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FORMATION OF STUDENTS SUSTAINABLE NEEDS FOR PHYSICAL EXERCISE ON THE BASIS OF INTERACTIVE AND PERSONALLY TECHNOLOGIES

Abstract: *In the context of globalization, education plays an important role in the comprehensive development of the individual, in the formation of the qualities of perfection and a qualified specialist. Today's fast-paced period requires equipping students with short-term and solid information, creating the necessary conditions for them to master the basics of various sciences (especially physical culture). In modern conditions, the educational process is required to focus on the development, socialization of the individual and the development of independent, critical, creative thinking skills. Education that demonstrates these capabilities is called person-centered learning. It involves adapting the learning environment to the student's abilities. According to him, the educational environment, pedagogical conditions, the process of education and upbringing are aimed at the full realization of the student's personal potential, development of abilities and ensuring personal development, enrichment of thinking and worldview.*

Key words: *team games, individual approach, sports, games, rationalization, modern physical education, innovative approach, pedagogical technologies, interactive methods.*

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Introduction

Modern education serves to cultivate in students qualities such as independence, initiative, responsibility, as well as independent, creative and critical thinking as well as physical abilities. In the organization of this type of education, educators are required to approach each student as individually as possible, to respect his personality, to trust him. In addition, the participants of the process of person-centered education represent the need to create favorable pedagogical conditions for mutual learning, personal development as a teacher-student or student-student, student-student group, student-student team. A complex of exercises, sports, other types of games - aerobics, dance, gymnastics, badminton, tennis, table tennis, ice skating and skateboarding, archery, bowling, swimming, I think wrestling, yoga, various team games have a positive effect. According to many experts, the organization of pedagogical activities on the basis of person-centered, personality-developing pedagogical principles, focusing on the "aesthetic direction" of physical education, solving aesthetic problems of physical culture and sports activities, aesthetic culture and aesthetically oriented technologies, forms, methods, techniques have been developed and incorporated into the practice of organizing physical education to implement this approach:

- art pedagogy, artistic (expressive) movement, plastic-art, anti-stress plastic, rhythmic gymnastics, dance-rhythmic gymnastics, subject-role rhythmic gymnastics, "artistic-motor health physical culture" and others. .;
- dance and play exercises;
- Eurymia exercises;
- "body ballet" exercise system;

- Organization of theaters of physical culture, sports, movement, pantomime, etc.;
- Development of plastic, rhythm and other aesthetic skills;
- Aesthetic therapy.

Many researchers focused on the modernization of the system of physical education, emphasizing the simplest forms of this pedagogical activity, such as "rationalization of games", the widespread use of forms of physical education and sports activities and outdoor games and national outdoor games, sports are important. They increase interest in physical education and sports activities, as well as contribute to the spiritual and moral, including patriotic education. Other types of outdoor games are offered for implementation in physical education practice: story games, improvisational and creative open games, reflexive-metaphorical action games, games based on “combining intellectual and action components” and more. The developers of a sports program to develop the Uzbek national game culture are aimed at reviving the vaguely forgotten and creating new educational, intellectually and physically developing local games, conditionally divided into four independent groups. The set of such games includes:

- Table sports (small sports)
- Dynamic ball games on courts and water;
- Intellectual games - logic and chess;
- Psycho-correctional games.

For example, sports-dynamic games (sinplay - a team game with special rackets, a light "bounce" ball and a triangular goal; football - on a volleyball court with a volleyball with elements of football and volleyball team play; fun and situational simulators, in a fun way that allows children to animate computer games by adding physical activity) and modern dynamic "royal" chess (kings), "Moscow" and "presidential" checkers intellectual games offer the use of "socially oriented play-training", under which games understand the specific form of organization of life and activities of children and adolescents in the sports and wellness center, which has the following features that combine the features of both the game and the training:

✓ Systematic and purposeful modeling of some life situations that the student may face in real life or in the future;

✓ Mandatory acceptance of conditions (rules, team lifestyle);

✓ Mandatory modeling of specific relationships and team and individual activities aimed at achieving a clear, value-based outcome for all participants;

✓ focus on creating conditions for success, both in the process of activity and with satisfaction in the planned or achieved result;

✓ creation of attitudes to difficulties (obstacles) and their overcoming by mobilization of physical and emotional-volitional forces;

✓ regular emotional relief as a result of changes in activity;

✓ focus on improving the skills and abilities of constructive interpersonal relationships;

✓ Improving physical and personal qualities through a system of special exercises

Thus, the analysis of the main conceptual approaches of local and foreign researchers in modern physical education shows that, in general, it is important to identify important areas, goals, "leadership ideas", innovative forms and methods of the new theory of physical education. Physical education is the teaching of movements (motor movements) and the teaching of physical qualities. As a counterbalance to this concept, as a rule, the main purpose of physical education should be to form a person's physical culture (including formal in the documents). However, these rules are concretized in different ways. First, the concept of “human physical culture” itself is interpreted extremely vaguely. Second, in the proposed innovations, from different aspects of this complex socio-cultural phenomenon, one or another aspect, certain goals that have the status of a “basic, guiding idea” come to the fore. However, as most scientists and practitioners acknowledge, the modern physical education system is not efficient enough.

In physical education classes, first of all, raising the level of physical education of students is based on the need to form a set of relevant knowledge, interests, needs. In recent years, such an understanding of physical education has become widespread, based on a “cultural approach” in interpreting education as a process of assimilating cultural values, introducing a person into the world of culture. Accordingly, physical education is the use of various means (exercise, hygiene, etc.) physical condition, motor skills, some components of health to shape the human body in accordance with the cultural norms accepted in society. Many experts believe that the main purpose of physical education is something else - to acquaint students with exercise, the benefits of these exercises, exercise based on the formation of their knowledge about their positive effects on the human body, and so on. It can be a motivation for this activity. On the other hand, especially in recent years, which has been actively promoted in our country, it emphasizes the importance of sports activities (especially sports training) in the field of physical education, and therefore this pedagogical activity to engage in sports, to focus on the values of sports culture. The concept of physical education, which involves all students to engage in active and regular sports instead of physical education classes (similar

classes in higher education), is most vividly demonstrated in the concept of 'sportsmanship'.

In such a situation, it is difficult to hope for the creation of complete, effective practical projects, programs, technologies of this pedagogical activity for certain age and gender groups of the population, in certain educational institutions, in educational or extracurricular activities, etc. I think it is necessary to overcome the one-sided approach in understanding its goals, objectives, forms and methods, to offer a systematic characterization of this pedagogical activity, taking into account all the positive aspects of the above and other innovations even basic and even basic concepts of physical education theory (e.g., "physical education," "physical culture," "physical culture activities," etc.) a different meaningful interpretation and appropriate ambiguity of the terms used; to prevent even the violation of elementary logical rules in the introduction of concepts; I think that this ambiguity of the conceptual apparatus and the essence of the various concepts of physical education should be realized in the educational process by further increasing the activity and interest of students in physical culture on the basis of pedagogical technologies, interactive methods.

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