

## PEDAGOGICAL FEATURES OF CONDUCTING PHYSICAL EDUCATION CLASSES IN EDUCATIONAL INSTITUTIONS

***Kholova Shakhnoza Mardonovna***

*Lecturer, Uzbekistan-Finland Pedagogical Institute, Faculty of Pedagogy and Physical Education, Department of Physical Education and Sports*

***Isroilova Zebiniso Mamadiyarovna***

*Student, Uzbekistan-Finland Pedagogical Institute, Faculty of Pedagogy and Physical Education*

**Abstract:** This article discusses the pedagogical foundations for effectively organizing physical education classes in educational institutions. It emphasizes the need to consider students' physical conditions, the use of modern equipment, and methodological approaches. Through pedagogical sources, the article analyzes the role of physical education in promoting a healthy lifestyle, enhancing social activity, and serving as methodological support in the educational process.

**Keywords:** physical education, pedagogy, healthy lifestyle, motor activity, students, educational goals.

### Introduction

Physical education is one of the essential components ensuring the comprehensive development of students. Properly organizing physical education in the education system is crucial not only for improving students' physical health but also for fostering moral and social values. Therefore, it is vital to select and implement appropriate pedagogical approaches and tools when conducting physical training sessions.

#### Literature Review and Level of Research on the Topic

The field of physical education is studied through a combination of disciplines such as pedagogy, sports theory, health-oriented methodologies, and youth psychophysiology.

Several Uzbek researchers have made significant contributions in this area:

- A.S. Ergashev has analyzed the theoretical foundations of physical education, the structure and content of lessons, and age-appropriate methodological approaches;
- B. Tukhtayev and D. Nishonov explored the socio-pedagogical importance of sports and physical education and the development of teamwork and volitional qualities through active games;
- R. Salomov studied the impact of physical activity on health in the context of promoting a healthy lifestyle among school-aged children and proposed effective movement-based methods.

Foreign scholars have also conducted extensive research on this topic:

- R. Bailey examined the psychophysiological effects of physical education on children and adolescents, as well as the role of sports activities in socialization, leadership development, and emotional growth;

- UNESCO (2015) and the World Health Organization (2020) presented international guidelines for quality physical education with a focus on pedagogy and health promotion.

In addition, several national policies and presidential decrees in Uzbekistan have addressed the importance of improving physical education quality, developing sports infrastructure, and enhancing teacher training.

#### Research Methods

The study employed the following methods:

- Theoretical analysis – study of educational programs, textbooks, and state standards related to physical education;

- Observation – monitoring of physical education classes in several general education schools;

- Interview and questionnaire – communication with physical education teachers and students;

- Comparative analysis – comparison of traditional and innovative teaching methods.

#### Results and Discussion

The research findings highlight the pedagogical importance of the following aspects in organizing physical education classes:

1. Individual approach – tailoring the content of training sessions according to each student's physical condition;

2. Motivational environment – using games and competitive methods to increase engagement and participation;

3. Integrated education – linking physical education with other subjects to promote healthy lifestyle knowledge;

4. Teacher's pedagogical skills – ensuring that sessions are well-structured, safe, and interactive.

These elements are essential for organizing lessons that contribute to the all-round development of students.

#### Conclusion

Organizing physical education classes based on pedagogical principles enhances students' health, facilitates social development, and builds self-confidence. Therefore, educators must apply methodological approaches, incorporate interactive methods, and consider students' individual needs when conducting physical training.

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