

**METHODS OF ORGANIZING STUDENTS' ACTIVATING AND
ACCELERATING ACTIVITIES BASED ON THE USE
OF GAME TECHNOLOGIES**

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Abstract: this article describes the methods of organizing students' activating and accelerating activities based on the use of game technologies. Also, ways of using modern pedagogical technology methods in teaching healthy types of gymnastics to improve the level of physical training and physical development of students are described in detail.

Key words: gymnastics, pedagogical technology, game technology, line exercises, interactive methods, teaching technology, educational technology, level of innovation, communicative ability, form, method, strategy.

The role of physical education and sports is very important in raising the growing young generation to become a well-rounded person, preparing them for work and defense of the country from a young age. A perfect person means a person who is physically, spiritually, and spiritually mature, has intellectual potential, is able to meet every requirement of society, and is harmoniously developed. At this point, it is permissible to quote the following valuable opinion of the French humanist Montaigne: "Physical education and spiritual education are like horseshoes tripping on the two front legs of a horse. Just as one of the horseshoes falls off, the horse cannot walk with a limp, so one of these educations lags behind in human education." otherwise, a person will become lame in life." The thoughts of another French philosopher, Tissa, also show that the role of physical exercise in human life is incomparable. He wrote: "Exercise can take the place of any medicine, but no medicine can take the place of exercise." It can be seen that physical exercise is the main criterion of human health. Another German philosopher Wolterstein has valuable thoughts: "Nine-tenths of our happiness depends on health." One of the founders of the theory of physical education, the great philosopher Abu Ali Ibn Sina said, "The main activity of health care is physical education."

To improve the level of physical training and physical development of students, the use of modern pedagogic technology methods in teaching fitness types of gymnastics is the need of the hour. Therefore, in order to introduce an important principle in the system of physical education, the constant use of the fitness type of gymnastics in order to ensure the health of students,

improve their physical development and physical fitness has become an urgent task. It consists in strengthening the health of students, increasing the level of development of fitness types of gymnastics and improving the current organizational and methodological method used in the training process. The following are the tasks.

Searching for resources to increase the efficiency of physical training in students engaged in fitness gymnastics and at the same time involving new methods and techniques in the training process system with the help of gymnastic exercises. Correctly design and conduct a set of exercises for teaching students remedial gymnastics. Forming the educational qualities of those engaged in remedial gymnastics classes, getting information about injuries during training. Development of methods and methods of training based on the personal characteristics of the participants.

On the basis of the recommendations developed using the tools and methods of training of the fitness type of gymnastics, the indicators of physical fitness of children of primary education age, the effectiveness of improving movement skills and skills were formed.

The problems of forming the training process of students, developing effective pedagogical technologies aimed at increasing its efficiency, and conducting practical tests have been attracting the attention of many scientists as a scientific object. In particular, the researches of leading specialists such as G. M. Salimov, R. Kh. Kadirov, Sh. D. Abdullaev, R. S. Shukurov are focused on the topics of forming the process of physical and movement preparation of the participants. From the scientific recommendations regarding the module-based teaching of the topic "The importance of fitness gymnastics in higher education" developed during the research, the subjects "Physical culture theory and methodology", "Gymnastics and its teaching methodology" in physical education and sports educational institutions. can be widely used in the effective organization of teaching.

In recent years, consistent measures have been taken to popularize physical education and sports in the republic, to promote a healthy lifestyle among the population, to create the necessary conditions for the physical rehabilitation of persons with limited capabilities, and to ensure the appropriate participation of the country in international sports arenas. is being implemented. At the same time, implementation of specific programs that help to strengthen the health of the population in the field of physical education and sports, wide involvement of young people in sports and selection of talented athletes from among them, skilled athletes who provide high results in sports there is a need to form national teams and create additional conditions for trainers. In order to create an all-round mature and physically healthy person with a high culture

in the country, innovative forms and methods are being introduced in the process of setting priorities for the acquisition of skills and knowledge of the population in the field of physical education and sports, and the selection of talented athletes. Consistent measures are being taken to popularize physical education and sports in our country, to create the necessary conditions and infrastructure for promoting a healthy lifestyle among the population, especially among young people, and to ensure the country's proper participation in international sports arenas.

Taking into account the role of physical education in our country and its role in the healthy education of the future generation, further improvement of its work, the creation of educational and material-technical base at the level of modern requirements, and in order to increase the interest of the population, targeted state-level events are being developed and implemented. In the physical training and system of the Republic of Uzbekistan, it is planned to search for the use of innovative technologies in improving the technical training of gymnasts and to widely promote its modern methods, and to further improve the system of finding and training talented young people, which will allow them to train highly qualified gymnasts in the future. The goals and tasks of doing this work: the role of simple exercises to educate students' willpower in the process of gymnastics training and the use of appropriate pedagogical technologies for teaching it. Based on the purpose of the work, the following tasks were assigned to him:

- selection of literature on the topic of work, study and analysis of advanced pedagogical technologies.
- development of a comprehensive system of the use of rowing exercises in the physical education of students.
- development of appropriate scientific recommendations using pedagogical technologies.

The basis of the use of game technologies is the activating and accelerating activity of students. According to the studies of scientists, the game is one of the main types of activity together with work and study.

According to psychologists, the psychological mechanisms of playful activity rely on the fundamental needs of a person to express himself, stabilize his place in life, self-manage, and realize his potential. The game is defined as a type of activity in situations aimed at mastering and re-creating social experience, and in it the control of the individual's behavior is formed and improved.

According to D.N. Uznadze, the game is an internal immanent psychic (spiritual) form of behavior characteristic of a person. L.S. Vygodsky describes the game as a means of mastering the child's inner social world, social order. A.N. Leontev views the game as a person's freedom

to realize his unrealizable interests (interests) in his imagination.

Psychologists say that the ability to get into a game does not depend on a person's age, but the game is unique for a person of every age. Play activities are dedicated to performing certain functions. They are: charm; communicativeness; realizing one's potential; treatment; diagnosis; international communication; socialization.

Researchers developed game features. The important aspects of the games were covered by Shmakov. It distinguishes freely developing activities. Such an activity is used not only for the sake of the result (event), but also for the enjoyment of the activity process itself, according to the wishes.

Pedagogical technologies and advanced foreign experiences. Social-economic, cultural-educational reforms, democratic changes implemented in the Republic of Uzbekistan increase the effectiveness of education, further improvement of "Gymnastics" in physical education classes taught in academic lyceums and its requires the implementation of advanced educational technologies in the teaching process. After all, "Education contributes to the creativity of the people of Uzbekistan." All the best opportunities of the growing generation are manifested in him, his profession and skills are continuously improved, the wise experience of the older generations is understood and passed on to the younger generation." It is not without reason that it is emphasized that the process of bases is fully supported by new educational methodical complexes, advanced pedagogical technologies. This emphasis calls for the further acceleration of educational activities, the promotion of teaching-learning activities based on teacher-pupil (student) cooperation to a new level, in teacher-pupil (student) requires the establishment of pedagogical activities aimed at the formation of independent knowledge and skills and abilities of creative thinking, with the full use of forms, methods and tools based on modern, advanced pedagogical technologies. . In this case, the educational process of the general secondary, secondary special and family education of the continuous education system is implemented by using advanced educational technologies. In fact, advanced educational technology turns the pupil (student) from an object of education into a subject of education, making him independent, creative thinking, free of issues and problems, based on his scientific knowledge. It creates a foundation for training knowledgeable, business-minded, enterprising young people who can approach.

Pedagogical technologies of education, interactive methods: "Case study" (or Learning cases), "Blitz survey", "Modeling", "Creative work", "Relationship", "Plan", "Interview" , Strategies: "Brainstorming", "Boomerang", "Gallery", "Zig-zag", "Stairs", "T-table", Graphic

organizers: "Fish skeleton", "BBB", "Conceptual table" , "Venn Diagram", "Insert", "Cluster", "Why?", "How?" are forms, methods and technologies that can be used to solve the existing problem in the field of education or the educational process based on a new approach and guarantee a more effective result than before.

Mastering well-designed program requirements and subject content forms the moral and cultural qualities of future specialists in the field, increases students' interest in their chosen profession, allows to equip them with the necessary special knowledge, skills and abilities. . The content, essence and topics of the program are covered during lectures, practical and seminar sessions and are mastered by students. As part of the trainings held within the program, a limited training practice is planned for students, and students are charged with mastering the requirements of this practice. Forms professional-pedagogical knowledge, skills and abilities and strengthens the ability of students to independently work in the process of professional practice. Control of the acquisition process, knowledge, skills and skills rating system, performance of normative exercises and educational practice requirements for game skills techniques, conducting tests on topics and evaluating homework carried out using Traditional and non-traditional teaching technologies and tools are used to ensure the practical implementation of the program.

Depending on the changes in time, physical culture, and the interest and purpose that he expresses, he began to recommend reasonable ways to implement the goals. The results of the work on the topic "Methods of using pedagogical technologies in military exercises" showed that new knowledge and skills were formed in students, as well as increasing their interest in physical education classes, preparing them for the future defense of the country, and raising military patriotism. is important.

At this point, it should be recognized that the idea of educational technologies or the technologicalization of teaching is not a new idea. About 300 years ago, the Greek philosopher Aristotle's education should be focused on the formation of the human personality. In the period when Socrates put forward the ideas that education should be focused on the formation and strengthening of professional skills, knowledge, and the great Czech pedagogue Jan Amos Comenius, education is a human being. (child, learner) based on nature and relying on the general laws of development, in which "Everything develops clearly and clearly", only then the teaching process will run smoothly like a well-adjusted clock and automatic mechanism, and all it will be possible to achieve the intended goal, which will give a person joy and a good mood." But this idea fully found its scientific basis and practical direction in the second half of the 20th

century. In the content of this idea;

a) clarification of the purpose of education;

b) determining the optimal (most convenient) ways and means of achieving the goal;

c) the idea is to design a teaching model that guarantees the achievement of the goal (as described in the national encyclopedia of Uzbekistan, the model is derived from the Latin word "modulus", which means an image or sample of an object).

Until the middle of the 20th century, the desire for a technological approach to the teaching process was used within the framework of providing the traditional educational process with technical means. From the early years of the 20th century, phrases such as "Pedagogical technology", "Advanced pedagogical technologies", "Modern pedagogical technologies", "New pedagogical technologies", "Educational technologies", "Teaching technology" have appeared in the pedagogical press. , pedagogic terms began to appear, which are often visible and have the same meaning in essence and content. There are well-known reasons for this name. It is known that the concept of technology mainly serves for the production of material production, raw materials, materials, that is, finished products in the fields of factories or product processing (industry, transport, agriculture, household services and other sectors). Accordingly, the technology or technological process, the process of processing raw materials and other products, methods, and means of development and improvement is treated as a science. Such a process spends less time on material production and ensures the production of high-quality, cost-effective products. If we transfer this concept to the teaching process, it means that the teacher (pedagogue) effectively uses the forms, methods, and tools of teaching, spending little physical effort and mental potential to give the learners the predetermined social necessary for the society under certain conditions. - it would be appropriate to sum it up as a process that rapidly forms personal qualities. Because technologies are a phenomenon that can adapt to any social conditions. Therefore, it will be possible to establish feedback during the training process, to correct mistakes faster, and to accelerate the achievement of the goal.

According to the scientific literature, "Teaching technology" was first heard at the UNESCO conference. In the report "Learning to live" published by this organization, the above term was defined as a driving force in the modernization of the educational process. "How to teach?" and it is defined for the first time in the lecture. In it, teaching technology is described as a set of methods and tools of human communication (dialogue) that emerged as a result of the information revolution and are used in didactics. Now let's look at the content of the definition given by UNESCO; "Educational technology is a system of creating, applying and determining

the entire process of teaching and acquiring knowledge, taking into account human and technical resources and their interaction, with the aim of optimizing educational models" Education according to rif, the forms of teaching (lesson, seminar, lecture, etc.) are the most convenient, that is, in the shortest time for both the teacher and the learner, in order to achieve the intended result. teacher-student activity, the use of technical means of teaching, first of all, means creating, analyzing the obtained result and identifying achievements and defects. Therefore, with a holistic, systematic approach to the teaching process it is intended to achieve the goal. In this, the teaching technology is a holistic view of the educational process (teacher-learner cooperation), which ensures the achievement of the intended result during the activity. didactics, i.e., the process of teaching and learning, is made up of certain elements (mechanisms). It consists of the goal of education, content of education, forms of education, methods of education, educational tools, teacher and students.

In conclusion, it can be said that the result of the work shows that our work aimed at educating students' willpower by teaching pure exercises leads to the all-round physical, spiritual and intellectual growth of students, as well as the innovative activity of the pedagogue - the application of innovation readiness; acceptance of pedagogical innovations; level of innovation; determined by the development of communicative ability, creativity.

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