

Ways To Increase the Effectiveness of Physical Education Classes in Secondary Schools

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Annotation : This article discusses the importance of physical education in the development of physically strong, healthy, strong-willed and spiritually active children, physical education classes with students at school and ways and means to increase their effectiveness.

Keywords : Practice, training, physical, exercise, student, movement, opportunities, running, jumping, throwing, sports, competitions, modern, innovation, methods.

Physical training is an integral part of general education aimed at strengthening health and harmonious development of the human body. One of the indicators of the state of physical culture in society. The main means of physical education : physical training, physical training, labor and hygiene. Physical education is combined with mental, moral, labor and aesthetic education.

Physical in Uzbekistan. Upbringing has long been considered a primary means of promoting health. Mahmud Kashgari's *Devon-u lug'otit turk* provides information on more than 100 folk dances, "Alpomish" Uzbek folk heroic epic, 'Navoi's *Farhod and Shirin*', Zayniddin Wasifi's 'Badoye ul-vakoye' ('Rare events'), in Bobur's 'Boburnoma' and other works, various examples of physical, combat exercises, and strength debates are narrated.

Physical education plays an important role in the development of physically strong, healthy, strong-willed and spiritually active children. Theoretical knowledge in the classroom leads boys and girls to spiritual maturity and spiritual development, further enhances intelligence and ingenuity. During the training, students will learn about the importance of personal and food hygiene, scheduling, and the importance of morning exercise.

Practical exercises heal the student and expand the range of motion. Running, jumping, and throwing exercises develop a child's physical qualities and the ability to use sports equipment properly.

The full manifestation of these aspects in the educational process will help to prepare future winners of prestigious international sports competitions. This means that in order to make physical education lessons interesting and meaningful, every teacher needs to be more responsible, innovative, and able to use advanced techniques. This requires our teachers to carefully prepare for the new school year, mastering modern innovations and methods.

In the process of continuing education, physical education is an independent field. In this regard, it is important to teach physical education in primary (I-IV) grades of secondary schools. One of the important tasks of staff training and upbringing of a harmoniously developed generation is to form the pedagogical skills and strengthen the theoretical knowledge and practical skills of primary school teachers and students in this area.

The method of developing physical qualities in students (strength, speed, agility, flexibility, endurance) is as follows:

- Strength and methods and mean of its education;
- Factors determining the level of development and manifestation of strength abilities;
- Speed - power skills;
- Explosive power;
- Methods of developing strength skills;
- Methods and means of speed and training;
- Understanding of agility;
- Factors in the development of agility and the emergence of speed skills;

- Develop a sense of speed;
- Method of development of individual speed and frequency of movement;
- The development of complex forms in the development of agility.
- Flexibility and methods and means of cultivating it;
- Give an idea of flexibility;
- Types of elasticity and measurement criteria;
- Factors determining the level of development of resilience.

The effectiveness of physical education in secondary schools depends on the adequacy and quality of sports equipment. Proper organization of the lesson is also a key factor in achieving the goal of physical education. To do this, the teacher should pay attention to the following:

The preparatory part (10–12 minutes) is the process of purifying students and learning about their health. At this time, the information of the duty officer is heard. Students' personal hygiene will be checked. The new topic will be introduced to the rules of safety, and general developmental exercises - rowing, walking and running exercises will be performed. The main part (20-25 minutes) will include developmental exercises on the planned topic. Students should not be distracted by other topics or games at this time.

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For example, the “Race” method. In this way, the students in the class are divided into teams, and among them are organized spartakiads (in the form of cheerful starts, movement, national and sports games). This method develops students' motor systems, increases the desire to fight for victory. Competitive activities provide students with the desire to progress, to practice, and to complete tasks.

The “demonstration” method is used in classes that teach a more complex element of the sport. In this case, the teacher conveys the essence of the topic with the help of a student (or independently) by showing an element of the exercise. The “game” method provides direct participation of students in the implementation of the technical elements of mobile, national and sports games. The content, terms and conditions of the game will be explained. This method has a number of advantages. Involving primary school students in learning is especially important. This method can be used to teach students a complex exercise.

In conclusion, the purpose and objectives of the science of the theory and methodology of physical culture are to provide future personnel with a comprehensive and in-depth professional knowledge of the theory and methodology of physical culture. To determine and assess the availability of professional knowledge, skills and abilities in physical culture, as well as theoretical knowledge of the use of new pedagogical technologies, which will be of professional and practical importance in future work.

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