



ORGANIZATION OF NEW PEDAGOGICAL APPROACH IN PHYSICAL EDUCATION CLASSES AT THE HIGHER EDUCATION

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Article history:	Abstract:
Received: 24 th December 2022 Accepted: 26 th January 2023 Published: 28 th February 2023	<p>The Reforms in the education system of our country on the day of the budget, in fact, require further improvement and development of the content of physical education classes. New pedagogical approaches are needed to make the field of physical education more developed.</p> <p>Given the requirements of today's period for the growing young generation to become a harmonious generation in the future, it is necessary to develop our education system on the basis of scientific approaches, it is expedient to organize in schools a part of the physical education class in a state focused on theoretical knowledge.</p> <p>The results of research, observation and comparison in this regard show that physical education classes are organized today in a more practical way, In addition, we will work in accordance with the goals of our state in the development of the quality of education by teaching theoretical knowledge.</p>
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At the heart of the innovations and changes taking place today in the field of education, we see that it is aimed at educating the younger generation as a comprehensively developed, physically, spiritually and mentally strong.

In particular, to make the lesson of physical culture more useful and effective for schoolchildren, based on the requirements of today, along with the physical education of our youth, increasing their knowledge from the theoretical side, is one of the priority tasks facing the science of physical education. .

The signing of many resolutions and orders (May 11, 2022 No. PF-134. February 3, 2022 No. F-22) by our esteemed President Shavkat Mirziyoyev and their practical results at the heart of implementation, it is envisaged that each discipline should enter a new stage of development based on today's requirements.

Respected President Shavkat Mirziyoyev proposed declaring 2023 **the Year of Attention to People and Quality Education**, which is also of particular importance in this regard.

Amir Temur, Jaloliddin Manguberdi, who left an indelible mark on the history of our country, not only as a science of physical education, but also as a science of health. It will be possible to move to the level of science that will help our great-grandfathers like Manguberdi become a worthy generation, mature spiritually and intellectually.

LITERATURE ANALYSIS AND METHODOLOGY

In developed countries, especially in France, children between the ages of 6 and 11 attend primary schools. Primary school is free and compulsory. Its mission is to provide reading, writing and computer skills. Training lasts 5 hours from 9:00 to 12:00 and from 14:00 to 16:00. Meals at the school are paid, but at very reduced prices. Education in the primary grades is carried out in three stages:

1. Preparatory stage;

2. Elementary course (this course continue two years);

3. Advanced stage.

Preparatory stage - 1 year. In it, children are taught to count, read and write, sing, think, observe and enjoy nature, exercise, participate in various school sports, music and work.

The next stage is the initial course, which lasts 2 years. Thus, students' knowledge of subjects will further improve during the preparatory cycle.

The 3rd stage of elementary school is the deepening stage. Thus, the knowledge of students at the preparatory and initial stages will deepen. Citizenship Education and Finesse Education are also taught at the elementary level in French schools. Visual education includes music, visual arts and sports. Individual work with students, encouraging them to realize their personal abilities and capabilities, ensuring continuity and continuity in education is the main requirement for primary school students. [1]

The rich and long history of physical culture in European countries shows that it should be a universally recognized basic part of any educational system. **B. Cram** successfully explained the nature of changes in education, describing physical education as a process of preparing young people for independent, satisfactory participation in a culture of development throughout their lives. Earlier, **M. Demel** made a paradigmatic revolution, known as the repedagogization of physical culture.

Replacing the biotechnological paradigm with a pedagogical paradigm changes both the theoretical and practical aspects of physical culture. For example, if we observe the development of the concept of physical fitness. Until recently, the level of training in combination with sports technical and tactical skills was considered very important. Now it is important to prepare for the future life in harmony with your health. [2]

Quality is something that surprises and even delights customers," said Edwards Deming, author of the Total Quality Management concept. TQM assumes that each member of the school team is considered a "buyer" and a "supplier" at the same time.

Quality refers to the degree to which the requirements and wishes of the client and stakeholders are fulfilled, or the degree to which established educational requirements or scientific theory are met, as well as the degree to which strict evaluation criteria are met.

Van Bottenburg is the author of a unique physical education quality model based on the TQM philosophy. According to him, there are four quality standards for physical education:

- quality determined by society (Social Quality);
- quality perceived by students and their parents (Users Quality);
- quality based on scientific theory (Product Quality);
- the quality determined by the government of education (Process Quality).

According to this model, it can be said that physical culture meets the requirements of high quality if it simultaneously: justifies public trust, meets the requirements of students and their parents, gives them the opportunity to achieve the goals of physical culture based on a new scientific theory. [3]

Having studied in detail the above ideas by methods of comparison and comparison, in order to further develop the potential and quality indicators of physical education in the schools of our Republic, to serve the science of physical education at the level of modern requirements, together with practice, physical education lessons for students Giving basic theoretical knowledge, we will create foundation for the further development of science

ANALYSIS AND RESULTS

The results of the study show that the current problems in the field of physical education require a modern new pedagogical approach.

Today, a new approach is required to improve the quality indicators of physical education in our schools in order to make wider use of the possibilities of physical education. In order to maximize and qualitatively use the lesson of physical education, it is considered appropriate to apply theoretical knowledge to the hours of today's lesson plans. Our research and observations show that the speed of thinking of modern schoolchildren and the indicators of information perception create an opportunity for teaching schoolchildren theoretical knowledge in physical education.

CONCLUSIONS AND OFFERS

In order to improve the quality of the science "Physical Education" and improve science from the theoretical side, using modern pedagogical technologies, the development of this area, the deeper teaching of theoretical knowledge in schools, and of course, adding and changing the topics of the lesson, introducing it, we can create the basis for scientific development of the science of physical education.

During the academic year, 68 hours of classes are allotted for a physical education lesson, and the essence of the topics in it is organized with an emphasis on practical exercises. I believe that the organization of lessons only with practice is one of the factors that reduce the scientific potential of science.

As the English philosopher and sociologist **Herbert Spencer** (1820-1903) noted, physical education, mental education and moral education should be combined.

In addition, the reason for the lack of theoretical knowledge in physical education among students working in the field of physical education in the future is the student's lack of difficulties in mastering theoretical knowledge on the subject in the learning process. as a solid foundation for students who choose this direction in the future. This problem can be solved by combining theory with practice. That is, it is appropriate if 34 hours out of 68 hours of classes are translated into a theoretical form. Providing theoretical knowledge to students in grades 5-9 by providing complete

information about the rules and history of the Summer and Winter Olympic Games, teaching them the correct rules of the sport and improving their skills in practical classes that they can take. For example, they will have to master the sport in which the theoretical knowledge and rules were taught in one lesson, trying to practice it in the next lesson (depending on school conditions). And for grades 10-11, you can give theoretical knowledge on the education and development of physical qualities (strength, dexterity, endurance, flexibility, speed). This theoretical knowledge can be an excellent foundation for students who intend to study in higher educational institutions in the field of physical education when entering a university. As a result, we will create a foundation for the further development of the science of "physical education" among students and our society. Our youth must be brought up in such a way as to be healthy, mature in all respects, that is, worthy of a perfect generation.

On this occasion, the famous Greek philosopher Plato said: "The first happiness for a person is his health, and the second is beauty." Indeed, health is the source of all wealth. The descendants of the people with a healthy origin and high spirituality will also be healthy, strong, faithful and devoted, and this happiness will become a great factor in the glory and power of the Motherland. For such happiness of the people, a healthy generation is needed. When we talk about a healthy generation, we mean physically and spiritually mature, highly cultured people. Indeed, a nation that brings up a generation with such unique qualities looks to the future with open eyes, a bright face and great confidence. This is determined by the increase in the effectiveness of teaching at physical education lessons.

In conclusion, we will be able to develop the above proposal as a solution to bring practical and theoretical knowledge in a physical education lesson in schools to the level of today's requirements.

The purpose of forming the spirituality of the youth of our country is to educate the younger generation as a mature generation capable of perceiving national and universal values, and educating morality. In educational institutions of Uzbekistan, in order to form and improve the spirituality of students, it is advisable to follow the following:

- it is necessary today to reorganize the curricula of physical education classes in the schools of our republic and open a wide path to new methods, developing them in the direction proposed above;
- In order for our youth to acquire more perfect knowledge through the science of physical education, it is necessary to organize a lesson based on the requirements of today. The time has come to update our system, which has been preserved for many years, in order to develop it further;

Thanks to the method mentioned above, we will be able not only to improve the quality of physical education, but also to raise the place of science in our society to another level.

If we can properly use this subject in the form suggested above, we will be able to create the basis for turning it into a subject that can make a significant contribution to the physical and spiritual preparation of our youth for life through physical education.

LITERATURE:

1. DECREE OF THE PRESIDENT OF THE REPUBLIC OF UZBEKISTAN SHAVKAT MIRZIYOYEV "ON ADDITIONAL MEASURES TO REFORM THE PUBLIC EDUCATION SYSTEM" Tashkent city, February 3, 2022, No. F-22.
2. DECREE OF THE PRESIDENT OF THE REPUBLIC OF UZBEKISTAN SHAVKAT MIRZIYOYEV "ON THE APPROVAL OF THE NATIONAL PROGRAM FOR THE DEVELOPMENT OF PUBLIC EDUCATION IN 2022-2026" Tashkent, May 11, 2022, No. PF-134.
3. Address of the President of the Republic of Uzbekistan Shavkat Mirziyoyev to the 2022 Oliy Majlis and the people of Uzbekistan.
4. STUDY ON FOREIGN EXPERIENCES IN ENSURING THE QUALITY OF SPORTS EDUCATION module - U S L U B I Y M A J M U A Tashkent - 2021.
5. R.S. SALOMOV "PHYSICAL EDUCATION THEORY AND EDUCATION". Tashkent 2014
6. <https://lex.uz/docs/6008663>
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LIST OF APPLICATIONS:

1. STUDY ON FOREIGN EXPERIENCES IN ENSURING THE QUALITY OF SPORTS EDUCATION module - U S L U B I Y M A J M U A Tashkent - 2021. B-20.
2. TRAINING on the module FOREIGN EXPERIENCES IN ENSURING THE QUALITY OF SPORTS EDUCATION - methodological complex Tashkent - 2021. B-65.
3. TRAINING on the module FOREIGN EXPERIENCES IN ENSURING THE QUALITY OF SPORTS EDUCATION - Methodological complex Tashkent - 2021. B-68-69.