

TEACHING SPORTS TO PRIMARY STUDENTS THROUGH DIGITAL TECHNOLOGIES

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Abstract

This article provides a sufficient description of the basics and features of the methodology for teaching track and field athletics to elementary school students, as well as the basics of track and field exercise techniques.

Keywords: Physical education lesson, athletics, teaching methodology, technique.

Introduction

The main task of athletics training should be to improve the health of students and to educate a spiritually mature person. The school conducts athletics training in walking, running, throwing, and jumping. The teaching material of this course is intended for students of all age groups. For primary school students, the main emphasis is on strengthening health, comprehensive physical training, and the development of coordination abilities (agility), speed, flexibility, and endurance. During the general preparatory period of training, it is necessary to pay great attention to the formation of physical qualities, movement skills and qualifications of students. It is necessary to plan in accordance with the goal of directing students to types of athletics, developing physical qualities and technical skills in types, ensuring their participation in competitions of various categories. Maintaining general and special physical fitness, the achieved level of technical training until the next preparatory period using active and passive relaxation methods. In the process of general physical training and special physical training, children are used to use tools familiar to them in physical education classes, other sports-type movement games, gymnastics, and relay games. Development of a lesson on athletics for primary school students.

- Training objectives:
- 1. To familiarize participants with the safety of their behavior and equipment at the stadium.
- 2. To teach the correct technique of running short distances.
- 3. To develop the quality of agility through active games.
- Equipment: starting poles (4), red and white flags, whistles, chips, chalk.
- Venue: school, sports field, (stadium)
- The following athletics exercises are used to develop the main physical qualities:
 - development of coordination: running in alternating directions along limited obstacles; running short distances in different starting positions; jumping rope alternately with one leg and with two legs;
 - development of speed - repeated execution of exercises running at maximum speed from a high start;
 - development of endurance: (walking) running at high speed, running at a steady pace at an average speed alternating with accelerations.

Thus, in training, it is necessary to take into account that children of this age have insufficiently developed fatigue resistance, cannot assess the degree of fatigue well and cannot clearly express their feelings in words, and strictly control the amount of physical exertion. The high level of cognitive activity, interest, and emotionality of younger schoolchildren requires the inclusion of tasks in training that provide a certain degree of freedom and independence of actions, stimulating a creative approach and initiative. Control and assessment at this age are used to stimulate the student's desire for self-development (improvement), increase activity, and stimulate the joy and happiness that comes from engaging in physical exercises.

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