

MODERN EDUCATION AND INNOVATIVE TECHNOLOGIES IN PHYSICAL EDUCATION CLASSES

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Annotation

In our time, physical education performs important social functions to optimize a person's physical condition, organize a healthy lifestyle and prepare for life practice. Today, it must shape not only the physical but also the intellectual and socio-psychological components of man. As in any field, physical education involves working with a person's spiritual world - his views, knowledge and skills, emotional attitudes, values, worldviews. Modern conditions of development of our society require a different approach to the problem of formation of physical culture.

Keywords: physical culture, intellectual potential, non-traditional lessons, interactive games.

Introduction

Health care technologies play an important role in a teacher's professional career, with the goal of enabling students to maintain their health while in school and develop the necessary knowledge, skills and competencies. to teach how to apply the acquired knowledge in daily life for a healthy lifestyle. This technology is the basis of physical education classes and is the most important of all technologies in terms of the degree of impact on student health, as it is an optimal combination of media and static loads based on the age characteristics of children's cognitive activity, in small groups. is a combination of different forms of teaching, the use of visualization, and the presentation of information?

One of the main directions of health care is to create a healthy psychological environment in the classroom. While the state of success helps to form a positive motivation for the learning process as a whole, it reduces emotional tension and increases the ease of communication of all participants in the learning process.

Switching between different types of educational activities; it is important to use methods that help stimulate students' initiative and creative self-expression. The psychological climate in the classroom is also important: "Good mood is the key to good health." The choice of forms, content and methods of work takes into account the age, gender, state of health of students, their level of development and readiness. In the classroom, we provide the necessary conditions in accordance with sanitary-hygienic standards (lighting, air characteristics, temperature regime). Classes are usually held outdoors.

As a rule, innovations occur as a result of attempts to solve a traditional problem in a new way, as a result of a long process of collecting and understanding facts, when a new quality with an innovative meaning is born. That is why teachers often introduce non-traditional, unique technologies in their practice. We'll talk about them now.

Game Technology

Practice shows that the use of game technology, taking into account the characteristics of age, does not lose its relevance. Each age group has its own game, although there are exceptions. Game technology is a unique form of teaching that allows a simple lesson to be fun and meaningful. In physical education classes, play activities play an important role in the educational process.

Competitive Technologies

The goal of competitive technology is to encourage maximum display of media capabilities. Elements of competitive technology are used in every physical education class:

-volleyball, basketball and others. the competitive method is mandatory in the learning game process. This method increases the emotional focus of the lesson, increases interest in the game, improves technical and tactical skills, and increases motivation to develop physical qualities. The competition method is great for engaging students in physical education and sports after school

Effective - children are happy to participate in inter-class competitions, actively support their classmates' teams, which helps them to take a responsible approach to the subject of "physical culture", increases children's desire for self-improvement.

Team competition is also characterized by mutual support, mutual responsibility, and the goal of competition in front of the whole team - responsibility to win.

Person-centered learning technology.

Person-centered and differentiated approaches are important for students with both low and high results in physical education. Low levels of movement development are often one of the main reasons why students do poorly in physical education, with high levels of students not interested in classes designed for the average student.

Thus, the design of the learning process by a physical education teacher in the context of new requirements implies not only the planning of learning outcomes, but also other approaches to the selection of content, methods, forms and technologies of teaching. The use of innovative technologies in physical education is a creative approach to the pedagogical process, primarily to increase interest in physical education and sports. This is the main goal we are striving for in connection with the task of raising the level of the educational process for health care.

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