

METHODOLOGY OF USING MODERN INFORMATION AND COMMUNICATION TECHNOLOGIES IN PHYSICAL EDUCATION LESSONS

Khamroyev Behruz Khalimovich,

Bukhara State University, Associate Professor,

Department of Theory and Methodology of Sports.

+998972806000 Email:bexruzzamroyev 1107@gmail.com

Abstract

This in the article physical culture in their classes modern information and communication the use of information and communication technologies (ICT) scientific and methodological basics illuminated . Current in the period education in the process digital technologies , interactive tools , multimedia programs and remote education from platforms use efficiency increase important from factors Physical culture in their classes From ICT use in students theoretical knowledge deep mastery , movement skills formation and independent education to take skills to develop help gives . In the study electronic textbooks , virtual simulators , mobile applications , interactive boards and from video lessons use methodical in terms of based on given .

Keywords

Physical culture , information and communication technologies , innovative methodology , interactive tools , lesson efficiency .

INTRODUCTION .

It is known that physical upbringing science from reading main the goal , the youth every one-sided strong (physically), healthy , strong - willed and their inner (spiritual) development , movement opportunities expansion , inconvenient external of factors to the effect endurance to strengthen , the same at the time , children and for teenagers cheerfulness , cheerfulness gardener , mother To the homeland love feelings from forming consists of . In the beginning , every one personal and food hygiene , day routine , exercise , morning body upbringing and physical adjectives developer exercises about to knowledge has to be and what they learned result as much as " Healthy" in society marriage from shaping the " style " consists of also separately in consideration to take must . Sports socializing role his/her integrator functions also manifested through will be . Humanity of activity any one in the field international cooperation big in sports such as systematic and permanent character profession athletes who have not themselves and international cooperation and each other of relationships the most active agents to be The rest . The student young people running , jumping , various throw exercises and judo types tactical - technical movements to perform movement activity through size expansion , physical adjectives develop and psychic abilities formation the ways having studied school education through show possible . At school physical education training effective organization to grow through the students high moral , spiritual , volitional and To the homeland loyalty in the spirit in upbringing too place there is this is work at school of the students to age looking at take borsch to the goal is appropriate . Medium education schools physical upbringing in training occupied knowledge habit and qualifications by hand to get too young in life important to the ring has to be remains .

LITERATURE ANALYSIS AND METHODS.

to 9 by specialist teachers (mainly primary school and non-specialist teachers). Exercises during students ' sports uniforms one diversity providing . In this case, physical upbringing in their classes in students physical adjectives further development effective from the methods if used further perfection increases . In training different topics according to from multimedia used without lesson to pass must . Exercises complex (integrated) systematic organization to do

for the purpose of training for judo hall , dressing room dress rooms necessary equipment with equip must . From the lesson empty at times to be held judo circle to training all the students cover to receive provision necessary . For this and training from their coaches outside other subject teachers are also interested from the potential come out judo to' garagi to the leadership attraction to grow need . every a field of study according to circle training organization to grow and to transfer on the road to put " Barchinoy " and " Alpomish " test standards acceptance to do order through physical upbringing from science control their work shaping possible . "Umid nihollari " sports games the students prepared to go and school, district levels high at the level organized "Umid nihollari " sports games consist of 15 types . to all at school the students attraction to grow and at school a certain number (20-25) of students with limited not staying need . General education in schools health for muscle system known level necessary that general to schoolchildren absorbed to go important importance ownership separately showing to pass important of course . Training level formation in school education for the purpose physical training teachers organization to do from class outside in sports clubs in those days practical training students ' activity increase , high shoulder circumference , abdomen press muscles reinforcing tools physical exercises to the composition input , their tone lift height improve , build disorders prevent to take moving and internal organs activity improve opportunities lift possible .

RESULTS AND DISCUSSION.

Physical upbringing and in sports education field main from factors one The reason is practical . exercises the students physically energetic , spiritual healthy to grow up and " Healthy " marriage "style" to form motivation will be . In youth today's " Healthy " day marriage "style" formation issue modern pedagogical of research main direction organization this is in the field our republic and foreign in countries row scientific research take going separately process as is evaluated . Institution (education) in sports lessons at the school practical exercises through the students physically energetic , spiritual healthy to grow up and " Healthy " marriage "style" to form take agreement to all of us known . For example , the people games to play through student youth not only healthy maybe , maybe our people ancient customs , traditions and also learn their values they go spiritual literacy same one Such a process and in youth patriotism , heroism , bravery and dedication characteristics wider to form basis task passed . In sports clubs in schools of sport type about information wider lighting is also for students to sports interest we believe that it will increase possible of course . Today globalized in society information communication from technologies used without in circles of sports played topic explaining teaching knowledge efficiency in the increase own the impact to show natural is a process . Sports lessons at school in training information communication from technologies where and how use the possibility is also wide learnable topic let's not forget that must . Student of the youth personal features to know pedagogical of cooperation base shapes the youth physical maturity process individualization exercises differentiate them to pass ways , physical loading standards and them management ways , training types and pedagogical impact methods with is expressed .

CONCLUSION

Physical culture in their classes From ICT use in students theoretical knowledge deep mastery , movement skills formation and independent education to take skills to develop help gives . In the study electronic textbooks , virtual simulators , mobile applications , interactive boards and from video lessons use methodical in terms of based on given . Also, education ICT tools in the process integration through lesson efficiency increase , students motivation to do , their healthy marriage in style was interest strengthen roads analysis done . Obtained results physical upbringing and in sports education modern innovative approaches current of reaching importance showing gives .

REFERENCES USED

1. Umumta'lim mакtablarida o'quvchilar bilan o'zbek milliy harakatli o'yinlarni o'tkazishda ma'naviy tarbiyaning o'rni. Metodik qo'llanma / K.Zaripov tahriri ostida. Toshkent- 2003. B-96.
2. Xamroyev B.X. // Qadimgi jamoaviy sport o'yinlarining ildizlari va zamonaviy sport turlari bilan mushtarak jihatlari // Inter education & global study. №5. 2024. B-249-259.
3. Khamroyev B.H. // The classification of team sports in the ethno genesis formation of uzbek people // International Conference on Advance Research in Humanities, Sciences and Education. 2024. B-163-166.
4. Khamroyev B.H. //The importance of educational efficiency in the ethnological teaching of ancient and modern sports activities// Academia pedagogica. Volume 1. 2024. B-81-90.
5. Xamroyev B.X. //Qadimgi sport turlarining zamonaviy o'yinlar taraqqiyotidagi o'rni // "Talabalarni harbiy vatanparvarlik ruhida tarbiyalash: muammo va yechimlar" mavzusidagi respublika ilmiy-amaliy anjuman materiallari 2024-yil 19-aprel. B-423-427.
6. Xamroyev B.X. //Zamonaviy xususiyatlarga ega bo'limgan milliy sport o'yinlarida taktika masalasi// Pedagogik akmelogiya (xalqaro ilmiy-metodik jurnal) №12. 2024. B-58-62.
7. Xamroyev B.X. // Sharq xalqlarida qadimgi sport o'vinlarining etnogenezisi va milliy o'yinlarda jamoaviylik masalasi // "Mamlakatimizda jismoniy tarbiya va ommaviy sportni rivojlantirishning ilmiy-uslubiy asoslari" mavzusidagi Respublika ilmiy-amaliy anjumani. 23-fevral 2024-yil. B-116-118.
8. Xamroyev B.X. //Sport o'yinlarining tarixiy rivojlanishiga doir ayrim nazariy va estetik qarashlar// Talim va innovatsion tadqiqotlar. №4. 2024. B-343-349.
9. Ilxanovich X. R., Muxammadovich I. M. Methods of Training Young Boxers According to the System of Tasks //Vital Annex: International Journal of Novel Research in Advanced Sciences. – 2023. – T. 2. – №. 3. – C. 153.
10. Muxammadovich I. M. IMPROVE THE LEVEL OF PHYSICAL FITNESS BY INCREASING THE TRAINING EFFICIENCY OF BOXERS //SHOKH LIBRARY. – 2025. – T. 1. – №. 10.
11. Raxmatov I. et al. Modeling thermal processes in a ceramic-based polyethylene film Trombe wall in COMSOL Multiphysics //Optical and Computational Technologies for Measurements and Industrial Applications (OptiComp 2025). – SPIE, 2025. – T. 13803. – C. 284-288.
12. Ибрагимов М. БОКСДА ТАКТИК ҲАРАКАТЛАРНИНГ АҲАМИЯТИ: 10.53885/edires. 2022.26. 82.028 Ибрагимов М. Бухоро давлат университет 2 босқич магистранти //Научнопрактическая конференция. – 2022. – С. 90-92.
13. Mukhammadovich I. M. The Main Methodological Instructions for the Development of Speed-Strength Qualities of Boxers //Web of Synergy: International Interdisciplinary Research Journal. – 2023. – T. 2. – №. 5. – C. 550-554.
14. Mukhammadovich I. M. et al. Evaluation of quick-power of boxer in boxing competitions //Int. J. Form. Educ. – 2024. – T. 3. – №. 1. – C. 68-71.
15. Muhammadovich I. M., Qizi S. F. O. IMPROVING THE EFFICIENCY OF BOXING TRAINING IN HIGHER EDUCATION //Journal of new century innovations. – 2025. – T. 79. – №. 1. – C. 280-282.

16. Qoraboyev F. F. NEW WAYS OF WORKING WITH STUDENTS //Educational Research in Universal Sciences. – 2023. – T. 2. – №. 16. – C. 106-109.
17. Qoraboyev F. F. CREATION OF A NATIONAL SYSTEM OF EDUCATION //Educational Research in Universal Sciences. – 2023. – T. 2. – №. 16 SPECIAL. – C. 102-105.
18. Shuhrat o'g'li Q. A., Qoraboyev F. F. SPORTCHILAR UCHUN KUCH MASHQLARINI QANDAY TO 'G 'RI TANLASH KERAK //Новости образования: исследование в XXI веке. – 2023. – T. 1. – №. 8. – C. 279-283.
19. Qoraboyev F. F. CARRYING GAMES DURING SPORTS TRAINING //MASTERS. – 2024. – T. 2. – №. 4. – C. 69-71.
20. Faxriddinovich Q. F. TALABA KURASHCHILARDA MUSOBAQA MASHQLARI TEXNIKASINI O'RGATISHDA MAXSUS YORDAM BERUVCHI MASHQLARNI QO'LLASH SAMARADORLIGI //MASTERS. – 2024. – T. 2. – №. 4. – C. 65-68.
21. Qoraboyev F. F. et al. THE ADVANTAGE OF INTERACTIVE METHODS IN IMPROVING THE QUALITY OF THE EDUCATIONAL SYSTEM //PEDAGOGICAL SCIENCES AND TEACHING METHODS. – 2023. – T. 2. – №. 19. – C. 42-45.
22. Faxriddinovich Q. F. Importance of Weight Categories and History of Changes in Weightlifting //Vital Annex: International Journal of Novel Research in Advanced Sciences. – 2023. – T. 2. – №. 3. – C. 165-172.