

HIGH IN EDUCATION GYMNASTICS LESSONS EDUCATION TECHNOLOGY

*Saidova Mahbuba Ayubovna**mahubasaidova@gmail.com**Osiyo Xalqaro Universiteti Jismoniy Madaniyat kafedrası o'qituvchisi**(Asia International University)*

Abstract : This topic modern education in the process physical upbringing and of sport healthy and harmonious developed generation in formation important role to play seeing Gymnastics , sports main of the types one as , supreme training homeland of students physical upbringing in the system separately place This relationship with, higher education in institutions gymnastics of teaching effective technologies working exit and current to grow current task is considered .

Keywords : Gymnastics exercises children's attention concentration , memory to strengthen , to think develop and decision acceptance to do abilities improves

Login. Physical upbringing and sports sciences between gymnastics separately place Because gymnastics human of the body general physical development provides , balance , strength , agility such as important qualities forms . High education in the system gymnastics lessons effective organization to grow and education technologies current to grow important from issues This is one of them . in the article gymnastics lessons education in the process usable technologies , modern methods and innovative approaches about word is maintained .

Goal : High in education gymnastics lessons of teaching modern technologies study and analysis to do , study process quality to increase and students gymnastics with to engage in was motivation to increase help giving the most effective teaching methods and tools to determine .

Tasks :

1. Sport and as a subject of study gymnastics theoretical the basics and development history study .
2. High in education gymnastics of teaching there is methodologies and technologies analysis to do
3. Gymnastics exercises of teaching the most effective forms , methods and tools to determine .
4. Students modern requirements and needs into account received without supreme training in their homeland gymnastics teaching technology improvement according to recommendations working exit

Research methods :

- a. Scientific literature and normative documents analysis to do
- b. High training in their homeland gymnastics lessons of teaching pedagogical experience and practice generalization .
- c. Training process observation and students between request transfer
- d. Various teaching methods and of tools efficiency experimental check .

Results : Research as a result supreme in education gymnastics of teaching the most effective technologies is determined , this in students necessary movement skills and qualifications to shape , physical adjectives development , gymnastics with to engage in was motivation to increase and healthy marriage style to form help gives .

1. Gymnastics science education in the process importance: Gymnastics lessons supreme education in institutions students physical activity increase , their general physical readiness

develop and healthy marriage style in formation important place Gymnastics training through students:

- Physical to perfection they achieve;
- Action coordination they increase;
- Body strengthener and preventive actions they assimilate;
- Health reinforcing exercises practical hand they will get.

Gymnastics science training in the process important importance has is, it is not only physical development, but person's every one-sided mature also contribute to finding Addictive. Gymnastics exercises in children coordination, balance, flexibility, strength and endurance such as adjectives develops. From this besides, gymnastics exercises through children own his body management, actions coordination and aesthetic to move they learn.

Gymnastics science training in the process importance following in aspects see possible:

1. Physical development: Gymnastics exercises children's physical to develop positive impact They show the muscles strengthens bones thickens, heart-blood vein system improves and general health strengthens.
2. Movement skills development: Gymnastics exercises movement skills in children to develop help They give balance. storage, coordination improvement, flexibility increase and strength to develop they learn.
3. Aesthetic education: Gymnastics exercises in children beauty see and feel ability They develop. of actions elegance, rhythm and harmony they understand.
4. Intellectual development: Gymnastics exercises children's attention concentration, memory to strengthen, to think develop and decision acceptance to do abilities improves.
5. Educational importance: Gymnastics exercises in children discipline, perseverance, purpose aspiration , self management and in the team work such as adjectives educates .

Gymnastics science training in the process various in forms (for example , morning physical education , in classes gymnastics exercises , in clubs gymnastics (training) increase possible . Gymnastics exercises children's age, physical to prepare and interests suitable accordingly selection need.

2. Higher in education gymnastics lessons of education modern technologies Current on the day supreme education in the system gymnastics lessons in education following modern technologies wide is being used:

- Information and communication based on technologies (ICT) Training: Video lessons, virtual simulators and interactive presentations through actions perfect mastery opportunity is created.
- Modular Education: Gymnastics elements various modules based on step by step is taught.
- Practical and theoretical integration: Theoretical knowledge and practical exercises each other filling goes.
- Innovative pedagogical Approaches: Differential approach, analytical thinking develop and students independent to work direction important importance has.

High in education gymnastics lessons in teaching modern from technologies use students gymnastics skills effective to their possession, their physical to the developments and science was their interests to increase help gives. Modern technologies to teachers lessons further interesting and interactive to do opportunity gives.

High in education gymnastics in their classes applicable modern of technologies some examples :

- Video analysis programs: This programs students movements to the video to take and them analysis to do opportunity gives. Students their own mistakes their views and them

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<https://www.researchgate.net/search/publication?q=worldly%20knowledge>

<https://journalseeker.researchbib.com/view/issn/3060-4923>

corrections possible . Teachers and every one the individual needs of the student determinations and to them customized assignments give possible.

➤ 3D modeling and animation: This technologies gymnastics 3D models of exercises create and them animation to do opportunity gives. Students of exercises fulfillment technique visual in a way their views and their understanding possible.

➤ Virtual reality (VR) and expanded Augmented reality (AR) technologies: This technologies to students in a virtual environment gymnastics exercises to perform opportunity VR and AR technologies students safety provides and to them exercises further realistic in a way to perform opportunity gives.

➤ Interactive training platforms: This platforms to students gymnastics according to various kind materials (video, text, tests) and others) provided Students platform through their own knowledge independent accordingly inspections and evaluations possible .

➤ Mobile applications: This applications to students gymnastics exercises to perform according to instructions, exercises plan and other useful information presented Students applications through their own their training observations and the results analysis they do possible .

➤ Sensors and other devices: This devices students movements observation and their fulfillment quality assessment opportunity Sensors and other devices to students their own the results their views and them improvements for help gives.

Modern from technologies of use Advantages:

➤ Teaching efficiency increase: Modern technologies lessons further interesting and interactive to do through teaching efficiency increases.

➤ Students motivation increase: Modern technologies students science was their interests increases and them active participation to reach encourages.

➤ Individual approach provide: Modern technologies every one the individual needs of the student determination and to them customized assignments to give opportunity gives.

➤ Remote education opportunity create: Modern technologies remote education organization to grow and students desired at the time and desired in place their studies for opportunity creates.

3. Gymnastics in their classes interactive methods application Modern education methods inside interactive methods separately place Among these are:

➤ Collective Exercises: Students collective in order doer exercises through each other cooperation is developed.

➤ Role- playing games: Students lesson in the process active participation to reach provides.

➤ Training Exercises: Specific skills formation for special training is held.

➤ Blended Learning (teaching): Traditional and online of education harmony through efficiency is increased .

Gymnastics in their classes interactive methods application training process further interesting, effective and students for useful does . Interactive methods students active participation to achieve, independent thinking, creative to the approach and in the team to work encourages .

Gymnastics in their classes application possible was interactive of methods some examples:

1. " Intellectual " attack " method: To the readers certain topic according to ideas free statement to do offer This method is new ideas to create, problems solution to do and creative thinking to develop help gives.

2. " Group " work " method: Students small to groups divided, certain the task This method in the team work, cooperation, mutual help and responsibility develops.

3. "Role playing " method: Students various roles doing gymnastics exercises they do or certain situations This method actions coordination, emotions to manage and communication skills to develop help gives.

4. " Competition " method: Students between gymnastics exercises according to competitions organization This method is to move to come , victory to win aspiration and own to the power trust develops .

5. " Projects " method: Students gymnastics according to projects prepare (for example , gymnastics) exercises complex creation , gymnastics history according to research transfer and others). This method independent work , information to collect and analysis to do , as well as creative abilities to develop help gives .

6. "Video analysis " method : Students gymnastics exercises to do to the video is taken and later analysis This method is mistakes to determine , technique to improve and self assessment skills to develop help gives .

7. " Interactive games " method : Gymnastics in their classes various kind interactive games (e.g. , relay races , riddles , crosswords) and others) is used

This method the lesson further interesting and dynamic does , students knowledge to strengthen and their attention attraction to do help gives .

Interactive from methods of use Advantages :

- ✓ Students activity increases .
- ✓ Students independent thinking ability develops .
- ✓ Students creative abilities develops .
- ✓ Students in the team work skills develops .
- ✓ Lessons further interesting and effective will be .

Interactive from methods in use teacher's role :

Teacher interactive methods correct choice and them effective application need . Teacher students active participation to reach to encourage them help to give and their thoughts respect to do need.

4. Gymnastics lessons assessment system Students mastery level determination for assessment system current It is as follows to the criteria is based on:

- ✓ Physical preparation indicators;
- ✓ Exercises technician in terms of right to perform ability;
- ✓ Theoretical knowledge mastery level;
- ✓ Himself assessment and group assessment results.

5. Gymnastics of lessons efficiency increase according to recommendations

- ✓ Innovative methods wide current to grow;
- ✓ Individualized approach implementation to grow;
- ✓ Sports facilities and equipment modernization;
- ✓ Interactive and multimedia resources multiplication

Conclusion High education in the system gymnastics lessons in education modern technologies and innovative from approaches use students physical readiness increase , their healthy marriage style formation and pedagogical process efficiency to increase service Therefore , the lesson process improvement according to scientific research and new pedagogical methods implementation to grow is a pressing issue remains .

Conclusion as in other words, supreme in education gymnastics lessons in teaching modern from technologies use students gymnastics skills effective to their possession , physical to the developments and science was their interests to increase help gives . Teachers modern from technologies use through lessons further interesting and interactive they do, as well as every one

the individual needs of the student into account they receive possible. Gymnastics in their classes interactive methods application training process further effective and interesting does. Interactive methods to students gymnastics skills perfect to possess, physically to develop and personal adjectives to develop help gives .

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