Methods of Using Educational Technologies to Increase the Efficiency of Physical Education Classes

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Abstract: Today, there is a growing interest in the use of educational technologies and interactive methods in the educational process. This is because the use of such methods in the classroom increases the effectiveness and efficiency of teaching, while in the meantime, the students' learning motivations grow.

Keywords: Efficiency, Physical Education, Technologies.

If we look at the lexical meaning of the word innovation, innovation is the creation of innovation, innovation. This means that the effective use of forms of work aimed at increasing the effectiveness of the educational process based on innovations, rather than through the same templates as in traditional education today is innovation.

Of course, the use of various interactive methods aimed at activating students in the educational process will help to effectively achieve the educational goal. Communicative methods are widely used in these technologies. Below, we will look at some of their key features.

At present, it is known that interactive methods are used in conducting such interactive trainings. In the future, these methods will be developed to some extent and will continue to be used to increase the effectiveness of the course.

There are differences between the concepts of interactive method and technology, which, in our opinion, can be described as follows:

Interactive teaching method - is carried out by each teacher at the level of available tools and their own capabilities. At the same time, each student masters at different levels according to their motives and intellectual level.

Interactive learning technology - ensures that each teacher conducts a lesson that all students master as intended. At the same time, each student, having their own motives and intellectual level, masters the lesson at the intended level. Based on the study of some experiences in the practical application of interactive training, we can show some of the factors that affect the quality and effectiveness of these training.

We can conditionally divide them into organizational-pedagogical, scientific-methodological and factors related to the teacher, students, teaching aids. However, in this process, we must keep in mind that they have a positive or negative impact, depending on their nature. In turn, the organizational and pedagogical factors include:

➢ training of a group of trainers to conduct interactive trainings from teachers;

➢ organization of teachers' interactive methods;

➢ creating the necessary conditions for interactive learning in the classroom;

➢ ensuring a comfortable workplace for the speaker and participants;

➢ prevention of violations of sanitary and hygienic standards;

➤ ensuring compliance with safety regulations;

➤ attendance and discipline;

➤ Organization of control, etc.

Scientific and methodological factors include:

✓ the correct choice of appropriate interactive methods to ensure compliance with the requirements of the SST and the full achievement of the objectives of the lesson;

✓ quality preparation of interactive training;

✓ ensure that each element of the interactive lesson is relevant to the topic being studied;

✓ determining the topic and content of lessons on the basis of the latest scientific and theoretical information;

✓ application of modern high-efficiency methods;

✓ predetermining the level of readiness of students and conducting interactive classes at the appropriate level;

✓ Being able to allocate enough time for interactive training, etc.

In order to organize the educational process using innovative methods, first of all, it is necessary to clearly develop a lesson plan and design. When designing a lesson, the teacher should clearly define the forms of his work and the scope of work of students in the process of acquiring skills. It is also important what teaching methods he uses. Focusing on more interactive methods in method selection increases learning effectiveness.

Interactive methods are interactions, that is, collaborative learning.

There are four main types of interactive methods. These are:

➤ cognitive methods;

➤ games, experimental activities;

➤ business games, modeling;

➤ Practical training, direct activity.

All interactive methods involve cooperation between teacher and student activities, active participation of the student in the educational process. For example, when teaching a topic in a physical education class, in the modeling section, the teacher may use the Brainstorming method before demonstrating the model to the students.

That is, students are asked how they understand the problem posed and how they can master the skill, and their opinions are summarized.

In this case, the opinion of students is not criticized at all. In the practical management section, the teacher can use the "Teach Your Companion" method. This is a method lesson teaches students to critically monitor their own activities and eliminate errors, allowing for optimal organization.

Its application is as follows: The class is divided into first and second partner parts. Using the lesson transition model, the first partner teaches the second and the second partner teaches the parts of the model to the first. The teacher first explains the model parts to the applicants through teaching methods and then shows them.

Students repeat and do what the teacher says and shows. The teacher chooses two volunteers to supervise the class. The teacher will try to complete the model step-by-step for her colleagues. Helps them understand and learn what they don't understand.

The teacher tells the classmates to teach and perform the first part to each other. Helps them to control their work and eliminate shortcomings. Only then will we move on to the next stage. The teacher's partners, in turn, help the teacher oversee the class. This working method will continue to perform other parts of the model as well. It teaches students to be demanding of each other and themselves, to correct mistakes in a timely manner, to be able to critically evaluate work.

The teacher can use various interactive methods ("Boomerang", "Wheel", "Wheel of Mind", etc.) to check the concepts.

For example, "Charxpalak method".

Students are divided into groups and given a task sheet. After the students completed the task, their work was distributed to the other students in the group. They are given to the other students again after they have made the appropriate changes, and thus the work of each of the students passes into the hands of all the students in the group and eventually returns to them. Everyone can make changes to the job from their point of view. Then the teacher shows the correct answer.

In this way, students have the opportunity to think creatively, express their opinions freely, and be aware of their own shortcomings.

The "wheel of mind" method develops students' logical thinking skills, fluency, and the ability to respond quickly and accurately.

This game involves groups of two or three students. The first student says one of the terms related to the topic. The second student repeats the term the first student said and says the same term himself. The third student repeats the previous two terms and adds one term. Again, it is the turn of the first student, who also repeats the previous three terms and adds one term himself. Any student who gets lost or repeats the said terms will be out of the game. Thus, the group of students continues. When organizing this game, it is important to have a clear goal and focus on what knowledge, skills and competencies the students will acquire.

For example: name the sports:

Student 1: Football

Student 2: Football - volleyball

Student 3: football - volleyball - boxing

Student 1: football - volleyball - boxing-tennis

Student 2: football - volleyball - boxing - tennis - karate

Student 3: football - volleyball - boxing - tennis - karate and others.

The student is out of the game if he makes a mistake in saying the words over and over again. The same game can be used to study "Sports" and other topics.

This game is especially useful in summarizing and reviewing lessons.

Of course, as in all lessons, in physical education classes, such methods not only stimulate the student's desire for knowledge, but also teach the teacher to carefully prepare for lessons.

In short, interactive methods increase the fun and impact of each lesson, while also making students active participants in the learning process.

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