

DEVELOPING STUDENTS' INTEREST IN SPORTS IN THE PROCESS OF LEARNING TO PLAY BADMINTON (FROM THE RESEARCH WORK)

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Abstract

This article examines modern and topical issues of physical education in comprehensive schools. The idea of solving these issues was proposed by including badminton as an extracurricular activity in the educational process. The advantages of playing badminton as a means of developing interest in sports among schoolchildren are revealed.

Keywords: Elementary school, physical education at school, playing badminton, extracurricular activities, physical development.

BADMINTON O'YNASHNI O'RGANISH JARAYONIDA O'QUVCHILARNING SPORTGA BO'LGAN QIZIQISHINI RIVOJLANTIRISH (TADQIQOT ISHIDAN)

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Annotatsiya:

Ushbu maqolada umumiy o'rta ta'lim maktablarida jismoniy tarbiyaning dolzarb muammolari muhokama qilinadi. Badminton o'yinini darsdan tashqari mashg'ulot sifatida o'quv jarayoniga kiritish orqali bu muammolarni hal qilish g'oyasi taklif etildi. O'quvchilarda sportga qiziqishni rivojlantirish vositasi sifatida badminton o'ynining afzalliklari ochib berildi.

Tayanch so'zlar: boshlang'ich sinf, maktabda jismoniy tarbiya, badminton o'yini, sinfdan tashqari mashg'ulotlar, jismoniy rivojlanish.



Аннотация:

В данной статье рассматриваются современные и актуальные проблемы физического воспитания в общеобразовательных школах. Идея решения данных проблем была предложена путем включения игры в бадминтон как внеклассного занятия в учебный процесс. Выявлены преимущества игры в бадминтон как средства развития интереса к спорту у школьников.

Ключевые слова: начальный класс, физическое культура в школе, игра в бадминтон, внеурочная деятельность, физическое развитие.

Introduction

Extracurricular activities at school are one of the most effective means of preventing physical inactivity, eliminating difficulties, preventing diseases and strengthening the protective forces of the body of schoolchildren.

The teacher's extracurricular activities are an integral part of the educational process at school, helping to solve physical education tasks and form sufficient reasons for them to engage in sports. Secondary school is the basis for creating conditions for the child to freely express and develop his interests. Properly organized physical education classes improve the tone of blood vessels, help to actively mobilize physical qualities - endurance, strength, speed, flexibility, agility, as well as the willpower necessary to overcome physical, emotional and mental stress. The schedule and time of classes within the framework of extracurricular activities are drawn up taking into account the wishes of students and their parents [1].

The main advantage of badminton is that it does not require special conditions and equipment, except for a racket, net and shuttlecock, to practice this sport in the gyms of secondary schools. Badminton classes create an opportunity to train the vestibular apparatus, develop coordination of movements, brighten up physical education classes, which additionally creates a positive emotional background and raises team spirit [2].

In the 2022-2023 academic year, we conducted a survey among the parents of students of secondary schools No. 4 and No. 26 in the city of Chirchik to find out their opinions about the provision of badminton classes in secondary schools. 96 parents participated in the survey. They were asked to answer the following questions:

Does your child like to go to classes as an extracurricular activity?

The survey showed that 20 percent of parents said they liked extracurricular activities very much, while 45 percent of mothers said they didn't. 15 percent of respondents said they were tired, and 20 percent said they didn't like after-school activities.

The relevant question during the study was: 2. "How often does your child go to extracurricular activities after the main lessons at school?". 65% of parents said that their children go to after-school activities three times a week. 20% of parents said that they rarely go to after-school activities, they do not like the schedule of activities, and 15% of parents answered "sometimes". The third question for parents was formulated as follows:

3. "In your opinion, when is the most convenient time to participate in extracurricular activities at school?". The following answer options were offered:



1) after school (from 13:00); 2) from 14:00; 3) from 15:00. When talking with parents and children, many noted that they live far from school and it takes them 25-30 minutes to get to school. 80% of parents answered that extracurricular activities should start after the main lessons, that is, from 13:00. 15% of parents noted that it is more convenient to hold classes from 14:00. Some parents (5%) prefer that their children start classes from 15:00.

The fourth question was formulated as follows: "Do your children participate in any sports outside of school?". Analysis of the answers showed that the majority of parents (60% - 61 people) answered that their children go to extracurricular activities, and 40% (35 people) answered that they do not go to additional sports clubs.

The answers to question 5: "Which sports are appropriate to include in extracurricular activities at school?". Of the available options (gymnastics, football, badminton, aerobics, etc.), parents prefer to give their child gymnastics, football and badminton, and aerobics and other sports are given priority.

Question 6 was formulated for parents as follows: "Do you think badminton is an interesting sport for a child?"

According to parents, they consider badminton a sport: interesting - 69.6% (50 people); not interesting - 37.2% (35 people); difficult to answer - 9.2% (11 people).

The analysis of the questionnaire results showed that badminton is the most popular sport for primary school students. Having analyzed the opinions and responses of parents, we, together with students of the Chirchik State Pedagogical University, the direction of "Physical Education and Sports in Preschool and Primary Education", proposed to hold badminton classes after school at secondary schools No. 4 and No. 26.

In the city of Chirchik, apart from school gyms, there are no indoor physical education and sports facilities for practicing various sports.

We took the initiative to interest students in this sport by learning to play badminton, to form students' interest in playing sports. Conducting badminton classes was a kind of incentive for schoolchildren who wanted to do new and interesting things. In order to try to solve the above-mentioned problem of involving students in systematic physical education classes, extracurricular badminton classes were also organized.

The school administration created all the conditions for the effective implementation of the work. We accepted students from grades 3-4 for classes. Work was carried out with parents, during which issues related to holding extracurricular classes were discussed. We assumed that using the game of badminton would increase students' interest in physical education. The game of badminton makes the lessons bright and interesting. We tried to interest the student by varying the types and forms of work included in the lesson. Each primary school student should try to test himself in all areas, which are provided for in extracurricular classes of secondary schools. Each primary school student should try to demonstrate their abilities in every area of extracurricular activities of educational institutions in order to make an informed choice in secondary school.

In our opinion, the use of badminton in classes with schoolchildren, on the one hand, increases their interest in general physical education, and on the other hand, serves to popularize badminton in the city of Chirchik, to interest and attract students to this sport, and to systematically introduce it.



By allocating hours for badminton in the hours allocated for extracurricular activities for students of grades 3-4 of secondary schools No. 4 and No. 26 in Chirchik, we organized classes together with students of the Chirchik State Pedagogical University, the department of "Physical Education and Sports in Preschool and Primary Education", which solves the problems of developing students' education and interests. Thanks to the individual work of the coach-teacher, movement techniques are studied more deeply in the process of learning to play badminton. The coach tries to reveal the creative and organizational abilities of students, teaches them to be active, to approach their choices responsibly.

Each student should feel unique, necessary and demanding in any of his activities, and extracurricular activities help students to be responsible and confident in their actions. They are engaged in things that interest them, for them it is important that their desire to create and strive for something is noticed and supported by those around them. By engaging in sports, you can develop endurance, willpower and character, and this, in turn, helps to overcome various problems.

Permanent interests in a particular subject are identified and formed, and it is especially important to form children's interest in learning from the primary grades. In order to form the ability to independently replenish their knowledge in students, it is necessary to cultivate their interest in learning, the need for knowledge. It is important that each student uses his or her own abilities during the lessons, feels them and develops them. When teaching children, special attention should be paid to the use of various active forms of work outside the classroom. It is important for the teacher to know his or her job well, love his or her profession, in such conditions the student can study well and improve himself or herself. Then the student's interest increases, the acquired skills are improved, and their mastery is demonstrated. He understands that he understands himself and tries to help others, and in the game of badminton he demonstrates independence, initiative, individual research and creativity.

Coordinated processes between the school and the family are of great importance in developing interest in systematic physical education and health education among schoolchildren.

An important aspect for parents to be more active in this direction is the beneficial effect of physical exercise on the child's body. During physical education and health education activities, monotony should be avoided, which can dampen children's interest. One of the main ways to cultivate positive interest is for students to understand the importance of the material being studied.

In the process of learning to play badminton at school, we took into account the age and individual characteristics of students, provided favorable conditions for learning to play badminton, and optimized the training load of students.

Increasing the level of educational motivation is a long, laborious and purposeful process [3]. In order to form a stable interest in the game of badminton among primary school students, game classes were organized with our students using various methods and tools in playing badminton, and competition lessons were held. During the classes, children develop physically, get used to acting independently and solving problems inherent in them, and gain satisfaction from game activities; positive emotions in the classroom complement the need to know the environment.

When teaching elementary school students to play badminton, we tried to avoid monotony and support the interests of students. One of the main ways to arouse positive interest in



schoolchildren is to make them understand the importance of the material being studied and use the actions they can perform. The student must be convinced from his own experience that game activity has a significant positive effect, because it is always associated with the emergence and development of cooperation between players.

Nowadays, every parent is interested in their children studying well at school with interest and desire. The acquisition of knowledge cannot be achieved without internal motivation and interest. Cognitive motives are associated with the content of the educational material for schoolchildren.

By playing badminton, schoolchildren overcome negative emotions, failures, lack of confidence in their ability to succeed, etc. In primary school students, interest mainly arises from positive emotions arising from the process of performing exercises. Games help create and maintain an atmosphere of positive emotions, and with their help develop interest in sports and health-improving activities in the school curriculum. In this way, we fulfill our main task - to teach children a healthy lifestyle.

Conclusion:

1. Analysis of the research results showed that after the introduction of badminton in extracurricular time, the movement qualities of students improved compared to the previous year. The use of badminton in lessons allows schoolchildren to develop important movement qualities, mental and physical fitness for their future professional activities.

2. When developing the content of an extracurricular badminton lesson, the following areas should be considered as priority areas of research: forecasting the results that can actually be achieved in badminton competitions for each student; developing effective means and methods of extracurricular activities for students of different groups, as well as developing a technology for conducting classes for groups involved in badminton, taking into account their individual characteristics.

3. Practice has shown that only regular, systematic special physical exercises when working with schoolchildren in physical education lessons and after-school hours (grades 3-4) contribute to the development and strengthening of the body, help to form new movement skills, and better adapt to changing external conditions.

In conclusion, it should be noted that in modern society, human health has become a priority. The teacher must very correctly and clearly explain to schoolchildren the content, essence and meaning of the lesson. Any task should have a personal goal and give students the opportunity to feel the results of their activities, to explain the need for long and hard work to achieve results.

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