

## **Organization of Physical Education Classes in Secondary Schools, Increase Students ' Interest in Physical Education and Sports**

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**Annotation.** *Physical education plays an important role in the holistic development of students in general education. However, organizing meaningful and interesting physical education classes can be difficult for teachers for time, resources, and other limitations common in school settings. This article aims to discuss some effective strategies and approaches to organizing quality physical education classes in primary and secondary schools.*

**Key words:** *schools, students, quality of education, physical education classes, attitudes and approaches.*

### **Introduction.**

Physical education is an integral part of the curriculum in general education schools around the world. While the institution is widely recognized, discussions continue on how to best compose and conduct physical education classes. There are many advantages to including regular physical education in the school schedule. First, it increases the health and well-being of students. Engaging in daily physical activity helps develop strong muscles and bones, improves the cardiovascular system, and helps control weight. It is a foundation for an active lifestyle and reduces the risk of health problems such as obesity, diabetes and heart disease in adulthood. Physical education also has benefits for mental health, as exercise reduces stress and anxiety, while increasing self-esteem and mood. In addition to health measures, physical education gives educational achievements.

At the academic level, kinesthetic activity can increase cognitive functions and concentration and thus support work on other key topics. Most schools practice physical education around games, sports, gymnastics and dance. The general weekly schedule includes three one-hour classes that rotate through term times. While this model engages students in a variety of physical activities, some argue that it is not able to develop enough skills or fitness levels. Alternatively, directing classes to one sport per period allows for more in-depth coaching and practice to achieve qualification. Stopping planning larger periods less is another method. Regardless of format, effective physical education requires adequate equipment to safely conduct classes and attract students. Participate in crowded gymnasiums or playgrounds.

Physical education (PE) plays a decisive role in the holistic development of students. It promotes physical literacy, promotes a healthy lifestyle and increases knowledge and social skills. To maximize the benefits of physical education classes, its effective organization comes first. For the effective organization of classes, a number of factors and processes must be followed, while some of them are: specific learning goals: for each lesson, it is necessary to set Specific, Measurable, Achievable, Relevant and time-related learning goals. These goals must comply with the curriculum and meet the development needs of students. Logical development: based on previous knowledge and skills, classes should be planned in a logical sequence. It is necessary to start with warm-up sessions, and then develop skills, practice and perform cooling exercises in turn.

Diversity and engagement: includes a number of activities to meet different learning styles and interests. Games, activities and cooperative activities should be used to maintain student activity and motivation. Differentiation: adaptation of activities to meet the individual needs of students. To ensure inclusiveness and progress, changes must be made for students with disabilities or for different skill levels. Assessment and feedback: regular assessment of students' knowledge through observations, self-reflection and assessment. It is necessary to provide timely and constructive feedback to guide the progress of students and inform lesson planning in the future. Lesson organization strategies lesson plan: drawing up a detailed lesson plan for each lesson, which shows educational goals, activities, materials and assessment strategies. Heating training: training

Cooling exercises: completing classes with static stretching and relaxation techniques to increase flexibility, reduce muscle pain, and facilitate recovery. Assessment: the use of observations, checklists and rubrics to assess student progress and identify areas of improvement. Express feedback to students and adjust lesson plans accordingly. The advantages of organizing an effective lesson extended student education: clear goals, logical development and interesting activities help to develop effective learning and skills.

Increasing student motivation: diversity and differentiation respond to a variety of interests and abilities, maintaining student motivation and participation.

Improved classroom management: a well-organized lesson plan ensures that classes go well, reduces disruptions, and promotes a positive learning environment.

Effective use of time: ma

### **Leading concepts of the theory of physical education and the social essence of physical education:**

(derived from Arabic, i.e. "physical" – Body, Body, Body, "upbringing" – care, upbringing) is a pedagogical process, aimed at improving the qualities of knowledge, skills, qualifications, achieving high results in the defense of Labor and Homeland, educating the morphological and functional state of the human organism, the spiritual and will sides.

**Physical education** - The science of the theory of physical education studies the content and methodology of the athlete's training and the general laws that affect him in a process specially organized with sports training. The main terms of the theory of physical education include: sports competitions, sports movement, sports activities, sports training, sports training system, Sports School, Sports Training System, sports indicators, sports results. It is impossible to successfully take over the science that sports theory studies without clarifying the content and meaning of these terms.

**Physical education** this is a pedagogical process, aimed at morphologically and functionally improving the human organism, the formation and improvement of the basic skills of action, machorati, knowledge associated with them, which are important for its life. Physical education is a part of general education, the rise of which will be inextricably linked to the level of social, economic growth of the development of society.

Physical education-specific historical conditions. Each socioeconomic formation is characteristic of the upbringing of the body of members of society, this physical education remains a common and mandatory aspect of the individual's all-round perfection as a whole wealth, property of a particular period of society's development.

Within the basic concepts of the theory of Physical Education, Physical Education is a broad, cumulative concept and involves a pedagogical process with three different directions as a component of the concept of physical education (B.A.Ashmarin).

Physical education of the school is a set of material, spiritual resources created and used by a society of persons for the physical training of children.

Determination of the rational norm (norms) of human action activity, which performed certain actions in the development of physical education;

- the service of collecting cultural information on Physical Education (informality) and mediating its assimilation and dissemination from generation to generation;
- communication, interaction (communicativity) between individuals has formed relationships;
- the service of the individual in relation to the satisfaction of the demand for the aesthetics of action (on aesthetics);
- the service of ensuring the state of fitness of the body, which is associated with the mining of a person's natural demand for constant movement and is necessary for his daily life (biological).

And school physical education is the main foundation in the formation of the ground of physical education in children. Sport is a component of physical education.

Sports in particular, at a significant level, ensure the development and growth of physical education and its associated abilities. Physical education is a component of society.

### **Conclusion**

With careful planning and organization, general education schools can provide impressive physical education programs that promote health, physical education, and continuing participation skills in sports and Recreation. Regular review and improvement of curricula, lesson plans, teaching strategies, resources and assessments ensures that physical education classes achieve their goals and attract students. A holistic approach to physical education contributes significantly to the overall development of students.

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