

# DEVELOPMENT OF PROFESSIONAL ACTIVITIES OF PHYSICAL EDUCATION TEACHERS IN COMPREHENSIVE SCHOOLS

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## Abstract

The ways of using the most effective methods of improving the qualifications of physical education teachers of comprehensive schools are determined. The dissertation describes in detail the methods of working with students, the use of modern technologies, the effective organization of the processes of practical training of teachers and educators beginning their teaching activities.

**Keywords:** Sports equipment, practical training, competitions, coordination, professional activity.

## Introduction

Today, great attention is being paid to physical education and sports in our country, among other things, it is planned to effectively organize physical education classes in secondary schools, to help skilled pedagogues to start their careers. Preparation methods for professional activities that correspond to the requirements of the present time have been established.

Effective methods of professional development of physical education teachers of general education schools are as follows:

It would be useful to organize professional training courses and management courses to support teachers who want to work in the field of physical education. In these courses, skilled professionals and pedagogues provide guidance to students with methodological support, study materials, applications, and experience reports.

Increasing the rate of growth of educational experience: In order to prepare for professional activity in the field of physical education, it is necessary to increase the rate of growth of educational experience. This educational experience can be carried out with growth through sports representatives, physical education specialists, seminars, international conferences, and courses related to physical education.

Conducting practical exercises with students: To train teachers in the field of physical education, it is important to conduct practical exercises with students and practical work in classrooms. These hands-on activities allow you to practice and learn about physical activity. It is necessary to make it possible for teachers to organize physical training, action games, and sports events in the process of organization together with students.[2]

**Provide movement:** You can use many sports education tools to increase students' movement and physical coordination during practical training. For example, it is possible to conduct physical training such as jomashov, four-way, feats, cubes, harmur devices.

**Group work:** Encouraging students to participate in group work or team games is a good way to understand physical cooperation and master the objectives in a short period of time. Group work is required for students to demonstrate their cooperation in team games and challenge students for advanced physical activities to participate in them.

**Practical training and international sports events:** Encouraging students to participate in practical training and international sports events is effective. These events help students to test themselves physically, use the experiences of international sports teams, expect new sports, communicate and cooperate.

**Moderate exercise:** Encouraging students to engage in physical activity during moderate exercise is effective in supporting physical and psychological symptoms. For example, doing joint work, wrestling, aerobics, compositional training in international training.

**Quality training and games:** It is also important to make training and games quality and targeted. It is necessary to introduce other tools and commands according to the goals and create exercises on separate topics in order to further increase students' mastery, physical experience, physical ability and coordination.[1]

**Four-way counseling and mutual support of students:** Four-way counseling and mutual support of students is very important to enhance the physical development of students. Students support each other in comprehensive physical training, sparring, games and help each other develop.

**Conducting practical training with students** is important in preparing future teachers for professional activity in the field of physical education. They allow students to learn, develop and master physical activities. They provide an opportunity to develop physical skills related to the basic requirements of a physical education environment, such as physical development, sportsmanship, cooperation, physical coordination, discipline, etc.

**Acquainting students with new techniques and sports equipment** is effective in increasing their interest in physical education and opening new opportunities for them.

**Mentoring and coaching program:** To prepare future physical education teachers for professional activities, it would be useful to start a mentoring and coaching program. In this program, teachers organize basic training and exchange of experience based on advanced technologies.

**Implementation of practical courses and laboratories for research:** It will be useful to conduct practical courses and laboratories for learning new research and technologies for preparing future physical education teachers for professional activities. Through these tools, teachers will have the opportunity to update themselves, learn new methods, create and develop physical education methods.[5]

**Educational goals of independent study and mastery:** It is necessary to apply the study goals of independent study and mastery in preparing future teachers for professional activities. Teachers need to use advanced online resources for self-development, diamond time, course complex, online activities, increase students' mastery of physical education methods, and effective learning of mastery.



Learning instructions about new sports equipment and techniques: Provide instructions, videos, or photos to help students learn about new sports equipment. For example, new models of bicycles, irrigation equipment, table tennis rackets. This method provides students with an interest in learning new techniques and tools, and an opportunity to develop new character and physical skills.[4]

Familiarity with techniques and tools in sports training: It is effective to provide students with the opportunity to participate in and work with new techniques in sports training. For example, participating with joint missiles and headsets to learn joint warfare tactics, as well as using new soccer balls to learn new soccer techniques.[3]

Provide suggestions and exercises with new techniques and tools: Providing students with suggestions and exercises related to new techniques and tools is very effective. It gives them opportunities to work on their own system, teach them new activities and give them educational advice. For example, teaching the application method for sewing a new rug, giving exercises to understand the aerial skills of snowboarding.

Familiarization tournaments and competition in sports training: Familiarization tournaments and competitions in sports training help to create a competitive environment in which students are exposed to new techniques and tools. For example, hosting a general competition, tournament, or guest invitation in a well-known sport or technique will protect students from learning its uses and styles.[1]

These methods can be useful in preparing physical education teachers to develop active concepts of professional activity. They are supported by independent study, educational experiences, practical training, mentoring programs, research and laboratories, and access to educational activities and innovations.

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