

TA'LIM JARAYONIDA HARAKATGA O'RGATISHNING METODLARI VA ETAPLARI

Xasanov Shoxjaxon

jismoniy madaniyat nazariyasi

va uslubiyoti kafedrası o'qituvchisi Farg'ona Davlat Universiteti

Annotatsiya:

jismoniy madaniyat darslari va boshqa mashg'ulotlarda jismoniy mashqlarga o'rgatish amalga oshiriladi. Rasm, ashula va boshqa darslarda bolalar diqqati juda aktiv bo'ladi. Jismoniy madaniyat darslarida ham mashqlarni o'zlashtirishda bolalar diqqatini yuqorida qayd qilingan darslardagidek bo'lishiga erishish zaruriyatidir.

Kalit so'zlar: jismoniy madaniyat darsi, tasavvur qilish, tahlil, ishtiyoq

Ўргатишнинг бошланғич этапи. Машқни бажарилишини бошла-ниши биланок тушунтиришга, диққат билан эшитишга эришиш, бажа-рилаётганни тўла тасаввур қилиш, ижрони таҳлили ва уни бажаришга зўр иштиёқни, интилишни пайдо қилиш лозимлиги таълимнинг бир-ламчи этапини асосий мазмунини ташкил этади. Кичик ёшдагиларга иложи борица ўйин тарзидаги ҳаракатларни ўргатишни йўлга қўйиш ўқитишнинг бошланғич этапини асосий вазифасидир. Болаларда ўша фаолиятга керак бўлган ҳаракатни бажармасликка олиб келадиган сабабларни кўра билиш, ўргатишнинг самарали бошланишига ижобий таъсир кўрсатади ва ўқитишда яхши натижа беради. Ўсмирларга машғулотлар пайтида энг дастлабки бажариш улар учун таниш шароитда, ташқи қўзғатувчисиз, чалғитувчиларсиз амалга оширилиши муҳим.

Профессор Касьяновнинг ёзишича, тажриба мактабининг дарсига тажриба ўргангани бир гуруҳ назоратчилар келган. Уни кўрган ўқитувчи, болалар яхши кўрган спорт жиҳозларида, болалар учун таниш бўлган машқлардан фойдаланиб машғулот ўтказган. Ажабланарлиси, ўқувчилар ўзлари дуппа-дуруст аввал бажарган машқларини ҳам бажаришда қийналишган. Дарсда қатнашаётган назоратчилар эса улар учун қўшимча қўзғатувчи бўлган, бу билан ўқувчиларнинг бош мия ярим шарлари пўстлоғида янги қўзғалиш ўчоғи вужудга келиб, мавжуд шартли ҳаракат рефлексларини нормал ўтишига тўсиқ юзага келганлиги кузатилган.

Юқори синфдагилар ҳаракатларни биринчи кўришданок яхши бажаришлари мумкин. Бунга сабаб уларнинг жисмоний тайёргарлигининг юқорилиги ва уддалаш қобилиятларини етарлилигидир.

Ҳаракатга ўргатишда, ўрганилиши лозим бўлган машқни дастлаб мускул кучини оз сарфлаб, ҳаракатларни секинлаштирилиб бажариш билан ўргатилса, ўқув материали осон ўзлаштирилади. Бир хил ҳаракатни узок такрорлаш ҳаракатга ўргатиш

самарадорлигини пасай-тиради. Шунинг учун ўша ҳаракатга монанд, бажариш техникаси ўзлаштирилаётган машқга яқин жисмоний машқлар ёки ҳаракатли ўйинлардан фойдаланишнинг самараси катта. Ҳаётий, амалий материал-ларни ўзлаштириш ўз навбатида янгисини ўзлаштиришни осонлаш-тиради. Узунликга сакраш, масофада тез югуришни осонлаштиради. Аммо машғулотлар давомида бир машғулотда, дарсда бир хил жис-моний сифатни ривожлантирувчи машқларни танлаш болаларда дарсга қизиқишни сўндиради.

Юқори натижаларга эришиш учун айрим машқларни кўп марота-балаб такрорлаш зарур. Амалиёт шуни исботладики, 60 м га IX синф ўқувчиси 11,4 сек натижасидан 0,9 секундга туширгунча 2 йил давомида махсус машқлар билан кўшганда 26 км масофани югуриб ўтиши зарур бўлар экан.

Мустаҳкамлаш ва такомиллаштириш этапи ҳаракатга ўргатиш жараёнида муҳим аҳамиятга эга ва бу жараён ўқувчиларнинг ёши хусусиятлари билан боғлиқ. Ўзлаштирилган ҳаракат малакаси ярим шарлар пўстлоғида ҳали чуқур из қолдирмаган бўлади. Уни чуқур-лашиши мустаҳкамлаш ҳамда такомиллаштириш этапида меъёрига етади. Ҳосил бўлган “из” маълум давр ўтгандан сўнг ҳам эски малакани қайтадан тикланишига сабабчи бўлиши мумкин.

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