

## USE OF MODERN EDUCATIONAL TECHNOLOGIES IN PHYSICAL EDUCATION LESSONS IN THE EXAMPLE OF TECHNICAL HIGHER EDUCATION

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**Annotation:** This article discusses in detail the effective aspects of the use of modern educational technologies in physical education lessons in the example of technical higher education, their importance, as well as several educational technologies that serve to ensure the quality of education.

**Keywords:** In physical education lessons, educational technologies, level differentiation technology, information and communication technologies, technical higher education.

**Introduction:** We will focus on those used by physical education teachers. It is impossible to conduct a modern physical education lesson and increase its effectiveness without developing the issue of individual-oriented educational technology, student-oriented education. Student-oriented and differentiated approaches are important for students with both low and high results in physical education. Low development of movement qualities is often one of the main reasons for students' failure in physical education, and high-level students are not interested in lessons intended for the average student. In addition to dividing students into main and preparatory groups, in almost every class it is possible to conditionally divide children into several more groups (categories), Physically well-developed children may lose interest in studying in class if it is not very easy and interesting for them. Therefore, it is necessary to differentiate both the tasks and the content, the speed of mastering the program material, and the assessment of achievements.

The content of personality-oriented education is a set of pedagogical technologies for the differentiated training of motor actions, the development of physical qualities, the formation of knowledge and methodological skills, the management of the educational process, and the achievement of physical perfection. 2. Level differentiation technology: One of the directions for improving the physical education of students in educational schools is the use of a differentiated approach in physical education lessons, which is an important condition for

optimizing the educational and upbringing process. The need for a differentiated approach to students in teaching is not a new idea, but, unfortunately, has not been implemented to the necessary extent in practice.

It is impossible to further improve the lesson and increase its effectiveness without developing the issue of differentiated education. Children with different levels of physical fitness and psychological qualities are often selected in classes. This leads to a decrease in the effectiveness of physical education lessons, provided that uniform requirements and methods of working with all students are applied. When assessing physical fitness, both the maximum result and the increase in the result are taken into account. In addition, individual achievements are of great importance.

3. Information and communication technologies: The development of society today requires the use of new information and communication technologies in all aspects of life. Currently, a computer at home and at school is no longer a luxury, but a tool for work. Is the use of ICT in physical education lessons mandatory? Is it appropriate? After all, physical education is, first of all, movement. The teacher's task in the lesson is to choose teaching methods that allow each student to show his activity, creativity, and activate the student's motor and cognitive activity. The use of new information technologies and Internet resources allows you to solve many problems and achieve maximum results in physical education lessons. It allows you to solve problems of diagnosing the level of health and physical fitness of participants. The use of presentations in the lesson allows you to present theoretical material in a more detailed and demonstrative way, which makes the learning process most effective. Also, with the help of a presentation, you can explain the rules of sports games, tactical actions of players, present historical events, biographies of athletes in a colorful way. The presence of a visual range of information allows you to fix it in memory.

**Results and Methods:** increasing the effectiveness of the use of modern pedagogical technologies in physical education lessons, incorporating teaching methods. Currently, physical education teachers, like all teachers, are required to use advanced pedagogical technologies, such as organizing lessons based on modern pedagogical requirements, forming an innovative approach to the lesson, and teaching students to think independently during the lesson. These modern technologies serve to activate the assimilation of knowledge by students in physical education and sports classes, and to develop their personal qualities by increasing the activity between students and the teacher in the educational process. In place of the conclusion, it should be said that, as we noted above, a perfect system of modern technology has not been developed in secondary schools to date. At the same time, the need for this system is a requirement of the

times, because modern technology is a process that increases the effectiveness of students' mastery of knowledge, skills and qualifications based on a certain system. Modern education should be reflected in the tasks, content, methods, means, forms of organization and results of studying through technologies. Improving the theoretical and practical knowledge of students in studying physical education through modern educational technologies is an important scientific and pedagogical problem. For this, it is necessary to use new teaching methods, including modern educational technologies.

**Conclusion:** Thus, the design of the educational process in the conditions of new requirements for a physical education teacher implies not only other approaches to planning educational outcomes, but also to choosing the content, methods, forms and technologies of education. The use of modern educational technologies in physical education is, first of all, a creative approach to the pedagogical process in order to increase interest in physical education and sports. This is connected with the task of improving the level of the educational process in order to maintain health and is our main goal.

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