

The Use of Innovative Technologies in Physical Education Classes

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Abstract

It is known that through sports, positive emotions such as self-confidence and self-esteem are formed in children and young people. A large part of the research is devoted to adolescents and their perceived sports competence. According to the facts, there is a connection between adolescents and children, between playing sports and the formation of a sense of self-confidence. It is noteworthy that self-esteem decreases in the youngest group and the highest in early adolescence, mid-adolescence, and recovers slightly in late adolescence. Sport is important in the formation of self-confidence in them during the same adolescence. This article will discuss detailed information on the use of innovative technology tools in physical education classes.

Keywords: youth and adolescent sports activities, positive health effects of Sports, self-confidence, self-esteem, depression, subjective well-being, motivation, innovation, technology, interactive methods.

Introduction

Today, worldwide growth in adolescent and adult obesity has been well documented as a widespread epidemic in the last twenty years. According to the World Health Organization, around 31% of people aged 51 and over were insufficiently active worldwide in 2018. About 3.2 million deaths occur each year, attributed to inadequate physical activity. These surprising statistics are the most worrying, since physical activity is also significantly decreasing in children and adolescents. Childhood obesity is one of the most serious health problems of the XXI century. The positive effects of sports and physical activity are common, helping to fight and prevent obesity and related health problems directly. In particular, lack of sports and physical activity can increase physical and psychological disorders such as obesity, cardiovascular disease, high blood pressure, high cholesterol, low self-esteem and mental health, including anxiety and depression.

Innovation (English innovation) is innovation, innovation. So using a form of work aimed at increasing the effectiveness of the educational process on the basis of innovations, and not on the basis of the same templates as in traditional education, means innovation. Building on pedagogical technologies in education and striving for innovation, the use of various interactive techniques aimed at activating students will help to effectively implement the educational goal.



In this technology, communicative techniques are widely used, which we will consider some of the main signs of the NN. It is known that when conducting current interactive training, mainly interactive methods are used.

And in the future, it is advisable that these methods will grow to a certain extent to interactive technology. This is an interactive method, and the difference between the concepts of technology can be described in our opinion as such.

Interactive learning method-implemented by each teacher at the level of available tools and their own capabilities. In this, each student assimilates to a different extent in accordance with their motives and intellectual level.

Interactive learning technology-ensures that each teacher conducts an activity that all students master as intended. In this, each student, having his own motives and intellectual level, masters the training to the extent foreseen.

Based on the study of some experiments on the practical application of interactive training, we can show some factors that affect the increase in quality and effectiveness of this training. They can be conditionally called organizational-pedagogical, scientific-methodological and factors that depend on the teacher, students, means of Education. We must assume that they have a positive or negative effect in their essence.

The idea of national independence, which is taking shape in the Independent Republic of Uzbekistan, serves to establish a humane, democratic, legal state and society recognized in the Constitution of the Republic, as well as to raise it to the upper stages of socio-economic and cultural development, to achieve a noble goal aimed at obtaining a worthy place from the ranks of the world community.

The fact that these goals have a positive result depends, first of all, on the effective organization of educational work on the formation of a physical, spiritual and moral quality, in order to thoroughly teach the younger generation the basics of scientific knowledge, to create a broad worldview and scope of thought in them. After all, creating a bright perspective of the country, spreading its name widely around the world, demonstrating to society the national-cultural heritage created by great ancestors, enriching them, ensuring the independence of the Republic of Uzbekistan to occupy a place among developed countries depends on the upbringing of the young generation as a perfect person and a qualified specialist in every way.

The progress of our independent state requires great reforms in the field of physical education, as in all areas of Education. The training of competitive personnel is the most necessary condition for meeting an important need of society.

In order to meet the needs of society for highly qualified competitive personnel, it is necessary to tirelessly research, search and discover new effective methods of education, starting from elementary school. Sports also teach children how important it is to do what you can, although it does not always mean winning. For example, your child can do a great job of running and kicking, but his football team can still miss the game. In the end, your child's efforts are completely under his control. Actions that cause success or failure also make their will strong in them in their pursuit and progress towards the goal. Team sports have many psychological and social benefits for children - it is considered even more than physical activity during play. That is, in them, sensations such as being able to work and communicate in a team are formed.



When playing sports, children also develop physical health. If they miss a competition they are not discouraged when the loss teaches children to return from despair, to experience unpleasant experiences! Playing sports can help children learn to control their emotions and positively direct negative emotions. It is also necessary for children to develop patience and improve their physical skills.

Playing in a team helps children develop many social skills necessary for life. It teaches them to cooperate and listen to other children. It also gives children a sense of belonging. This will help them make new friends and build their social circle outside of school. An important part of playing for a team is adopting discipline. Playing sports is also necessary for children to understand that they can follow the rules, make decisions and be punished for bad behavior. This teaches them to receive guidance from coaches, referees, and other adults.

Fitness technologies are, first of all, technologies that provide efficiency in fitness training. The competent and purposeful introduction of fitness technologies into the system of continuous physical education, physical education for the improvement, development and upbringing of children and adolescents is currently one of the main and urgent tasks of modernizing educational plans and programs. Bright moments in the lesson of physical education are exercises on the elements of music, rhythm and dance. In the process of training, accompanied by music, you can change the speed of the exercises and increase their intensity. Dance - rhythmic gymnastics, various types of aerobics, artistic elements are reflected in one direction or another of physical education lessons: athletics, gymnastics, games, etc., which contribute to the variety of tools used in preparatory, basic and final parts. lesson.

Also, fitness technologies are actively used in various types of physical education and wellness work. Practice shows that the introduction of fitness technologies into the physical education lesson leads to positive motivation, great interest in the lesson and a desire to engage in many of them. Thus, we can conclude that fitness technologies help to change the negative attitude towards physical education classes; contributes to the preservation and strengthening of the health of students, is an effective means of increasing the level of physical activity.

New approaches and new technologies are needed to assess the personal results of the student. One of these technologies - Portfolio technology-is aimed at shaping the experience of collecting, systematizing and presenting the results and achievements obtained in the subject of "physical education" in students.

- determination of the dynamics of physical fitness indicators in order to create a state of success, increase self-esteem and confidence in one's abilities;
- disclosure of individual abilities, development of cognitive interests in the science of "physical education" ;
- acquire self-esteem skills; strengthen the interaction between the family and the student.

In conclusion, the design of the educational process of the physical education teacher in the conditions of new requirements implies not only the planning of educational results, but also other approaches to the selection of educational content, methods, forms and technologies. The use of innovative technologies in physical education is, above all, a creative approach to the pedagogical process in order to increase interest in physical education and sports. This is the main goal that we strive for in connection with the task of increasing the level of the educational process for maintaining health.



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