

Pedagogical Opportunities And Modeled Practical Mechanisms Of Developing Students' Environmental Culture In High-Class Physical Education Classes (In The Conditions Of The Republic Of Karakalpakstan)

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Annotation: The article deals with the development of students' environmental culture is increasingly recognized as a crucial component of holistic education, particularly in regions facing unique ecological challenges, such as the Republic of Karakalpakstan. This article explores pedagogical opportunities and practical mechanisms that can be modeled within high-class physical education (PE) classes to foster environmental awareness and sustainability values among students. This study identifies key strategies for embedding environmental topics into the PE curriculum, such as outdoor activities that encourage direct interaction with the natural environment, discussions on sustainable living, and the incorporation of ecologically themed games. Additionally, practical mechanisms like eco-sports initiatives, nature-based physical challenges, and community-driven projects offer students hands-on opportunities to engage with environmental issues. The pedagogical model proposed emphasizes active learning, critical thinking, and experiential education, making environmental culture a dynamic part of physical education.

Key words: pedagogical, opportunities, modeled practical mechanisms, environmental culture, high-class, physical education, classes, Karakalpakstan.

Introduction. Organizing competitions in physical education and sports for high school students is an important activity aimed at developing sports skills and increasing physical activity. Below we will consider the four main directions of competitions organized in physical education for high school students:

football, basketball, volleyball: team sports, group games. These types of competitions help develop teamwork, strategy and physical fitness.

athletics: running, jumping. Each student is a sport that allows him to achieve the maximum result and success.

gymnastics and sports gymnastics: types such as gymnastics, rhythmic gymnastics, these competitions help to demonstrate technical and skill skills, develop balance and executive intensity.

from martial arts: indoor sports such as sambo, kung fu, karate, aimed at developing muscles and increasing abilities.

Competitions in physical education classes for high school students are important for improving general physical condition and developing team and individual skills [5]. The effectiveness of the competitions, the interest of the participants and the level of organization affect the overall results. The modern teaching methodology for physical training and sports training is aimed at increasing the efficiency of physical activity, improving the results of students in sports and optimizing processes. This methodology takes into account the physiological and psychological characteristics of a person and involves the implementation of physical training in a complex manner.

Literature review. Through the analysis of scientific and educational-methodical literature on the problems of developing physical qualities of students, the attention of experts in the field of sports has recently been focused on the development of the most effective means and methods of general and special training, which place high demands on the functional systems of the organism of students, young people and athletes. Therefore, physical training determines the effectiveness of their competition activities. The physical fitness

of students, the development of ecological culture among young people, makes it possible for them to be fully educated. Its main goal is to develop responsibility for nature and draw attention to environmental problems. After solving the tasks, sports training is organized in a modern system in natural conditions. Various aspects of the development of physical qualities in the training of students are widely covered in the works of specialists [2]; [3].

The development of physical qualities and functional physical fitness in high school students also helps to strengthen ecological culture, which forms respect for nature and a responsible attitude. Outdoor sports activities, such as hiking, biking, or off-road play in natural settings, ensure that students are in close contact with nature [4]. Sports and the development of environmental culture are interconnected, because sports activities are in contact with nature and help to focus on environmental issues. The following methods can be used to develop environmental culture through sports: sports competitions and training can be designed to increase awareness of nature. For example, dissemination of information on proper rainfall, water conservation, efficient use of fuel resources. Sports events, for example, "Off-Road Race" or "Ecological Marathon", allow to show the importance of nature protection and convey environmental knowledge to the participants [6].

In particular, the main quality of running schoolchildren for short distances is speed. The following methodological recommendations have been developed for performing exercises to develop the quality of speed:

- the exercise aimed at mastering the technique in developing the quality of speed should not be complicated;
- the exercises should be well mastered by the participants;
- the duration of the exercises should be such that at the end of the training, the speed should not decrease due to fatigue;
- indicates that the duration of speed development tools should not exceed 16-17 h in student-athletes;
- the following measures are performed in the phase of extreme recovery;
- speed development exercises should be repeated with a rest interval, which indicates that they should last 1-2 minutes;
- speed development exercises should be performed among the first in training.

Methodology and research results. Based on the analysis of the conducted scientific and methodical literature and the opinions of experienced experts in the field, this short-distance running of jumping exercises is an activity with physical and technical requirements. For this purpose, the organization of educational lessons in natural conditions allows them to increase their interest in nature. That is why it is necessary to constantly form their knowledge, skills and competences in ecology. For example, when a 3000m race that requires endurance is held in a school stadium, the stadium is 200m in circumference, so students feel faint while running or there are cases of running out of distance. To get out of this situation, we focused on studying the work of many scientists. But many scientists suggest that training should be improved. However, in our opinion, it is appropriate to organize training in ecological natural conditions when mastering these types of running. Because they are in the heart of nature, special training, techniques and organized exercises are important for the realization of these goals. In order to effectively develop physical quality, we applied to the training process (see Table 4.1):

Table 4.1 4.

Structure of lessons developed for high school students

The first quarter of preparation		
Development of general physical fitness		
September	October	November
Easy running 800m URM 15 min 4+20-40 3+80/200 jumping exercise 20 minutes	Easy running 800m URM 15 min 4x80/200 3+80/400 Jumping exercise up to 15/min	Easy running 800m URM at 15 minutes 4x60m4+50/200 2+200/400 Jumping exercise up to 15 minutes
Light running exercise 800m	Easy running 1000m	Easy running 1000m

1+400/400 4+50/200 URM 15 min Jumping exercise 15 minutes	URM at 15 minutes 4+80/200 game training 15 minutes	URM at 15 minutes 4+50/200 jumping exercise up to 20 minutes
Light running 800m URM at 15 minutes 4+50/200 2+400/400 game training 20 minutes	Light running 1000m URM 20 min 4+50/200 4+80/400 game training 20 minutes	Light running 1000m URM20 minutes 4+30,4+60, 1+100,4+80/400 game training 20 minutes

Helping students acquire special skills and practical skills. For example, doing physical exercises, environmental activities. Accepting physical activity as an integral part of a healthy lifestyle, improving the overall health of young people, integrating ecological and physical culture methods is aimed at enriching the physical activity of young people with ecological knowledge and forming responsibility for nature. Running is a way of developing a healthy lifestyle, and this type of sport provides physical, mental and social health. In implementing the main benefits of running in the development of a healthy lifestyle, this method provides a successful practice in the combined state of environmental and physical education. In a pedagogical experiment conducted to determine the effectiveness of various jumping exercises applied to the training process and the training structure developed for the development of quickness in developing the quality of quickness in short-distance running, we developed the following training program for high school students for the first quarter (see Table 4.2):

Table 4.2

Methodology for developing the quality of speed in high school students

Purpose of the lesson	The lesson is the content of the method used	Methods used in the lesson	Tools used in the lesson
Improving preparation	Development of speed of movement of arm, shoulder and body muscles in a repetitive method.	Running a set distance repeatedly	Repetitive use of special running exercises aimed at improving arm movements and running technique while standing and running
Increasing environmental knowledge through physical activity and improving the attitude of young people to environmental issues	Automating running technique using repetitive and single-pace method, developing fast endurance	Repetitive and uniform method	4x30, 4x60, 1x100, 1x200, , 1000 m,
Develop speed through repeated rest, interval, and variable methods of running selected distances	Speed development using repetition and rest intervals and alternating technique	Repetitive, intermittent and variable	2x100/300 2/200 2x150/400
Development of will and psychological preparation	To develop new knowledge and understanding to students	By using an iterative method	2x100/30-80

A methodology for developing the quality of agility of high school students was developed (see Table

4.3):

Table 4.3:

Methodology for developing the quality of agility of high school students

Lesson purpose of training	Lesson content of the method used in training	Lesson methods used in training	Lesson tools used	The heart rate during loading is zar./min.	Duration of downloads (seconds)
Development of the quality of agility in runners	Using exercises that develop agility	Repetitive, intermittent rest, variable	2x5m, 2x10m, 3x10m ga run smoothly	130-150	30-45 sec
Development of the quality of agility in runners	Use exercises that develop agility	Repetitive, intermittent rest, variable	2x5m running with left and right sides	120-160	35-45 sec
Improving the quality of agility in runners	Use exercises that develop agility	Repetitive, intermittent rest, variable	2x5m running forward, backward, left and right	130-155	40-50 sec

In the development of methods for the development of ecological culture for high school students, it is important to combine ecological concepts and technical skills of the game, and it is an effective physical activity, which is important for the development of a healthy lifestyle. It aims to simultaneously develop ecological feelings and sports skills. Athletics training of ecological games helps students to increase not only physical activity, but also knowledge about the environment. Effective in the integration of athletic training, this method is aimed at strengthening the physical, emotional and mental health of high school students through sports games. Have students run specific distances by helping them reach specific landmarks or targets in nature. It helps to see nature and learn the signs that belong to it. To achieve this goal, the use of the following methods will improve the development of environmental culture and physical skills (see Table 4.4):

Table 4.4

Methodology of developing endurance of high school students

Lesson purpose of training	Lesson methods used in training	Lesson tools used in training	The heart rate during loading is zar./min.
Develop general endurance and increase functional fitness	One step method	easy jogging	120-150 sec
		800m	
		1 km - 5:30	
		800m	
		1 km - 5:30	
		1,500 m	
		800m - 5:00	
		2000m	
		1km - 5:30	
Develop general endurance	One step method	easy jogging	120-150 sec
		400 m	
		800m	
		800 m	
Rapid endurance development	Repetitive rest is an intermittent,	1x100 1x200 4x80 2-3x30, (20+40,20+20 sec)	130-150 sec

	variable method		
Improving running technique	Repetitive, variable,	20 m, 30 m, 50 m, 60 m, 80 m, 100 meter sprint	130-160 sec.
Teaching runners to measure distance over time	Repetitive, resting intervals	1x60/60 1x100/100 1x200/200 2x60/100 2x80/200	130-150 sec
Development of psychological readiness of short, medium and long distance runners	Use of repeated, psychological tests	1x100/200 1x200/400 1x400/200 special running and jumping exercises	130-150 more than a sec
Improving runners' specific endurance	Control,	At distances of 30-50-60-80-100 m, 100-150 m. 60-80-100m.	In class The competition is in full swing

Here are some simple tips and tricks to encourage people to take up athletics and make it possible for people of all ages and abilities to enjoy the sport. Running:

short distance running: running 50 meters or 100 meters is simple and easy. For this, you can train on a special trainer or on a sports field.

Walking: You can start with daily jogs and running specific distances.

Jump:

long jump: an easy distance and order jump suitable for young people.

running in nature: running in the park or in the environment, getting to know nature and getting healthy.

nature directions: outdoor activities or thermal training.

Doing athletics allows people to develop physical activity, maintain a healthy lifestyle and improve movement skills.

Discussion. Through these activities, everyone can enjoy exercise and activities that are appropriate for their ability. Since external factors in the environment affect the development of basic motor qualities, physical education classes also play an important role in improving physical skills and developing physical qualities. A person with well-developed physical qualities needs to acquire movement skills. Most authors focus on the development of quickness, speed-strength and strength qualities, as well as the development of necessary qualities: coordination, dexterity, balance and psychophysiological qualities.

The use of ecological materials through these methods helps to develop the environmental culture of athletes and to feel responsible for the environment. By considering environmental aspects in sports activities, it is possible to reduce the impact on nature and increase respect for the environment. Didactic games are important for the development of physical and ecological culture and the following games, their goals and implementation methods:

1. Games related to physical culture:

"Where are the youth": The players are divided into groups, and each group has to perform a certain type of sport. This game promotes activity, teamwork and interest in sports.

"Competition": In this game, participants try to complete a set distance or tasks quickly and correctly. For example, walking briskly, jumping or crossing the road.

2. Games related to ecological culture:

"Let's protect nature": In this game, participants have to make the right decisions regarding the conservation of nature and the wise use of resources. This game helps to increase environmental knowledge.

"Work and interest": Participants have to organize a game by downloading several evaluations and descriptions, as well as making decisions about organizational affairs and environmental issues.

Through these didactic games, students' physical activity, ecological culture and responsibility can be increased.

Conclusion. Relying on the conclusions of the results obtained from our scientific research conducted using the literature analysis, pedagogical observation, test methods, the above scientific-methodical development provides an opportunity to determine the intensity and volume of tools used in physical training of students in natural conditions and increase the effectiveness of their application. The study concludes that

fostering environmental culture in PE classes not only promotes physical fitness but also equips students with the knowledge and skills to become environmentally conscious citizens. By applying these strategies, educators in Karakalpakstan can address local environmental issues while enhancing students' overall educational experience. This research calls for policy reforms to support the inclusion of environmental education in PE, offering a framework adaptable to other regions with similar ecological concerns.

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