



Methodology of Use of Innovative Technologies in Physical Education Lessons in Primary School and Primary Education

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Abstract: *Physical fitness is the most important condition for being healthy, and its improvement depends on the fact that physical education classes in schools are directed to health and are held at a high level. Physical education classes organized in a traditional way are aimed at developing certain physical capabilities of schoolchildren, forming knowledge and skills characteristic for this age group, and knowledge that meets the requirements of physical education.*

Keywords: *Physical fitness, knowledge, Physical education, healthy, innovative technologies.*

In the process of organizing such training, physical education teachers should implement their goals with each student individually or by dividing them into levels, due to the differences in physical fitness and mobility of children. However, little attention is paid to this issue in the educational process. An important aspect of the modern concept of physical education of students is that it aims to increase the role of the problem of health in physical education classes. Unfortunately, this direction is not given enough attention in the educational process. Our observations show that effective methods of combining theoretical and methodical knowledge with wellness technologies during physical training for elementary school students have not been fully developed. Finding a solution to this problem is extremely important in strengthening and maintaining the health of elementary school students with different levels of physical fitness.

The imperfection of the previously developed system of physical education lessons is that its main purpose is not health-promoting, but educational in nature. In the school physical education system, as well as the absence of a differential approach to physical exertion, taking into account the physical development and functional training of students. This is due to the fact that the diagnostic methodology is not provided for in determining the level of physical health.

General education, which is the same for all children, aimed at showing the abilities and talents of students, cannot guarantee their sufficiently intensive development. First of all, it depends on the diversity of students studying in the same class, their interests and abilities.

In the groups being taught, there may be students who are already familiar with the teaching material, and the movement exercises may not present any difficulty. Participation of such students in classes is taken into account by the teacher, and in order for them to achieve a relatively high result in their learning, a more complex re-development of the task given to them, deepening of motor exercises is required. While one learner is just mastering motor knowledge, another learner may already have mastered this knowledge. In the process of training for motivational situations, each group performed the exercise based on their physical fitness. In experimental classes, students were divided into groups:

1. A group of excellent, good and fast adopters.
2. A group of complacent and slow learners.



During the experiment, it was allowed to move from one group to another (only after mastering a certain exercise). In the course of training, it should be taken into account that short students perform better complex coordination exercises, and tall students perform running speed exercises. Students with less strength do well with endurance exercises.

The above-mentioned differentiation of teaching students to motor activities showed that the students of the strong group mastered the learning material two lessons earlier than the students of the weak group, so they should start and finish the new topic at the same time. Taking this into account, we offer a new option for planning educational material for students of groups with different training.

In moving cases, at each stage of training, each department receives a separate task depending on its physical and technical preparation. It is allowed to move from one group to another only after mastering a certain driving position. A student included in the loose group can appear in the strong group, which requires endurance while performing exercises that require the demonstration of strength. Therefore, students should be divided into groups depending on the level of development of the characteristic in mastering the given movement activity. The method of organizing students' frontal, class, group, individual, circular exercises and other educational activities is important for achieving a high result of the lesson.

Taking into account the task of the lesson, their activities can be organized differently according to the number and readiness of students, sports equipment, etc.

The frontal method is used to pass light educational material, in which the teacher can have general control over the whole class, not paying particular attention to the assigned and not helping some students in the process of doing the exercises.

An important aspect of physical education of students in the modern concept is that it is aimed at increasing the role of the issue of education and health in the successful formation of work aimed at education and health. Unfortunately, this direction is not given enough attention in educational processes. Moreover, it is a difficult issue to implement in practice (Usmonkhodjaev T.S., 2011; Achilov A.M., 2009; Goncharova O.V., 2005; Abdullaev A., Honkeldiev Sh.Kh., 2005).

Until now, the methods of combining theoretical and methodical knowledge with health technologies during physical training for elementary school students have not been fully developed.

At the same time, it is extremely urgent to find a solution to this problem, to strengthen and protect the health of elementary school students with different physical fitness. First of all

- tasks for students with two different levels of training are determined, and a physical education textbook program is selected taking into account their physical fitness;
- taking into account the individual capabilities of elementary school students, motor exercises and physical sensations, ways of forming knowledge are offered to them;
- development of methodical methods is used for students with different physical fitness;
- the effectiveness of fitness exercises is evaluated, taking into account the special individual capabilities of primary school students.

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