

## Pedagogical Fundamentals of Organizing and Conducting Physical Education Classes in Secondary Schools

**Turdiyev Umidjon Kamoliddinovich**

Navoi State University, Associate professor of the Department of Physical Culture, doctor of philosophy in Pedagogical Sciences (PhD)

**Tuxtamuradova Nafosat Voxidovna**

Physical Culture Education direction 1-curs master

**Abstract:** Physical education plays an important role in the holistic development of students in general education. However, organizing meaningful and interesting physical education classes can be difficult for teachers for time, resources, and other limitations common in school settings. This article aims to discuss some effective strategies and approaches to organizing quality physical education classes in primary and secondary schools.

**Keywords:** schools, students, quality of education, physical education classes, attitudes and approaches.



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### INTRODUCTION

The organization of physical education classes of secondary schools, the improvement of theoretical and practical knowledge of students in physical education and sports, the sharpening of a healthy lifestyle in the younger generation, the development of recommendations for the formation of skills and abilities in relation to health-improving classes in physical education classes determine the relevance of the topic.

Physical education is an integral part of the curriculum in general education schools around the world. While its importance is widely acknowledged, there is ongoing debate about how to best compose and conduct physical education classes.

### MAIN PART

There are many advantages to including regular physical education in the school schedule. First, it increases the health and well-being of students. Engaging in daily physical activity helps develop strong muscles and bones, improves the cardiovascular system, and helps control weight. This provides the basis for an active lifestyle and reduces the risk of health problems such as obesity, diabetes and heart disease in adulthood. Physical education also has benefits for mental health, as exercise reduces stress and anxiety, while increasing self-esteem and mood.

In addition to health measures, physical education provides educational achievements. It develops psychomotor skills such as coordination, balance and control. These physical powers can be transferred to other areas of Education. Team sports help students develop socio-emotional skills such as communication, collaboration, leadership, and fair play. Managing wins and losses creates character. At the academic level, kinesthetic activity can increase cognitive functions and concentration and thus support work on other key topics.

Most schools structure physical education around games, sports, gymnastics and dance. The general weekly schedule includes three one-hour classes that rotate through term times. While this model engages students in a variety of physical activities, some argue that it is not able to develop enough skills or fitness levels. Alternatively, directing classes to one sport per period allows for more in-depth coaching and practice to achieve qualification. Stopping planning larger periods less is another method.

Regardless of format, effective physical education requires adequate equipment to safely conduct classes and attract students. Crowded gymnasiums or playgrounds restrict participation. Therefore, investing in infrastructure and ensuring the appropriate proportions of the teacher and student are important issues.

The assessment of physical education is also worthy of discussion. While participation should remain a priority over competition, testing basic fitness and skills can help assess progress, provide feedback, and encourage continued improvement. However, one should be careful not to avoid practices that promote an unhealthy body image or discourage less athletic students. The assessment should value strength and personal growth rather than results.

Physical education plays a decisive role in the holistic development of students. It promotes physical literacy, promotes a healthy lifestyle and increases knowledge and social skills. To maximize the benefits of physical education classes, its effective organization comes first.

To organize classes effectively, a number of factors and processes must be followed, while some of them are:

**Specific learning goals:** for each lesson, it is necessary to set Specific, Measurable, Achievable, Relevant and time-related learning goals. These goals must comply with the curriculum and meet the development needs of students.

**Logical development:** based on previous knowledge and skills, classes should be planned in a logical sequence. It is necessary to start with warm-up sessions, and then develop skills, practice and perform cooling exercises in turn.

**Diversity and engagement:** includes a number of activities to meet different learning styles and interests. Games, activities and cooperative activities should be used to maintain student activity and motivation.

**Differentiation:** adaptation of activities to meet the individual needs of students. To ensure inclusiveness and progress, changes must be made for students with disabilities or for different skill levels.

**Assessment and feedback:** regular assessment of students ' knowledge through observations, self-reflection and assessment. It is necessary to provide timely and constructive feedback to guide the progress of students and inform lesson planning in the future.

**Lesson organization strategies**

**Lesson plan:** drawing up a detailed lesson plan for each lesson, which shows educational goals, activities, materials and assessment strategies.

Warm-up sessions: start classes with dynamic stretching and light cardio exercises to prepare students for physical activity and reduce the risk of injury.

Skill development: focusing on teaching new skills or improving existing ones through guided practices and demonstrations. Using drills and progressive exercises to increase coordination, balance and agility.

Internship activities: provide students with ample opportunities to practice skills in a game-like or competitive setting. Promote teamwork, collaboration and problem solving.

Cooling exercises: completing classes with static stretching and relaxation techniques to increase flexibility, reduce muscle pain, and facilitate recovery.

Assessment: the use of observations, checklists and rubrics to assess student progress and identify areas of improvement. Express feedback to students and adjust lesson plans accordingly.

Advantages of organizing an effective lesson

Advanced student education: specific goals, logical development and interesting activities help to develop effective learning and skills.

Increasing student motivation: diversity and differentiation respond to a variety of interests and abilities, maintaining student motivation and participation.

Improved classroom management: a well-organized lesson plan ensures that classes go well, reduces disruptions, and promotes a positive learning environment.

Efficient use of time: efficient use of logical sequence and time maximizes learning opportunities and reduces wasted time.

Informed decision making: regular assessments and feedback provide valuable information to adjust lesson plans and adjust guidelines to meet student needs.

## CONCLUSION

With careful planning and organization, general education schools can provide impressive physical education programs that promote health, physical education, and continuing participation skills in sports and Recreation. Regular review and improvement of curricula, lesson plans, teaching strategies, resources and assessments ensures that physical education classes achieve their goals and attract students. A holistic approach to physical education contributes significantly to the overall development of students.

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