



PHYSICAL EDUCATION AND SPORTS LESSONS: MODERN PEDAGOGICAL APPROACHES

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Article history:	Abstract:
<p>Received: 7th February 2025 Accepted: 6th March 2025</p>	<p>This article examines the application of modern pedagogical technologies in physical education and sports lessons, highlighting their key principles and significance. It presents methods for organizing effective classes using interactive techniques, information and communication technologies, and individualized approaches. These methods contribute not only to students' physical development but also to the enhancement of their intellectual and social skills.</p>
<p>Keywords: physical education, sports, pedagogical technologies, interactive methods, modern approaches, multimedia, differentiated approach</p>	

INTRODUCTION

Today, the use of innovative technologies in the educational process is gaining importance. Physical education and sports lessons are an integral part of this process, and there is an opportunity to make them effective and interesting through modern pedagogical technologies. This article analyzes the importance of modern technologies in physical education lessons and areas of application.

Today, the use of modern pedagogical technologies in education is a pressing issue. Especially in physical education and sports lessons, these approaches serve not only the physical development of students, but also their intellectual and social abilities. This article highlights the main directions and importance of the use of modern pedagogical technologies in physical education lessons.

LITERATURE ANALYSIS AND METHODS

Pedagogical technologies are a set of methods and tools aimed at optimizing the educational process. They are aimed at improving the quality of education, taking into account the individual abilities of students [1:22]. Modern technologies in physical education lessons play an important role in the following aspects:

1. Interactive methods: Increasing student interest through game activities, group work, role-playing games.
2. Information and communication technologies: Making lessons more effective through the use of mobile applications, video tutorials, and virtual simulations.
3. Individualization: Developing appropriate programs, taking into account the level of physical fitness of each student. Methods and tools for increasing the effectiveness of the use of modern pedagogical technologies, incorporating teaching methods in physical education and sports lessons. Nowadays, physical education teachers, like all educators, are required to use advanced pedagogical technologies, such as organizing lessons based on modern pedagogical requirements, developing an innovative approach to the lesson, and teaching students to think independently during the lesson [2:112].

Interactive method - serves to activate students' assimilation of knowledge, develop personal qualities by increasing the activity between students and the teacher in the educational process.

When determining whether teaching methods meet the needs of students, the teacher should take into account the following six main components of his program [3:84]:

1. Planning
2. Opportunities and conditions
3. Methods
4. Activities
5. Feedback
6. Control

One way to determine the teaching method is to compile a list of questions related to each of the six factors listed above. It is worth noting that ensuring the full implementation of the requirements of each component and adhering to it increases the effectiveness of the selected teaching method [4:51].

Planning; The teaching method includes the following, namely:

- analysis of skills and the main goals;
- group composition;
- necessary skills;

- subjects to be studied;
 - factors motivating learning;
 - types and opportunities for learning;
 - educational material and its relevance to the time;
- the need to generalize experiences in identifying problems and finding solutions;
- the need for methods of presenting educational material; The following conditions must be available for learning:

- classrooms;
- teaching aids;
- audio-video materials;
- various models and equipment;
- model tools for practical exercises; – tasks and tasks related to the subject;
- group or individual teaching methods; – assessment materials. Methods [5:111];

The teacher should be aware of the following teaching methods:

- teaching by giving instructions on how to do the work;
- teaching using special computer programs;
- teaching by lecturing;
- demonstrating and conducting experiments;
- working on a project basis;
- using algorithms and various analysis methods;
- studying the situation;
- role-playing, discussion and motivation exercises; – teaching using a computer.

Which of the following teaching methods can achieve the best results?

- lecture;
- independent work;
- teaching based on the needs of the listener;
- individual teaching;
- creating opportunities for gaining work experience.
- the teacher should not only be a disseminator of knowledge, but also a provider of this knowledge so that the listener can assimilate it;
- organizing an assessment system; – quickly establish feedback between teachers and students [6].

In order to develop a suitable teaching and learning program based on the criteria identified above, the teacher must be able to: – have actual teaching skills;

- explain the criteria for determining the established standards for assessing the level of knowledge of students;
- determine the suitability of teaching methods for students.

Methods of application in physical education lessons

1. Game technologies

Education through games is not only interesting, but also effective. For example, in sports games, strategic thinking and quick decision-making skills are developed. At the same time, teamwork and leadership skills are formed.

2. Multimedia tools

Students can be involved in the lesson by using video materials, interactive whiteboards and mobile applications during the lesson. For example, watching videos about the technique and tactics of football or basketball strengthens theoretical and practical knowledge.

3. Differential approach

Constructing training programs taking into account the age, physical capabilities and interests of students helps to master them more effectively. This method prevents excessive physical exertion [7:15].

Practical results

The use of modern pedagogical technologies increases the effectiveness of physical education and sports lessons. Students have the opportunity to fully demonstrate their abilities. As a result, they develop not only the desire for a healthy lifestyle, but also communication and teamwork skills through sports.

The essence of modern pedagogical technologies

Pedagogical technologies are a set of methods and tools aimed at optimizing the educational process. They are aimed at improving the quality of education, taking into account the individual abilities of students [8:27]. Modern technologies in physical education lessons play an important role in the following aspects:

1. Interactive methods: Increasing students' interest through game activities, group work, role-playing games.
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Creating training programs taking into account the age, physical capabilities and interests of students helps them to master them more effectively. This method prevents excessive physical load.

CONCLUSION

The use of modern pedagogical technologies in physical education and sports lessons is an important factor in improving the quality of the educational process. To successfully organize this process, teachers must constantly study new technologies and integrate them into the educational process. This approach ensures that physical education lessons are not only useful, but also interesting. The use of modern pedagogical technologies increases the effectiveness of physical education and sports lessons. Students have the opportunity to fully demonstrate their abilities. As a result, they develop not only the desire for a healthy lifestyle, but also communication and teamwork skills through sports.

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