

FROM PHYSICAL EDUCATION IN A GENERAL EDUCATION SCHOOL METHOD OF PLANNING EXTRACURRICULAR ACTIVITIES

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Annotation

The physical culture of the general education school (UTM) and the planned implementation of its various trainings and public health activities make it possible to form the physical culture of students, to live the different age periods of their lives with healthy, disease-free biological aging.

Keywords: Planning, technology of planning, regional and district sports competitions, school directorate and team of pedagogues, physical culture and sports facilities of the school

Before effectively planning various forms of physical education training, that is, physical education classes and about twenty physical education extracurricular activities (STI), students, in addition, need to improve the school's physical culture and a system of targeted and targeted educational process related to them and implemented based on established plans. requires an increase.

Until our independence, in many cases planning was done only as inspection documents in order not to hear criticism from the controls of the governing bodies. We have observed in the analysis of the final results of the educational process that the plans have turned into activities performed only in the name of the implementation of the set goals and tasks.

showed that it has theoretical knowledge of the essence of planning, requirements, rules, regulations and its own special theoretical foundations.

Interviews with industry experts, managers, school physical education teachers and school administration staff, among 40 students of the 2021/2022 academic year of the Fergana branch of the Institute of Scientific Methodology, Retraining and Advanced Training of Physical Education and Sports Specialists of the Ministry of Physical Culture and Sports our conversations with more than 10 listeners (respondents), about 10 interviews, 20 conversations with experienced school physical education teachers of Fergana UTMs, the materials of our scientific conferences on the problem, the reason why planning has become a "fetish", planning technology in the training of field specialists, related theoretical they expressed the opinion that knowledge was not sufficiently taught and in practice the skills of discussing their positive aspects and analyzing their positive and negative aspects were not formed.

That is why the President of our country Sh.M.Mirziyoev is responsible for the content of the decrees, government decisions and the plans made for their implementation, the conditions that must be created in advance for their implementation, the control of the plan, making corrections that must be made when necessary, the execution It is not for nothing that he thinks about strengthening.

the calendar plan of holding social culture and sports competitions in our country for the purpose of development of sports in the country, region, cities, districts as an example of today's planning. It includes the organization and implementation of competitions in the field of analytical enterprises, educational institutions and other organizations . This process is effective, it is a proof that the appropriate technology has been chosen.

Allowing superficiality in the planning of the physical education process, compiling the necessary documents only for the sake of presentation to the inspectors, does not serve the success of the educational process, creates formality in the relationship between those who teach and those who are taught in the educational process.

Planning is the teacher's creative work. The conditions of the school, the physical development of the students, the level of their readiness, sports and fitness, mass sports activities, extracurricular physical culture institutions, establishing relations with parents embody the content of a wide educational and organizational process. It ensures the success of physical education education for the academic year, and it requires the specialist to have the necessary professional knowledge related to planning.

It is worth noting that it is recommended to comply with the content of the state educational standard (DTS) "... drawing up curricula for teaching the materials of the state program of physical culture is not a simple clerical work in the form of mechanical distribution of the program material" writes A. Abdullaev "Physical culture theory" and methodology" written for undergraduates and graduate students.

introducing new projects of the educational process by introducing necessary changes to the educational process based on the conditions that have arisen for the academic year. It is a responsible activity that includes special professional knowledge and practical skills.

plan educational work in a general education school, the teacher starts his preparation before the beginning of the academic year. Industry innovations, collects necessary information. This information helps to correctly identify, select and use forms and means of orderly, effective teaching of educational material. -

Before starting planning, the planner is familiar with the following information, evidence, final results of analysis, recommendations in reports, etc. regarding the process of physical culture education of the school , and makes corrections according to them, if necessary, is a guarantee of the effectiveness of the expected results. During our observations, we identified the following aspects that increase the efficiency of the planning process. They are :

1. The planner should study in depth the curriculum material of each parallel class; Taking into account that the training of difficult-to- learn exercise techniques will continue in classes, it will be

effective to set the sequence of teaching subjects, teaching the basis of movement techniques completely or dividing it into parts as a task for separate or a series of lessons, for the academic quarter. The most important thing is that he should know how to plan training by fully performing the technical basis, links and details of the exercises in the content of the curriculum, or by using the methods of dividing them into parts, and should not make mistakes in observing the sequence of their distribution from class to class.

2. Training plans made taking into account the composition of training (lesson) participants (students), their state of health, level of theoretical preparation, physical and technical preparation are considered realistic. The analysis of the documents prepared in the previous school year - medical examination forms, final and annual reports of academic quarters, the results of interviews with students - will help the practical implementation of new plans.

3. Taking into account the physical culture and sports facilities and equipment of the school and the existing conditions for their use increases the efficiency of the planning work and provides an opportunity to plan measures to solve existing problems.

4. In order to find out the attitude of the school management and the team of pedagogues to the process of school physical education, the school's annual plan of physical education outside the classroom and the general work plan of the school director are familiarized.

5. Relief, climate, weather conditions of the district where the school is located.

6. Province and district sports competitions with calendar plans acquaintance ladi and at the same time of the school mass sport – s strengthening preparations are being made to draw up the plans of the works. It collects information about the approximate duration of the specified competitions. The first and second rounds of the "Sprout of Hope" competitions will be held, prepared and planned at the school.

7. According to the decree of the President of our country dated January 24, 2020, PF-5924, for regions and districts of the Republic, it is planned to create sufficient conditions for the organization of training in their schools on the leading sports types planned for the development of districts (cities) of the Republic, and to revive the organization of training. The teacher studies the national sports traditions of the school and the population of the region, and uses them as basic information to easily solve the goals set for the plans.

In our conclusion, we brought to your attention the technological requirements related to the planning of work on STIs from education and physical education in UTM:

1. Plans should correspond to and reflect the content of decisions, normative documents, instructions and requirements of the Ministry of Public Education of the Republic and other management bodies; It is a requirement that the planning of specific goals and tasks to be solved in the process of physical education in all the veins of the physical education system in the DTS should match the general goals and objectives of the physical education implemented in our country and be structured based on the requirements of the Ministry of Public Education of Uzbekistan.

2. Adherence to the general and methodical principles of the physical education process in the planning, taking into account the occurrence of problems in solving the intended purpose of the planning process without them; the requirement for continuous development of the individual, connecting physical training with work and military practice and directing it to health, choosing with special attention the means of physical development of the participants, planning training as much as possible in the open air, in natural conditions, using sunlight, air, and water in the way of the health-giving forces of nature.

3. Establishing clear, solvable tasks by directing the plan to the goal and looking ahead; One of the main requirements of planning is to rely on plans designed for a certain period (a series of lessons, quarter, academic year) and to continue solving tasks that have not been solved in them. Only then will he put an end to random, episodic, fruitless lessons, and boldly move towards his planned future.

4. Considering the possibility of exact implementation of the plan; taking into account the appropriateness of implementation, school conditions, material and technical base and other possibilities; the teacher can make a realistic assessment of his capabilities, see the progress achieved in the teaching of the materials recorded in the curriculum and comply with the requirements of its planning.

5. The concreteness and reality of the plans, the division of teaching into specific stages, the effectiveness of the tasks and the tools chosen for solving them, achieving the maximum pedagogical result by being able to choose and plan the necessary from a large number of exercises; not trying to plan to learn "high-impact exercises" before simple exercises when performing exercises in a series.

6. In the planning practice, it is necessary to use visual representations in the form of tables and drawings and meet other requirements.

The technology of planning is a theoretical-practical creative work of the teacher as several operations carried out one after the other, starting with a principled approach to ideas, methodological solutions. We believe that these aspects should be inculcated in the future specialist - student already during the years of study.

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