

# **The Method of Organizing Students' Activities in Physical Education Classes at School**

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## **Abstract**

**Physical education classes are an important tool for the formation of a healthy lifestyle of students, their physical development and the development of movement skills. Effective organization of these lessons and ensuring active participation of students requires pedagogical skills and methodical approaches. This article describes the methods of effective organization of students' activities in physical education classes.**

**Keywords: Effective organization of physical education classes plays an important role in the healthy and active growth of students.**

## **Introduction**

It is possible to improve the effectiveness of lessons by taking into account the individual characteristics of students, choosing interesting and safe exercises, as well as encouraging them to be active. At the same time, it is important for teachers to constantly develop their pedagogical skills. The use of new technologies and the application of an interdisciplinary approach play an important role in improving physical education classes at school. For example, the content of lessons can be further enriched by integrating the basics of biology, physics and psychology into physical training. Also, by introducing digital platforms for physical fitness of students, it will be possible to monitor their results in real time. It is important to take into account the scientific approach, innovative methods and the needs of students in order to effectively organize physical education classes at school.

Physical education classes are an important tool for forming a healthy lifestyle of students, developing their physical development and movement skills. Effective organization of these lessons and ensuring active participation of students requires pedagogical skills and methodological approaches. This article describes the methods of effective organization of students' activities in physical education classes.

## **The goals and tasks of physical education classes**

The main goals of physical education classes are as follows:

1. Formation of a healthy lifestyle.
2. Development of physical qualities (endurance, speed, strength, flexibility, etc.).
3. Development of movement skills and competencies.
4. Increasing interest in physical education and sports.

To achieve these goals, it is important to use various pedagogical and organizational methods in classes.

1. **Principles of organization of physical education lessons** The following principles play a key role in the effective organization of lessons:

2. **Grading and consistency:** Each lesson should be organized according to the age, level of preparation and individual characteristics of the students.

3. **Activity and independence:** Involve students in active activities, develop the skills of independent action in them.

4. **Encouragement:** Praise and reward students for their success, increase their positive motivation.

5. **Ensuring safety:** Strict adherence to safety rules during training and games.

6. **Methods and pedagogical approaches** The use of the following methods in physical education classes increases efficiency:

7.

8. **Differential approach:** Taking into account the individual capabilities of each student. For example, to make exercises easier for students with low physical fitness, and to set more difficult tasks for students with high fitness.

9. **Game technologies:** Organization of physical education lessons in the form of an interesting game increases the activity of students. For example, sports games (football, volleyball), relay competitions.

10. **Group and pair exercises:** Divide students into groups or organize work in pairs, which develops teamwork and mutual support skills.



## 1. Group and pair exercises

**Innovative methods:** Using technology (for example, video explanations of exercises) and incorporating modern fitness methods into classes.

**A differential approach is the** use of methods and tasks adapted to each student, taking into account the individual capabilities, abilities and needs of each student in the educational process. This approach helps to effectively organize the learning process of students. By using a differential approach in physical education classes, it is possible to adapt exercises, taking into account the level of physical training, interests and potential of students.

### Savod o'rgatish jarayonida o'quvchilarga differensial va individual yondashish

- Ma'lumki, 1-sinfga o'quvchilar har xil tayyorgarlik bilan keladi. O'quv materiallari 1-sinf o'quvchilari saviyasiga mos, izchil ravishda beriladi. SHunga qaramay, har xil tayyorgarlik bilan kelgan o'quvchilarning uni o'zlashtirishlari turlicha bo'ladi. Bu savod o'rgatish jarayonida o'quvchilarga differensial va individual yondashishni taqozo etadi. Bunday yondashish ta'limning barcha bosqichlarida ham yaxshi natija beradi.

### Differensial yondashishda o'quvchilar guruhlariga bo'linishi

- Differensial yondashishda o'quvchilar guruhlariga bo'linadi, har bir guruhning saviyasiga va imkoniyatiga mos topshiriqlar beriladi. Sinf o'quvchilari 3 guruhga bo'linishi mumkin. Topshiriqlar ham 3 variantda ishlab chiqiladi.
- O'qituvchi sinfda frontal ishlash jarayonida 3 guruhdagi o'quvchilar bilan parallel ish olib boradi 3 guruh uchun ham o'quv materiali qo'shimcha alifbe hisoblanadi, unga qo'shimcha alifbe uchun qo'shimcha tarqatma materiallardan, jadvallardan mustaqil ishlardan foydalaniladi.

For example, the development of each student is supported by choosing light exercises for students with low physical fitness, and more complex tasks for students with high fitness. This approach increases the interest of students in lessons, their strengthens self-confidence and ensures the effectiveness of physical education classes. For more information, you can watch the following video:

#### • Practical examples

- **Game exercises:** When conducting soccer training with children, first start with simple actions (receiving, passing the ball), and then organize games in small groups.

- **Relay games:** Divide students into two groups and assign them to perform different movement tasks (for example, go around obstacles, carry the ball to the designated place).

- Effective organization of physical education classes plays an important role in the healthy and active growth of students. It is possible to improve the effectiveness of classes by taking into account the individual characteristics of students, choosing interesting and safe exercises, as well as encouraging them to be active. At the same time, it is important for teachers to constantly develop their pedagogical skills.

- The use of new technologies and the application of an interdisciplinary approach play an important role in improving physical education classes at school. For example, the content of lessons can be further enriched by integrating the basics of biology, physics and psychology into physical training. Also, by introducing digital platforms for physical fitness of students, it will be possible to monitor their results in real time. It is important to take into account the scientific approach, innovative methods and the needs of students in order to effectively organize physical education classes at school. It contributes not only to children's physical health, but also to their intellectual and social development. Therefore, improving physical education classes remains one

of the priorities of the modern education system. Physical education not only educates a healthy generation, but also creates a solid foundation for their successful life in the future. Therefore, special attention should be paid to this direction in all educational institutions.

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