

The Role of Physical Education in Upbringing of Healthy Generation and Pedagogical Requirements for Physical Education Classes

Yelena Vyacheslavovna Kozlova

Senior Teacher, Department Of Physical Education And Sport
Tashkent State Pedagogical University Named After Nizami



Abstract - . This article mentions the pedagogical requirements for the role and importance of physical education in the education of a healthy generation, and its content includes ideas about the principles, methods and tools used in organizing trainings.

Keywords - Upbringing of Healthy Generation, Physical Education, Lessons, Pedagogical Requirements, Sports Trainings, the System of Continuous Education.

Physical education plays one of the essential roles in mental and physical development of younger generation. Therefore, in the Law of the Republic of Uzbekistan "On Physical Education and Sport", the preservation and strengthening of health of preschool children and students as well as the formation of need for physical perfection is the main task of preschool institutions and educational institutions.

The Law of the Republic of Uzbekistan "On Physical Education and Sports" has been implemented and the concept of development of physical culture and sports has been developed. With the conceptual approach to physical education of children and adolescents, the cultural, physical, social and economic needs of each nation has been taken into consideration based on the multinational population of the Republic in the system of continuous education. Improvement of the education system of our country pays great attention to the education and upbringing of the young generation, which will ensure the prosperity of our motherland. An important step in this direction is the adoption of the "National Program for Personnel Training" and the "Law about Education" first time in Uzbekistan.

The implementation of the "Program for Healthy Generation" in the Republic, the establishment of the "Medal for Healthy Generation", the "Development of Children's Sports" and other important decisions bear a great responsibility on the shoulder of the teachers of physical education.

The development of modern sports types in the years of independence, the revival of national games and popularizing them among young people, as well as their use for educational purposes have become the focus of the physical education system of the country.

One of the most urgent tasks today is to ensure the physical development of young people, upbringing a healthy generation, the formation of a national system of physical education and effectively using of pedagogical requirements for the lessons of physical education. The results of the pedagogical process in physical education depend on the quality of teaching and educational work in the classroom. This can be achieved only by solving the underlying tasks in each lesson and training. Physical education classes have the duties of education, training and health strengthening.

The educating tasks are supposed to teach the children to follow the exercises included in the curriculum and to develop the learned skills, as well as to develop skills and to use the learned exercises in different circumstances. Consistent conduction of educational tasks will lead to a consistent and robust study of the entire curriculum in the defined program.

Theoretical knowledge and practical skills will be constantly strengthened when fully mastered and obtained by the lessons and sport activities. Their effects and results are clearly defined in trials and competitions.

For this reason, it is important to repeat practically and evaluate the practical skills and abilities acquired in all types of lessons and activities. In teaching (learning) in physical education forms specific methods. In this case, the following methods are most commonly used in practice based on the types of exercises, lessons and sports activities:

1. Speaking: story, lecture, conversation, explanation.
2. Working with textbooks and teaching materials.
3. Presentation, demonstration, watching (video films, computers, slides, schemes, posters, etc.).
4. Demonstrating practical exercises by performing them (teacher, coach or student, athlete).
5. Taking into consideration the knowledge and practical skills.

In the teachers' (coaches) work, teaching (educating) is one of the most complex and comprehensive activities.

It requires an extensive use of explanatory methods (reproductive), problem-based, research and investigative methods. At the same time, it is essential to mention some forms of organization of training and exercises. In the field of physical education, educational work is organized mainly in the form of lessons and sports activities, and provides the basis for giving knowledge, education, practical skills and experience. Therefore, organizing them as a key pedagogical process will provide to achieve the pre-determined goals.

On this basis, the followings are one of the most important tasks in organizing classes and sports activities:

1. The accuracy of defining the class objectives.
2. The unity of educational and upbringing tasks.
3. Choosing the appropriateness of the learning materials and teaching methods for each part of the lesson.
4. Conducting joint (collective) and individual activities of students.
5. Providing organizational accuracy of the lessons (training) and teacher's (coaches) guidance and so on.

In the current practice of physical education, the types of lessons are defined as follows:

- A generalized (combined) lesson. This means that several learning tasks are carried out sequentially or simultaneously;
- Teaching new material (partly);
- The lesson of revision and reinforcement of acquired activities (exercises, repetition, etc.);
- Assessment, evaluation of knowledge, expertise and mobility skills.

These processes provide the ground for the precise and thorough implementation of the tasks that must be taken into account when planning educational work. It should also include independently working skills, self-monitoring, accustoming to doing homework assignments and other activities of students (learners). On the basis of physical education, teaching is the most important pedagogical process and is implemented in the form of lessons and sports activities. The types of lessons and sport activities were discussed.

In order to organize and conduct the lessons teachers are required a perfect preparation and creative approach. At this point, here are some ideas which must be expressed.

The first and foremost, the teacher should first review the curriculum before the class, summarize the appropriate instructional materials, set of exercises (complex), special exercises and then develop an syllabus or an extended plan. In the meantime, it is important to clearly define the task of the lesson parts and based on this, then prepare the class topic.

During the lessons and exercises, it is necessary to constantly use such educational processes as demonstration, activity, initiative and creativity. During physical education classes, teaching theoretical knowledge, regular monitoring of the physical readiness and development of students through tests is important for the development of activity in the youth.

Increasing the effectiveness of students in fulfilling the pedagogical requirements of physical education is important in identifying the theoretical aspects of the educational process, and also scientifically justifying the pedagogical requirements for physical education, and the use of modern technology to enhance the effectiveness of physical education lessons.

For this reason, we would like to share some of our concerns and feedbacks with regard to some shortcomings in the way of clarifying this issue. Introduction of modern

pedagogical technologies in the educational process of students studying in the field of physical training for the preparation of qualified and mature athletes. Improve students' health and health through the pedagogical requirements of physical education students and students in physical education classes. Conducting the lesson and training activities based on new pedagogical technologies and using them effectively in the classroom. Defining the acquisition of main exercises in the physical education curriculum according to students' age, gender and preparation. The use of teaching methods should fit the goals and objectives of the lesson.

Forms of conducting training activities (theoretical knowledge, instructional, practical) and new pedagogical technologies should be used.

In summary, students and young athletes can learn and apply all the rules regarding physical education which can lead them to the bright future career.

REFERENCE

- [1] National Program for Personnel Training. Tashkent. 1997 y.
- [2] A Perfect Generation's Dream. Tashkent. 1999 y.