

Higher and Secondary Special Education System Targeting Experience of Teaching Teachers in the Sphere of Physical Education

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Abstract: *This paper considers studying the processes of integration of modern education into physical education, analyzing the integration of physical education in gradual study of pupils and students and developing recommendations on the use of pedagogical technologies for integration of teaching physical education in educational institutions of all types and categories.*

Key words: Integrated teaching, training activities, athletic exercises, pedagogical technologies, integration of physical education, the level of health.

The main forms and content of physical education are physical training classes and sports activities. In these two areas, modern pedagogical technologies are focused on broad and high goals. In each of them, the most responsible education processes for general and specific purposes are integrated (collaboration, interdependence), and education of a healthy and harmonious generation.

The form, type, load, and teaching processes of physical exercises are interrelated in the course of growth and development, taking into account the age, gender, and physical fitness level of the learner in organizing physical training at the family, kindergarten, school, and all types and categories of education. Exercises on sports also include the ratio of participants to age, sex, and sports, and gradually part of the technical and tactical activities are taught in complex parts.

Simple and, at the same time, both physical training and exercise in the general and special education (training activities), each exercise and activities are interconnected on the basis of interconnected communication.

Scientific and pedagogical analysis and substantiation of these processes is one of the most important issues in the field of physical education. The focus of the topic on the subject proves the relevance of the research.

During the research, methods such as studying literature related to integration methods, interviews with students and students, question-answer, observation of integration activities,

mathematical-statistical calculations using electronic techniques were used.

Research findings and conclusions.

Athletic exercises with simpler exercise (walking, sports, race, longitudinal and jumping, throwing and whistling) are the most prevalent in physical education classes and practically all kinds of sports. They are mainly used for: personalization, preparation of special physical trainings, strengthening technical and tactical skills in sports (regardless of the type of sport). It should be noted that the pedagogical collaboration, linkages, integration processes are the result of the great specialists in the world of sports NG. Ozolin (running), V.M. Dyachkov (high jump), D.P. Makarov (throw), I. Terovanesyan (jump) has been found in the textbooks and monographs of scientists (Soviet Union – Russia). Under the conditions of Uzbekistan, Yu. Sholomitsky (short distance run), G.S. Arzumanov (running, jump), A.N. These processes are also reflected in the educational manuals of well-known athletes and specialists (Norman Rhodes, Normurodov (medium and long run), R. Kudratov (running)). It should be noted that exercises in the content of scientific researches, textbooks, monographs on the running of track and field athletics (N.Tukhtaboev, 2011) (Б.А. Шакиржанов, 2010) (KT Shakirjanova, 2011) modernization of learning and

teaching in a series of tracks, interconnection, easy-to-use, and non-adaptive methods of integration into existing and new (innovative) technologies. The work of Tashkent State Agrarian University, physical education faculties in the provinces, specialists of Olympic reserve and pedagogical colleges (physical education department) is remarkable.

In the conditions of the independence of Uzbekistan, as well as in all spheres, physical training and sports activities are being carried out and training of physical education in educational institutions, especially in sports training (CUP, national teams), using the Internet, activities are gaining momentum.

Integrated teaching (teaching) methods in light athletics exercises (including other types of sports) can be seen in the following forms:

To integrate all exercises in order to make the body's structure (joints, muscles, respiration, etc.) and movement activity (sloping, reversing, pulling, bouncing, etc.) jump, throw ball (basketball), tattooing or hacking on the net (volleyball), punctuation by the gate near the gate (soccer), jumping on the sidewalk or the waist-wing (national wrestling), tapping (tape) on the ground and swinging it quickly (rhythmic gymnastics), jumping through the mountainous areas, streets and barriers

(saiga-tourism) and integration pathways in practical applications such as pedagogical technologies are rapidly emerging;

integration of physical education and pedagogical technologies with the content, purpose and essence of various physical exercises (such as walking, running, jumping, throwing, travel, etc.), used in physical education of children, also used in education. However, they are provided with different forms, norms, and attachments in relation to the age, sex, and health status of the children. Such practical activities are used especially in sports schools and national teams training. But although they are interconnected, partners (integrated), they are significantly different from each other. It is possible to conclude that the choice of these activities and interconnectedness depends on the professional and practical skills of the teacher and the trainer and the effective use of modern pedagogical technologies.

It is not an article that describes the simplest and most complex exercises in all types of sports, such as the description of how to do the exercises. That's why we are satisfied with giving some of the necessary recommendations for fitness and physical fitness, such as:

to be sure of the level of health (sickness, illnesses, symptoms, etc.) of his / her health (on the doctor's supervision) and his / her health;

to have a complete understanding of the active movement of the body (hand, joints, joints, hearing, sensing, thinking);

active movements, respiration based on specific exercise, heart rate and their normal levels (calm, motion, and speed, force and subsequent recovery);

Gradual and post-operative exercises with light, complicated (involvement of all members) on the basis of the order and principles of circulation (access to cells and tissues), their measures and quantities (repetition rate, time), obedience to general rules.

As you know, not everyone likes one direction and type of exercises. Especially children and students, working youngsters, are primarily interested in playing gambling (football, handball, basketball, tennis, etc.). Particularly, peer educators choose to compete in the competition, gathering together for emotion, bouts (boredom, low mobility, laziness, etc.). However, such motionless processes serve only a certain purpose (physical growth), but rather, in general, the development of the whole process and, above all, restoration of spiritual (emotional) happiness.

In order to achieve good physical development, to improve the health (including illness or symptoms), students should:

active participation in physical education classes, participation in sports

clubs, participating in competitions and achieving good results;

regular exercise in the morning with home gymnastics and light athletic exercises at home, regular exercise of exercises (handicraft, pulling, lifting, etc.) for hand, foot and body exercises at idle time;

active participation in holidays, weekends and holidays.

Workers, workers, adolescents and adolescents:

exercises with their favorite parts, elements of sport (element), morning, labor, and leisure time;

sports and fitness centers, and similar facilities in individual home settings.

In summary, the above considerations and recommendations are intended to improve the health of the students and workers, and to improve their physical fitness and competitiveness. In order not to have a negative effect on the appearance of the eye, and to avoid excessive action (heart, lungs, joints, muscles, internal organs), first of all, you need to know the basics of medical and physical education. In this regard, it is necessary to choose the type of exercise based on needs, diligence, desires, and specific goals, and constantly work with them.

Using the innovative educational technologies in theoretical and practical implementation of these requirements,

one of the urgent tasks of the present day, given the tasks of preparing a competent, competent, competent person in the National Human Resource Development Program. In this regard, there is no limit to the reforms in the field of education. As long as life continues, education and training are constantly changing and renewing according to new requirements.
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Therefore, it is one of the priorities of the state policy nowadays to thoroughly reform the current educational system, to bring it to modern standards, to build a new system of personnel training, and to train a comprehensively, talented generation for the future. At the second stage of the National Program of Training of Craftsmen, priority is given to the improvement of the quality of education, the introduction of advanced teaching and information technologies in education, improvement of various pedagogical methods in achieving the quality and effectiveness of education.

Therefore, innovative technology is essential to a comprehensive understanding of the content of academic topics. The following procedures can be used to identify and implement critical rules:

- to draw the attention of the students to the mainstream of the curriculum, which is important in the disclosure of critical ideas;

- Conducting step-by-step organizational work to enhance the creative initiative and academic independence of young learners and the use of diverse didactic tools for the effective implementation of multidimensional innovative technologies;

- Forming an interest in learning through the various tools of the subject, in their in-depth interaction with the students;

- Implementing creative collaboration between teachers and students.

As we mentioned above, until now, there is no perfect system of innovative technologies in the system of secondary special education. At the same time, the need for this system is a prerequisite, since innovative technology improves the knowledge, skills and abilities of learners through a particular system.

Innovative technologies should reflect the objectives, content, methods, tools, forms and results of learning.

Often, there are cases when the student is overwhelmed by the overwhelming time that a student cannot talk to or interview with a young person. In such cases, it is desirable to use a key method, which is one of the most innovative methods of innovation.

In our opinion, the increase in theoretical knowledge of students in

physical education classes is positive in the following situations:

- Providing special situations to the reader, who can express the subject of the subject at the beginning of training;

- Understand the challenges faced by young learners to find ways to find innovative ways and actions;

- interacting with motivational circles of pupils, ie creating internal mobility, increasing interest in science;

- Developing creative, non-standard skills, developing logical thinking and thinking skills;

- Preparing for independent thinking and making the right conclusion;

- Analyze the difficulties encountered at the site and prepare it for the exit.

We believe that these methods allow learners to acquire knowledge relevant to world-class standards.

Our ultimate goal is to involve students in general education schools, academic lyceums and professional colleges in the science, arts and sports circles, and fill the gap with knowledge and understanding. It is up to the present day to bring them up as parents, people, people who serve the interests of the Motherland.

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