation with parents and student activists, organizes clubs, students organizes meetings, talks, trips with the advanced representatives of various professions of student unions. Students who are more interested in certain branches of sports will be identified and they will be helped to find a suitable club in extracurricular institutions located in the district and city. The physical education teacher involves students in preparing and conducting school evenings dedicated to historical days in the development of physical education and sports. Therefore, the results of the research show that the physical education teacher is the main link in organizing the work of guiding students to the organization of physical education classes during class activities and extracurricular time. Of course, he is required to conduct his activities on the basis of educational standards. After all, the tasks of physical education are expressed in the State Education Standards (DTS) and the curriculum. In these documents, the purpose of physical education and training at school is consistently defined, in this regard, to inculcate love for sports and respect for sportsmen, to introduce students to the basics of modern sports, to develop physical education skills and abilities in them, it is emphasized that it consists of encouraging physical training.

Physical education classes were organized in different ways in different periods. Its goals and tasks were different. These circumstances, in turn, required a unique understanding of the term physical education. Before commenting on the concept of physical education, it would be good to list the concepts and expressions related to this field in general.

The main ones include: physical education, physical training, physical training, physical training, physical culture, physical growth, physical maturity, physical skills, physical exercises, physical qualities, etc.

Physical education is a pedagogical process that continues from the beginning to the end of a person's life, improves the body in all respects, and changes the movement skills and abilities important for life in accordance with the age.

In the science of pedagogy, the concepts of education and upbringing are considered to be types of human activity that are interconnected and complement each other.

Education is the process of transferring social experience and positive qualities accumulated by people to the young generation.

Education is the process of studying the human mind, information about material existence, the laws of society and nature development, scientific achievements and their practical application.

In the definition given to the concept of physical education, the inextricable connection between education and training is taken into account. In the pedagogical and psychological literature that we have studied, it was noticed that mental and moral education is given special importance in the development of a person as a person. But even though physical education is considered to be on the second level in our eyes, it is recognized that neither mental nor moral education can be perfect without physical education, more precisely, without the influence of physical education.

Physical education improves the human organism from morphological and functional aspects. This can be understood as the normal development of all organs in the body, including the correct formation and functioning of the brain and the higher nervous system. Brain, higher nervous system, circulatory systems mental and other education admitting that there may be neuro-physiological foundations of the directions, it is recognized that physical training is the main type of training that leads to perfection of a person.

Physical education not only enables the perfect development of the body, but also ensures that the body is healthy and resistant to any external load. It has been proven by scientists that willpower in a person is many times better when he is engaged in physical education. Physical education creates qualities that are constantly needed for a person on the path of life, such as strength, agility, quickness. This, in turn, contributes to the effectiveness of work. The skills to finish any work started, to achieve the expected results, will be formed faster. Physical education forms the feelings of humanity and patriotism in people. Protecting the interests of the motherland, if necessary, gets used to dedicating not only one's strength, but also one's life.

Physical education is a phenomenon of social importance. It improves a person's health, realizes all-round development. It teaches to work productively for oneself, the nation and the people, to operate freely in the conditions of the market economy, to fully express one's potential. He prepares to spread the glory of the country to the world, to guard against any malicious forces, and to defend it bravely if necessary.

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