

## EFFECTIVE USE OF INNOVATIVE TECHNOLOGIES IN PHYSICAL EDUCATION LESSONS

**Doniyor Karimov\***

\*Lecturer,  
Fergana State University,  
Fergana City, Uzbekistan  
Email id: karimov\_d@mail.ru

**DOI: 10.5958/2278-4853.2022.00285.3**

---

### ABSTRACT

*The process of physical education is multifaceted. In this process, both education and upbringing are given. In the process of physical education, Education will be aimed at the formation and improvement of motor skills. At the same time, it affects the physical development of those who are engaged. The unity of all types of education, their mutual influence on each other is one of the fundamental pedagogical laws.*

*Currently, interest in the use of innovative technologies and interactive methods in the educational process is becoming more widespread. The use of such methods increases the efficiency and effectiveness of teaching, increases the motivation of students to learn.*

**KEYWORDS:** *Physical Education, Sports, Sports Training, Theory of Physical Education, Principles of Physical Education, Healthy Lifestyle, and Innovative Technologies.*

---

### INTRODUCTION

Only if physical education is based on a certain system, a pre-planned result is achieved. The system of physical education is understood as such a set of principles, means, methods of physical education and forms of its organization, so that it meets the goals and objectives of the richest and most comprehensive harmonious development of a member of society.

Innovation (English Innovation) - creation of innovations, innovation. Therefore, the use of a form of work aimed at improving the efficiency of the educational process based on innovation, and not based on the same patterns as in traditional education, means innovation. Relying on pedagogical technologies and striving for innovations in education, the use of various interactive methods aimed at activating students contributes to the effective implementation of the educational goal. In this technology, communicative methods are widely used, let's consider some of their main features.

### MAIN PART

It is known that interactive methods are mainly used in conducting modern interactive classes. In the future, these methods will to some extent develop into interactive technology. This is how, in our opinion, we can characterize the difference between the concepts of interactive method and technology.

Interactive teaching method-implemented by each teacher at the level of available funds and their own capabilities. At the same time, each student masters it to varying degrees in accordance with their motives and intellectual level.

Interactive learning technology-each teacher provides training that all students master as intended. At the same time, each student masters learning at a predetermined level, while having their own motives and intellectual level. Based on the study of some experience in the practical application of interactive classes, we can point out some factors that affect the improvement of the quality and effectiveness of these classes. They can be conditionally called organizational-pedagogical, scientific-methodological and factors depending on the teacher, students, means of education. We have to keep in mind that, by their very nature, they have a positive or negative impact.

Organizational and pedagogical factors include: preparation of a group of trainers conducting interactive classes from teachers;

- Organization of teachers' training by interactive methods;
- Creating the necessary conditions for interactive learning in the classroom;
- Providing a comfortable workplace for the speaker and participants;
- Prevention of violations of sanitary and hygienic standards;
- Ensuring compliance with safety regulations;
- Maintaining attendance and discipline;
- Organization of control, etc.

The scientific and methodological factors include:

- High-quality preparation of interactive training development;
- Ensuring that each element of interactive learning is related to the topic being studied;
- Definition of the topic and content of classes based on the latest scientific and theoretical data;
- The ability to allocate enough time for interactive learning, etc.

In order to organize the learning process using innovative methods, first of all it is necessary to clearly develop a lesson plan and project.

When drafting a lesson, the teacher must clearly define the forms of his work and the amount of work of students in the process of mastering skills. It is also important what teaching methods he uses. Focusing on more interactive methods when choosing a method will increase the effectiveness of training.

All interactive methods involve cooperation between the activities of the teacher and the student, the active movement of the student in the learning process. For example, when teaching a subject in terms of its modeling, a teacher can use the method of "brainstorming" before demonstrating the model to students. That is, they are asked how students can understand the problem and master the skill, and their thoughts are summarized. At the same time, the readers' opinion is absolutely not criticized. In terms of practical management, the teacher can use the "teaches a friend" technique. This method makes it possible to optimally organize the lesson, teach students

---

to critically monitor their own activities and eliminate mistakes. The class is divided into the first and second partner parts.

- Using the lesson transition model, the first partner teaches the second, and the second partner teaches the first parts of the model.
- The teacher first explains the parts of the model using teaching methods for those who want to then shows. Students repeat and do what the teacher said and showed.
- The teacher chooses 2 voluntary partners to observe the class. The teacher tries the model on his partners, performing it in stages. Helps them learn by understanding what they don't understand.
- The teacher tells the partners in the class to teach each other and do the first part. They help them eliminate shortcomings by monitoring their work. Only after that they move on to the next stage. On the other hand, the staff of the teacher helps the teacher to control the class.
- This method of work continues to perform other parts of the model. He teaches students to be demanding of each other and themselves, to eliminate mistakes in a timely manner, to be able to critically evaluate work.

After the students completed the task, their work was transferred to other students in the group. They are again passed on to other students after making the appropriate changes, and thus the work of each of the students passes through the hands of all the students in the group, and the end returns to itself. Everyone can make changes to the work from their point of view. Then the teacher shows the correct answer. Thus, students will be able to think creatively, express their thoughts freely and be aware of their shortcomings.

In the "sharpness of mind" method, students' logical thinking skills are developed, speech is improved, and the skill of a quick and correct answer is formed.

This game involves groups of two or three students. The first reader pronounces one of the terms on the topic. The second reader returns the term spoken by the first reader and pronounces one term himself. The third reader returns the two previous terms and adds one term. Again, it is the turn of the first reader, who also returns the previous three terms and adds one term himself. Whichever reader gets lost or does not answer the mentioned terms, he is out of the game. Thus, the group of students continues. When organizing this game, it is important that the goal is clear and focused on what knowledge, skills and abilities students acquire.

For example: say sports:

Student 1: Football

Student 2: Football-volleyball

Student 3: Football – Volleyball-Boxing

Reader 1:: football – Volleyball–Boxing-Tennis

Reader 2:: football – Volleyball–Boxing – Tennis-Karate

Student 3: Football – Volleyball–Boxing – Tennis-karate, etc.

The reader is out of the game if he makes a mistake in pronouncing words in a row.

---

Similarly, this game can be used when studying "sports" and other topics. This game is especially useful in lessons of generalization and repetition of lessons. Of great importance in the process of physical education is the development of students' motivation. Because motivation interests students in the learning process, encourages students to actively participate in the lesson, acquire knowledge. Interactive methods are very helpful in developing motivation to read.

## CONCLUSIONS

1. Innovations in the field of education require innovations and changes in education, improvement and improvement of existing ones. That's why there are always some changes in the learning process.
2. The current period can be called a time of great and rapid changes in the field of education, as well as in all spheres of society. There are different views on the news. Types of innovations are distinguished mainly for methodological reasons.
3. The fields of education are so inextricably linked with each other that innovations in one field generate innovations in any other field. Therefore, the introduction of innovations into individual components of education requires determining the overall effectiveness of the applied innovations.
4. When classifying innovations in the educational process, it is necessary to take into account that innovation is one of the most important manifestations of human activity. This activity is free from serious boundaries and divisions.
5. Novelty affects its methodology and technology in the process of organizing the content of training.

## REFERENCES:

1. M.Makhkamov, K.Sadikov Let's create a healthy generation. Tashkent, "Teacher". 1996 y.
2. A.Abdullaev, Sh.X.Xonkeldiev. Theory And Methods Of Physical Education. Textbook. Tashkent, 2005 Y.
3. M.N.Norqobilov., Z.S.Mirkhodjaeva., V.V.Mahmudov. Pedagogical Approaches To Inculcating A Healthy Lifestyle In The Minds Of Students In Physical Culture And Sports. Monograph. Tashkent, 2019 Y.
4. Mehmonov, R., & Parpiev, O. (2020). The Processes Of Organization Of General And Special Training Of Athletes. *Теория И Практика Современной Науки*, (5), 38-40.
5. Mehmonov, R., & Parpiev, O. (2020). Pedagogical Requirements For Physical Education Teachers. *Theoretical & Applied Science*, (5), 758-761.
6. Abdurakhmonov, S. K. (2021). The Importance Of A Healthy Lifestyle In Achieving Physical Perfection. *The American Journal Of Applied Sciences*, 3(03), 42-47.
7. Tuxtanzarov, I. U., & Maxmutaliev, A. M. (2020). Socio-Pedagogical Function Of Sport In The Spiritual Perfection Of Youth. *Scientific Bulletin Of Namangan State University*, 2(1), 367-372.

8. Yuldashev, I. A. (2020). Pedagogical Bases Of Formation Of Social Activity In Pedagogical Sciences. *Теория И Практика Современной Науки*, (5), 67-69.
  9. Yuldashov, I., Parpiev, O., Makhmutaliev, A., Tukhtanazarov, I., & Umaralievich, K. U. (2021). Pedagogical Bases Of Formation Of Physical Culture And Social Culture In Youth. *Asian Journal Of Multidimensional Research*, 10(11), 54-58.
  10. Юлдашев, И. А. (2020). Сотрудничество Махалли И Кенгаша Схода Сельских Граждан, Школы, Семьи В Процессе Формирования У Подростков Социальной Активности. *Редакційна Колегія: Аа Сбруєва–Доктор Педагогічних Наук, Професор (Відповідальний Редактор)*, 139.
  11. Tuxtanazarov, I. U., & Maxmutaliyev, A. M. (2020). Scientific And Methodological Problems Of Wrestling Development. *Theoretical & Applied Science*, (1), 781-785.
  12. Yuldashov, I., Umaralievich, K. U., Goynazarov, G., & Abdurakhmonov, S. (2021). Innovative Development Strategy In The Field Of Sports And The Basics Of Its Organization. *Asian Journal Of Research In Social Sciences And Humanities*, 11(11), 48-53.
  13. Tojaliev, A. A. (2021). Higher Education System-A Guarantee Of Sustainable Development Of Society. *Academicia: An International Multidisciplinary Research Journal*, 11(9), 1021-1025.
  14. Tojaliyev, A. A. (2020, December). The Role Of Innovative Activities Of Highly Qualified Personnel In The Strategic Development Of The Regions. In *International Scientific And Current Research Conferences* (Pp. 154-156).
  15. Tojaliyev, A. A. (2019). The Necessite Of Using Innovations In New Developing Process Higher Education. *Scientific Bulletin Of Namangan State University*, 1(4), 132-136.
  16. Karimov, D. K. (2022). The Relationship Between Body Types In The Sports Specialization Of Young Acrobats. *Berlin Studies Transnational Journal Of Science And Humanities*, 2(1.5 Pedagogical Sciences).
  17. Каримов, Д. К. (2021). Педагогическая Технология Поиска Одаренных Детей В Акробатике. *Fan-Sportga*, (8), 30-32.
  18. Каримов, Д., & Ханкельдиев, Ш. Х. (2021). Сравнительный Анализ Показателей Двигательной Подготовленности Юных Акробатов С Нормативами Тестов Здоровья «Алпомиш». *Наука Сегодня: Задачи И Пути Их Решения [Текст]: Материа*, 69.
  19. Каримов, Д. (2022). Жисмоний Сифатлар Ривожланишининг Асосий Қонуниятлари. *Ijodkor O'qituvchi*, 2(20), 148-153.
  20. Каримов, Д. К. (2020). Психика В Качестве Источника Здоровья. *Ббк Ю953*, 59.
  21. Каримов, Д. К. (2020). Гимнастика В Области Физического Воспитания И Его Значение Для Человека. *Мировая Наука*, (3), 256-259.
  22. Ixomjonovich, I. I., Tolanovich, Y. T., & Baxodirovna, H. B. (2021). Physical Education In The Structure Of Professional Education. *The American Journal Of Social Science And Education Innovations*, 3(03), 226-229.
-

23. Bobojonov, N. O. Z. I. M. J. O. N., & Madoripov, O. Y. B. E. K. Bo 'Lajak Mutaxassislarning Kasbiy-Amaliy Jismoniy Tayyorgarligi. *Студенческий Вестник Учредители: Общество С Ограниченной Ответственностью «Интернаука»*, 74-75.
24. Yuldashov, I., & Goynazarov, G. (2021). A Need To Improve The Institutional System For Increasing The Social Activity Of Young People At The Stage Of Development. *Интернаука*, (12-3), 18-19.
25. Гойназаров, Г. А. (2021). Кичик Мактаб Ёшдаги Болаларга Бериладиган Харакатли Ўйинлар. *Scientific Progress*, 2(1), 202-211.
26. Nozimjon, B. (2022). The Importance Of The Development Of Physical Qualities In The Motion Of Games. *Involta Scientific Journal*, 1(7), 37-43.
27. Askarova, D. I. (2022). The Role Of Folk Pedagogy In The Development Of Creativity Of Students Of Higher Educational Institutions. *Oriental Journal Of Social Sciences*, 2(02), 89-96.
28. Jabborova, M. (2021). The Importance Of Innovative Technologies In The Social Development Of Society. *Экономика И Социум*, (6-1), 129-132.
29. Kipchakova, Y. X., & Kodirova, G. A. (2020). Innovative Technologies In Modern Education. *Теория И Практика Современной Науки*, (5), 29-31.
30. Karimov, U., Karimova, G., & Makhamadaliev, L. (2022). The Role And Significance Of Spiritual Values In Youth Education. *Asian Journal Of Research In Social Sciences And Humanities*, 12(2), 181-185.