

METHODS FOR INCREASING MOTIVATION AND LEARNING EFFICIENCY THROUGH PEDAGOGICAL APPROACHES IN PHYSICAL EDUCATION CLASSES

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Utanov Utkir Qurbonovich

*Uzbek-Finnish Pedagogical Institute,
Department of "Pedagogy", Associate Professor,*

Azamov Ilhom Mamarajabovich.

Teacher at secondary school No. 62 in the Boysun district.

Abstract

The article analyzes the role of pedagogical approaches in physical education lessons in increasing motivation and learning efficiency. Methods that serve to increase student activity and interest, modern pedagogical technologies, and the teacher's personal approach are considered. At the same time, the psychological and social aspects of physical education in the educational process are also highlighted. The article provides practical recommendations for teachers and educators.

Keywords

Physical education, pedagogical approach, motivation, learning efficiency, student activity, modern technologies, psychological factors.

Physical education lessons are important not only for strengthening the physical health of students, but also for developing their psychological state, social skills, and general learning activity. In the modern education system, physical education is considered not only as a means of strengthening the body, but also as an important subject that serves the personal and social development of students. Through these lessons, young people are encouraged to accept physical activity as a way of life, develop teamwork skills, and increase self-confidence. However, today the effectiveness of physical education classes and students' attitude to these classes pose many problems. Often, students' interest in physical education classes is low, and lack of motivation negatively affects the effectiveness of the educational process. This problem is relevant not only in Uzbekistan, but also in many countries of the world.

Several factors contribute to the decline in students' interest in physical education classes. First, the modern lifestyle and technological development have reduced students' need for physical activity. Smartphones, computer games and

social networks occupy a large part of the younger generation's time, limiting their opportunities to move outdoors or play sports. Secondly, the traditional structure and methodology of physical education classes often do not meet the modern requirements of students. Monotonous exercises, uninteresting tasks and the lack of opportunities for the teacher to work with students individually further reduce interest in classes. Thirdly, some students may feel uncomfortable in physical education classes or lack confidence in their abilities, which leads to their withdrawal from classes.

To overcome the above problems, teachers are required to use modern pedagogical approaches and make the learning process more attractive and effective. Pedagogical approaches include taking into account the individual characteristics of students, creating a lesson structure that matches their interests, and providing a psychologically favorable environment. For example, through game exercises, team competitions, and the use of modern technologies, students' interest and activity in classes can be increased. At the same time, the teacher's relationship with students, encouraging their success, and creating a positive environment are important factors in increasing motivation.

This article is devoted to a comprehensive analysis of methods for increasing students' motivation and learning efficiency through pedagogical approaches in physical education classes. The article considers not only practical methods for increasing motivation, but also the role of teachers in this process, the capabilities of modern technologies and the influence of psychological factors. The purpose of the article is to provide practical recommendations for teachers and educators on how to make physical education classes more effective and interesting. This can positively change not only the physical health of students, but also their general development and attitude to a healthy lifestyle.

The following sections of the article will consider the role of motivation in physical education classes, types of pedagogical approaches, methods for increasing learning efficiency, and practical recommendations. These approaches will greatly contribute not only to increasing students' interest in classes, but also to their physical and psychological development. When modern pedagogical technologies and the professional skills of the teacher are combined, physical education classes become not only useful for students, but also an interesting and inspiring process.

Motivation, as the main driving force of the learning process, determines the interest and activity of students in physical education lessons. Unmotivated students become passive in lessons, making it difficult to obtain the expected results from the learning process. A number of effective methods are used to

increase motivation in physical education lessons, which not only increase the activity of students, but also contribute to their physical and psychological development. It is important to assign individual tasks, taking into account the physical capabilities, interests and needs of each student. For example, some students are interested in running or team sports, while others may prefer yoga or gymnastic exercises. By identifying these characteristics of students and offering exercises that suit them, the teacher increases their enthusiasm for lessons. This approach is especially effective for students with limited physical abilities or who feel uncomfortable in lessons. Organizing sports competitions, games or tournaments between groups is one of the most effective ways to increase student activity. Relay races, football or volleyball games encourage students to work as a team and instill in them a desire to win. Such competitions not only increase physical activity, but also develop students' social skills, a sense of responsibility and team spirit. Recognizing and encouraging students' small achievements plays an important role in strengthening their self-confidence. The teacher can praise the student for successfully completing a new exercise or for his activity in the lesson, say encouraging words or give small prizes. This not only increases the student's motivation, but also forms his positive attitude towards the lessons.

Effective pedagogical approaches in physical education lessons serve to make the learning process interesting and purposeful. These approaches help to meet the diverse needs of students and increase the effectiveness of the lessons. Game exercises, team projects and simulation games are important in increasing student interest. A treasure hunt or role-playing sports game encourages students to actively participate. Such methods relieve monotony from lessons and encourage students to be creative. Through team projects, students learn to cooperate and take responsibility. The learning process can be made interactive and modern with the help of fitness trackers, mobile apps, and video tutorials. Students can monitor their level of physical activity using fitness trackers or learn new exercises through mobile apps. Video tutorials help the teacher explain complex exercises and allow students to learn visually. These methods are especially effective for the younger generation, who are interested in modern technologies. It is necessary to create a positive environment to eliminate students' feelings of fear or discomfort in lessons. Some students may feel uncomfortable in physical education classes or be afraid of failure. The teacher should take into account the psychological state of the students, create a supportive environment for them, be gentle in correcting their mistakes, and value each participation. This increases the students' self-confidence and forms a positive attitude towards the lessons.

The teacher's professional skills, methods of organizing lessons, and relationships with students are important in increasing learning efficiency. Setting clear goals in each lesson and explaining them to students increases the effectiveness of the learning process. If the teacher clarifies the goal at the beginning of the lesson by saying, "Today we will learn to perform exercises aimed at increasing endurance," students will better understand the meaning and importance of the lesson. This increases their activity and helps to approach the lesson purposefully. A variety of physical exercises prevents students from getting bored and increases their activity. If there are running and jumping exercises in one lesson, dance elements or yoga exercises can be used in the next lesson. A variety of exercises covers different interests of students and makes lessons interesting. A teacher's friendly and supportive attitude increases students' enthusiasm for lessons. It is important for the teacher to communicate openly with students, listen to their opinions and treat them with respect. This increases students' trust in the teacher and encourages them to actively participate in the lessons.

A number of practical recommendations are used to make physical education lessons more effective and interesting. The complexity and type of exercises vary depending on the age group. While game exercises are more suitable for younger students, team sports or fitness exercises may be interesting for teenagers. Music and dance make lessons more attractive and raise the mood of students. Aerobic exercises or Zumba dances increase the activity of students and make lessons more interesting. Organizing family sports events, for example, competitions with the participation of parents and children, increases the motivation of students. This also increases the interest of parents in the physical education of their children and promotes a healthy lifestyle.

Increasing motivation and learning efficiency through pedagogical approaches in physical education lessons serves not only the physical, but also the psychological and social development of students. The teacher's personal approach, the use of modern technologies and the creation of a positive atmosphere increase the effectiveness of lessons. These approaches not only increase the activity of students, but also their interest in a healthy lifestyle. In the future, further improvement and wider implementation of these methods will lead to significant results in the field of pedagogy and physical education.

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