



BENEFITS OF USING INNOVATIVE TECHNOLOGIES IN AN ACTIVITIES OF SPORTS TEACHERS

Islomova Kh. F.

Senior Teacher, Institute Of Retraining And Professional Development Of Specialists In Physical Culture And Sport In Uzbekistan

ABSTRACT

In this article highlighted effective methods of teaching foreign languages in the field of physical culture and sport. Apart from that, it was written that the major responsibility for each of them is to carry out the human-forming function, when the lesson atmosphere is one of general labor, relaxation, and favorable conditions for the assimilation of new physical exercises.

KEYWORDS:- Physical culture and sport, motivation, communication skills, set goals, innovative activities, training activities, innovative solution of pedagogical problems during training, importance of healthy lifestyles

INTRODUCTION

The most important tasks of the modern foreign language teachers how to implement effective methods of teaching foreign languages in the field of physical culture and sport, to raise sportsmen' interest to learn the language; enrich the content of education and modernization of the educational process. Examine psychological and linguistic characteristics of pupils, and study workouts for the development of language skills in athletes, as well as factual material. In recent years the number of English learners has dramatically increased. The necessity of foreign language mastering for modern man became obvious to almost everyone.

As you know nowadays physical culture and sport is getting improve and a lot of people used

of sport buildings and grounds. Even young children go in for sport. Physical education at the university is aimed at ensuring the maximum professional-applied effect for the development of entrepreneurship, originality of thinking, perseverance, ambition, the ability to take risks. To improve the content of the educational process, it is important to bring the subjective desires and goals of students closer to the objectively set tasks of physical education in the university. At the same time, sports and physical education activities are one of the forms of self-expression and self-affirmation of a student, defining his lifestyle, general cultural and socially significant priorities. It is known that the striving for success and the realization of one's capabilities within the framework of a certain sports brought to the fore in sports. The result of the combined educational and sports activities of



students is the formation of socially significant qualities: social activity, independence, self-confidence, as well as healthy ambition. Quality education is a comprehensive development of education, sports education is for all students, assessment should also be a variety of sports, and three-dimensional. Quality education is not unmindful of the normal examination, the key is how the combination of athletic talent, not suppress Health and character development, but poor students to see the progress of sports, which requires a viable must be innovative sports at different levels of assessment and evaluation of the role students have incentive system.

It is known that the concept of "technology" is relatively recent appeared in sports pedagogy. Due to the fact that in various sources, it is interpreted in different ways, there is a need for more detailed consideration of it. This concept was introduced into pedagogy from the sphere of material production, where it means the totality techniques and methods of obtaining, processing raw materials, semi-finished products or products carried out in various industries. Technology is also understood as operations of extraction, processing, transportation, warehousing and storage that are the set of processes that make up the production process. Innovative activity finds its expression in development of new technologies for organizing training physical education process. In the pedagogical activity of a teacher of physical education, it is necessary to highlight the following algorithmic actions carried out in a certain sequence:

- a) Analysis of the situation of physical development of students in the training process;
- b) Diagnostics of the individual abilities of those involved sports and designing their psychological structure;

- c) Predicting possible changes in personal development students when using certain methods of pedagogical impact;
- d) Development of a holistic program of training activities students for the competition, which includes the organization of communication with them and the presentation of claims to them;
- e) Organization of the implementation of the program of activities, implementation
- f) Specific actions for the effective conduct of the educational and training process;
- g) Control over the results of pedagogical activity and adjusting her program.

The ability to communicate in a foreign language involves the development of the trainees have a certain set of characteristics and personal qualities conducive to the mastery of a foreign language and its practical application as a means of familiarization with different national culture and means of communication with other cultures. Developing of ability to communicate in foreign languages is due, primarily, with the formation of the communicative competence of learners. Since the elementary school is the first step in the general school system, its task — to lay the foundations of the communicative competence that permits foreign-language communication and interaction of athletes.

Productive work on the development of speaking skills at an early stage of training and the result of acquired skills of learners will testify next, such skills as:

- To establish contact with the partner in communication in educational, gaming, and real communication situations;
- To name the person, objects, animals and activities with them, to give them quantitative, qualitative and temporal characteristics in training, gaming and real



communication situations;

- To express the emotional evaluation (feeling desire (unwillingness) of perceived information;
- To hold and give simple directions in education, gaming and real communication

Further, the system is carried out previously acquired knowledge, skills and their further improvement, including the improvement of pupils' skills as solving communication problems in different situations of communication.

As pedagogical practice shows, the more competent and all these actions are fully implemented, the more effective the activity physical education teacher. In this regard, we can say that under the technology of the pedagogical activity of the teacher of physical education of the university should be understood as a holistic system constantly the actions reproduced by him on the organization and conduct of the training process, aimed at the maximum possible physical development of the student's personality and leading to the planned result. In the technological component of the teacher's activities an innovative beginning is manifested:

- in the development of a lesson plan in accordance with the ultimate goals of the educational and training process;
- in the re-composition of the plan of their actions in case of foresight any deviations during the preparation of the student for the competition;
- in the design of educational and training and cognitive information;
- -in the preparation of methods for diagnosing a student's personality, determining the forecast of his physical development;
- in building relationships with those who go in for sports on based on the principle of

cooperation: mutual respect, mutual trust, benevolence of mutual assistance, co-creation;

- in ensuring maximum individualization, intensification training process;

In such conducting physical culture classes, when the main task for each of them is the implementation human-forming function, when the atmosphere of the lesson is atmosphere of general work, relaxed atmosphere, favorable conditions for the assimilation of new physical exercises, holistic physical development of the student's personality. The results of the study of scientific literature and professional activities of teacher show that under pedagogical creativity should be understood as a specially carried out activity that aims to achieve the highest possible sports results of those involved. To improve and develop innovative culture physical education teachers, this problem is extremely relevant. The study of the educational process in physical culture shows that at the present stage, a certain practice of innovative solution of pedagogical problems during training students. It is filled with specific content and has a number of characteristic features. With regard to the consumer attitude of those involved in sports, then this view is also refuted by pedagogical practice, which shows that in classes where students are not provided the opportunity to show initiative, independence, creativity, they becomes boring and uninteresting. They start to get distracted, engage cases not directly related to the study of new physical exercise, talk to each other, etc. The teacher, however, qualifying their behavior as an irresponsible attitude to training, as violation of order, often loses his composure and resorts to punishment - either by a noisy analysis, or by an appeal to the head Department of Physical Education with a request to provide appropriate "Impact" on the student. Innovation is characterized by bold use sports initiatives. In



training, students are active participate in the development of goals and ways to achieve them. That is, the questions teaching methods are not decided by teachers alone and only in a team, but also together with students. Physical educators are frequently involved in professional development that does not address the teaching methods, strategies, or topic understanding required to influence student progress in physical education. In order to address the systemic change that is necessary to continue the advancement of physical education, it is essential that physicaleducators are engaged in high quality and sustainable professional development. To support the development of physically literate learners, educators must continuously build upon their in-depth content knowledge. Physical education serves as the foundation to promote healthful changes that reinforce the importance that tomorrow's healthy lifestyles begin today. The basic human capabilities that is necessary for this are to lead long and healthy lives, to be knowledgeable, to have access to the resources needed for a decent standard of living and to be able to participate in the life of community. Sport can directly help built these capabilities.

Journal of Pedagogics (2767-3278), 2(09), 35-37.

REFERENCES

1. Stern H.H. (1993). Fundamental Concepts of language Teaching Oxford: Oxford University Press.
2. Deborah Meier, In Schools We Trust (Boston, MA: Beacon Press, 2002), p. 13.
3. Blair R.W., ed. (1992). Innovations approaches to language teaching. New York: Newbury House.
4. Ismatullayeva, N. R. (2021). On the Introduction of E-Learning Portfolio in the Educational Process. Current Research