

USE OF INFORMATION TECHNOLOGIES IN IMPROVING THE QUALITY AND EFFICIENCY OF PHYSICAL EDUCATION LESSONS

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Annotation: In this article, in the organization of modern physical education classes and increasing their efficiency, not only physical, but also mental work is carried out, and at the same time, the development of intellectual, creative and physical abilities of students. The factors that make it possible to expand one's worldview are considered.

Keywords: Information technologies, sports games, Internet, pedagogical technology, multimedia, competition calendar, text document.

The use of modern pedagogical technologies, especially new information technologies, Internet resources in teaching sports allows to achieve high results and to eliminate many other problems, to increase the efficiency and quality of the educational process. Application of information technologies to the educational process increases the effectiveness of training and ensures more complete mastering of educational materials.

If we find out what started the use of information technologies in physical education classes, first of all, information technologies began to be used in the field of physical education without the participation of students, that is, it is mainly the printing of text documents, applications, competition calendars, reports, honor certificates. Along with these, a database will be created about the participation and results of teams in sports competitions.

The purpose of using information technologies in education, which is more related to this field, is to receive new knowledge in this education, to ensure their confrontation and self-improvement. The use of computer technology makes it possible to make the lesson process interesting and increase the dynamics of organization based on new pedagogical technologies. In the field of education, despite the fact that there are few hours allocated to physical education classes, it contains a very large amount of theoretical knowledge.

Therefore, the use of information technologies, that is, the creation of electronic presentations, eliminates these problems. Another form of using information technologies is the use of test programs. Computer tests can contain an unlimited number of questions and sections, and this allows the test process to be controlled and evaluated, depending on the student's ability, according to a specific group of participants. Tests can be used to evaluate the student's theoretical knowledge at any stage of the educational process. The fact that the knowledge provided with the help of information technology is given in a simple way is better preserved in the student's memory than theoretical information. One of the positive aspects of the use of information technology is that students need to know the basic movements that are considered the basis of many popular sports (football, basketball, handball, tennis, etc.), but the student may not be competent and physically fit, in which case the use of information technology will be effective. Problems in evaluating students can also be eliminated by explaining the mistakes made in the exercises.

Information technologies can be used with great success in creating exhibitions, presentations, videos, and slides in extracurricular activities, and these activities will help popularize and develop sports in Uzbekistan. Thus, in the organization of modern physical education classes and increasing

their effectiveness, not only physical, but also mental work, at the same time, development of intellectual, creative and physical abilities of students. makes it possible to expand one's worldview.

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