

Use of Information Technologies in Improving the Quality and Efficiency of Physical Education Lessons

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Abstract. In this article in order to improve the quality and efficiency of physical education lessons, the issues of using information technologies and Internet resources are highlighted.

Key words: *Physical education, theory of physical education, sports training, health, sports, education of a healthy generation, healthy lifestyle, system of physical education, information Technology, computer technology.*

Introduction

The use of modern pedagogical technologies, especially new information technologies, Internet resources in teaching sports allows to achieve high results and eliminate many other problems, and to increase the efficiency and quality of the educational process. The application of information technologies to the educational process increases the effectiveness of training and ensures more complete mastering of educational materials.

If we find out what started the use of information technologies in physical education classes, first of all, information technologies began to be used in the field of physical education without the participation of students, that is, it is mainly the printing of text documents - applications, competition calendars, reports, certificates of honor.[1,2]

In addition to this, a database will be created about the participation and results of teams in sports competitions. Before the use of information technologies in education related to this field, it is the acceptance of new knowledge in education, providing them with conflict and self-improvement. The use of computer technology makes it possible to make the lesson process interesting and increase the dynamics of organization based on new pedagogical technologies [7,8,9,21,22,23].

In the field of education, despite the fact that there are few hours allocated to physical education classes, it contains a large amount of theoretical knowledge. Therefore, the use of information technologies, that is, the creation of electronic presentations, eliminates these problems. Many demonstrable technical actions require the use of exhibits and presentations to clarify historical documents and theoretical questions of various directions, and to answer many theoretical, non-demonstrable questions [2,3].

Another form of using information technologies is the use of test programs. Computer tests can contain an unlimited number of questions and sections, and this allows the test process to be controlled and evaluated, depending on the student's ability, according to a specific group of participants[13,14,15,16,17,18]. Tests can be used to assess the student's theoretical knowledge at any stage of the educational process. It means that the student's participation in the creation of

exhibitions and presentations will increase, and its objective assessment would certainly be appropriate, taking into account the creativity and beauty of the created exhibition and presentation, the time spent on it and the methods used, presentation design and multimedia[3,4,13,14,15,16].

The fact that the knowledge given with the help of information technology is given in a simple way is better preserved in the student's memory than theoretical information. One of the positive aspects of the use of information technology is that students need to know the basic movements, which are considered the basis of many mass sports (football, basketball, handball, tennis, etc.), but the student may not be competent and physically fit, in which case the use of information technology will be effective. accurate[5,6,17,18,19,20].

Problems in evaluating students can also be eliminated by explaining the mistakes made in the exercises. Information technologies can be used with great success in creating exhibitions, presentations, videos, and slides in extracurricular activities, and these activities will help popularize and develop sports in Uzbekistan. Thus, in the organization of modern physical education classes and increasing their effectiveness, not only physical, but also mental work, at the same time, development of intellectual, creative and physical abilities of students. makes it possible to expand the worldview [10,11,12].

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