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TEACHING STUDENTS TO PERFORM AND SUPERVISE PHYSICAL EXERCISES

Annotation: This article discusses teaching students how to perform and supervise physical exercises. It provides insights into the principles of learning exercises and methods for effective supervision.

Annotatsiya: Ushbu maqola talabalarga jismoniy mashqlar bajarishni o'rgatish va nazorat qilish to'g'risida yozilgan bo'lib, unda mashqlarining qonuniyatlar asosida o'rganilishi va uni qanday nazorat qilish mumkinligi borasida fikrlar berilgan.

Аннотация: Эта статья посвящена обучению учащихся упражнениям и наблюдению за ними, а также дает идеи о том, как учиться и контролировать их упражнения.

Keywords: physical education, student, education, sport, training, supervision, teaching, education, process, education.

Tayanch so'zlar: jismoniy tarbiya, talaba, ta'lim, sport, mashg'ulot, nazorat qilish, o'rgatish, ta'lim, jarayon, tarbiya.

Ключевые слова: физическое воспитание, студент, образование, спорт, обучение, надзор, учение, образование, процесс, образование.

Education and upbringing are two facets of teaching in today's world. Teaching involves gradually imparting the teacher's knowledge, skills, and expertise to students to develop their physical abilities. Upbringing, on the other hand, is the teacher's continuous and goal-oriented influence on the learner's moral and psychological development. Therefore, education and upbringing are always carried out in harmony.

Theoretical and practical training sessions form the foundation of students' physical education. These sessions are conducted within the allocated hours specified in the curriculum. Theoretical knowledge is delivered through lectures, while the practical part is organized in the form of methodological and training sessions.

Additional sessions for groups and individual students are arranged to enhance the skills and competencies of those who do not fully meet the requirements of state educational standards.

Final assessments are also conducted within the training sessions. Only students who have completed current and intermediate assessment requirements are allowed to participate in the final examination. Students who are exempt from practical training for valid reasons must take the final assessment in written form.

It is essential to guide students toward performing exercises consciously and diligently by improving their physical condition and attitude toward learning. In each exercise, they should clearly visualize its purpose, objectives, and the impact on their bodies while mastering the technical aspects. Additionally, analyzing and generalizing the experiences gained during physical education sessions is crucial. Student engagement is developed only when lessons are organized correctly.

Initially, achieving this can be quite challenging. However, when students perform exercises independently, it strengthens their learning process and increases their interest. Regularity in lessons, along with a gradual transition from simple to complex exercises, helps consolidate previous achievements. The interval between training sessions should not exceed three days, as longer breaks can reduce the effectiveness of training and hinder optimal results.

Encouraging students to perform exercises progressively leads to improvement. At first, they should practice simpler parts of an exercise complex, gradually moving toward more advanced variations in increasingly difficult conditions. The complexity of exercises should be tailored to students' physical conditions and preparedness levels. It is also necessary to reinforce achieved results and acquired knowledge by maintaining motor skills at a consistent level and preserving physical and specialized abilities for as long as possible.

The method of teaching to perform physical exercises is the formation of a certain level of skills and special physical aspects in it, with the teaching of knowledge to the student. In pedagogical practice, verbal explanation is used separately or mixed from the methods of exhibitionism. The use of one style or another is carried out depending on the content of the educational material, the purpose of education, the level of training of the teacher himself and his methodological skill.

It is known to all of us that oral explanation is carried out with the learner, such as talking, narrating, interpreting. The visual style features video, photography, pictures in magazines, drawings.

Usually, it is considered important that the exercises shown are performed by a qualified specialist. Show-it is advisable that the exercises are performed before the execution.

Practical style is important in the emergence, development and improvement of movement skills in the student, the formation of physical and special qualities and their strengthening. This is usually achieved by performing the exercises in full or with repeated HOD of parts, giving the student a task and complicating them.

When teaching physical exercise, attention should also be paid to the severity of the exercises. Training to perform exercises is carried out by introducing, showing, improving, correcting allowed shortcomings.

In the introduction, we will tell the name of the exercise and show how to do it in full, and explain the effect on the body when performing this exercise; by performing individual parts of the exercise, we will show the ways - techniques for its implementation; we will control how this exercise is performed.

It should be repeated several times until the student can fully imagine this exercise. The exercise should be performed by the teacher himself or by a student with good preparation. It is necessary to show how to complete the complex exercise, and then its, parts. It would be advisable to do it slowly so that the student can master it more easily:

The fact that students learn to perform new movements creates in them previously unformed movement skills. The main thing is to learn to do the exercises on your own, to form an adaptation to it, learn, prepare the learner, depend on the skill of the teacher's profession.

Improvement is the main and final stage in training exercises. In this case, the fact that the learner understands the content and essence of the exercise is carried out in the form of repeating and repeating an important exercise, gradually increasing the physical load. The teacher monitors the implementation of the exercise, focusing on the fact that the student does not get tired, taking into account the level of training.

Taking extensional measures and overcoming the shortcomings allowed by the teacher is an important aspect of teaching. To avoid mistakes, the teacher must do the following:

- clearly and correctly explain the exercise and perform it;
- use of exercise elements learned before;
- help the student perform the exercise;
- the student performing the exercise is determined by the task according to the level of physical fitness;
- carefully prepare the place where the training is carried out.

The teacher should always help the student who has difficulty performing the exercise. The teacher's task should be to prevent injury by learning more easily the exercise that the student must perform. It is always necessary to take precautions, that is, to protect.

The scheduling of theoretical and practical classes in a week-long course of study is also important in the physical fitness of students. We should not forget that even those with good physical fitness need rest.

During the lesson of the physical education teacher should pay attention to the improvement of the development of physical and special qualities.

During training, the physical and quality indicators of movement skills are formed in students. By action skills we understand that certain actions are conveyed in the learning process to an automated level. Even if we say that an action is a state in a rhythm that has reached the level of a conditional reflex, it will not be a mistake. With multiple repetitions of a particular movement, robust conditioned reflex ligaments occur in the cranium, in other words, a dynamic stereotype.

Movement skills are formed over a certain period of time. This occurs quickly in some and only after a certain period of time in others. This is caused by factors such as the degree of fitness and development of the student; how often he gets tired; the wrong choice of the style used in teaching, the improper Organization of the lesson.

The physical qualities of a student are strength, speed, endurance, endurance, agility in them. Specific styles are used to develop and improve each physical quality. Speed is calculated to perform movements for a certain period of time, separating action reactions by speed, individual movements by speed. The speed of movement is to perform cyclic and attic movements at the minimum time. We try to "feel" the need to increase the speed to students in educational classes. Regular exercise, which requires an increase in speed, strengthens the connections between nerve centers in the brain. This ensures the biomechanical activity of the heart, internal organs, muscles in a certain rhythm even during the period when they lack oxygen.

Endurance-it was considered to achieve a person to have a high level of working capacity for a long time, it was customary to say it specifically to the one who performs a separate exercise, being called general endurance. All methods are used to strengthen this ability in students.

Agility is a complex in an unexpected situation, a special action aimed at the implementation of the goal. Agility is considered the most complex quality, performing a quick replacement work with the latter of one specific action activity. Agility is achieved by complicating the exercise from the execution. Gymnastics, sports games such as jumping, form the quality of agility in the student.

Special qualities are formed by the fact that the student is able to perform movement coordinates, balance, under the influence of unfavorable factors, temporarily accurately when performing various exercises.

In conclusion, physical improvement is the improvement of the physical condition of the student, in which knowledge, competence is achieved in accordance with favorable conditions, that is, the regular, accurate performance of exercises. This is the skill, experience, diligent

attitude of the educator to his task, methodically correct Organization of the educational process, training.

It is important to develop, improve physical culture, practical skills, to teach students to perform physical exercises in practice.

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