

Psychological Characteristics of Elementary School Students in Physical Education Classes

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ANNATATION

In this article, a summary of the psychological characteristics of elementary school students in physical education classes is presented.

KEY WORDS: Physical education, teacher, youth, character, personality, memory, ability, child, speech.

During the physical education process, the physical education teacher differentiates the age characteristics and mental processes of students and children, the development of personality traits, mental processes (attention, speech, sensations, perception, imagination, memory, thinking, emotions, etc.), mental states (emotions, surprise, reliability, creative inspiration, faith, apathy, curiosity, endurance, vitality) and personal characteristics (temperament, ability, talent, responsible character) should be connected with physical education and sports. He should know the importance of the training process, its impact, the formation of relations between the team during the competition, after the competition.

Regardless of the type of activity of a physical education teacher, the activity component is usually related to the same feelings and perceptions (for example, observing a student), remembering and retrieving information. Monemic, which is related to solving the task that occurs in the process of activity, is divided into moving components that take a special place, thinking, imagining, influencing the activity of the student by thinking of new exercises. The activity is carried out in several stages, the preparation stage, the execution of the plan (the main stage) and the stage of the evaluation of the achievement (the final stage).

In the first stage, the physical education teacher does a lot of work. Creates a synopsis of the plan, prepares for them, prepares the location (hall, water pool, sports field, stadium). Prepares all sports equipment and weapons related to the lesson. This stage includes the creation of favorable conditions for students and the psychological preparation of the physical education teacher for the more successful implementation of the activity.

The second stage includes monitoring the student (employee), educating the student (in terms of moral, intellectual, aesthetic, labor duties), maintaining order, protecting the student from injury, etc. It is related to the practical implementation of the specified works, control of student actions and discipline, elimination of difficulties that arise at the beginning of the lesson, and correction of the lesson plan according to the changes in the situation. This stage is characterized by the mental tension of the teacher, which is conditioned by the vigilance of the teacher in order to prevent the situation where the attention is constantly distributed and transferred between the excluded students, in other words, physical education not only mental, but also physical load falls on the student.

The third stage (final stage) evaluates the achievements and shortcomings of the lesson. The achieved results are evaluated, the function of the activity of the physical education teacher should be the origin of the goals and tasks of physical education. It requires a full analysis of the lesson learned, summarizing some incorrect data, and searching for answers to the questions that have arisen in the scientific methodological literature.

The main goal of a physical education teacher is to help the student to develop harmoniously and to become loyal and patriotic to the society. It is also necessary to perform educational, scientific, organizational, leadership, planning, administrative and economic functions.

The purpose of physical education of students is to help the formation of a well-developed and loyal individual to the Independent Motherland, and this goal is achieved in the process of education of students. It is revealed and clarified in general tasks. Also, educational, educational, and health-improving tasks are set. When solving this task, one should not be allowed to prioritize one over the others. Sometimes, sports-oriented teachers forget about educational and general education tasks and focus on the physical development of students. Otherwise, the two educational and health functions will suffer. Solving all three of the mentioned tasks depends on the variety of tasks performed by the physical education teacher. There are various forms of activity of a physical education teacher. It consists primarily of school work that results from classroom and extracurricular activities. The work in the classroom is conducting lessons on physical culture: it forms the main educational load of the teacher. Conducting extracurricular activities in sports clubs and sections. It includes organization and holding of intra-school sports competitions, sports holidays, tourist, travel, and military sports games. This includes the educational work of the physical education teacher with the teachers, educators, students, and parents of small classes.

The work of a physical education teacher outside of school is related to the provision of physical education of students in recreation camps and labor camps. It also includes the physical education of students at the residence. Currently, great attention is paid to the physical education of the growing generation. The school, which has sports facilities and physical culture staff, has popularized physical culture among students.

According to the interests of students, as many students as possible have been involved in physical education regularly, and physical culture is used as a means of preventing law violations and re-educating children who are difficult to educate. There should be a special regulation.

Forms of activity of a physical education teacher:

Jobs in an educational institution:

- a) Group work, conducting lessons;
- b) Extracurricular work, training in sections! holding sports holidays, holding competitions in an educational institution, conducting educational activities with students and parents, holding tourist excursions, games in the spirit of military patriotism;

Activities outside the educational institution:

- a) Activities carried out in families and neighborhoods;
- b) Work in holiday camps;

c) Participation in district and city competitions.

Conditions of work of a physical education teacher: The work of a physical education teacher takes place in specific conditions compared to the work of other teachers. Three groups of this condition can be distinguished. These are environmental factors associated with mental stress, physical exertion, outdoor training. The nature of the physical education teacher's activity conditions is the need to show physical exercises and ensure the safety of students while performing physical exercises, as well as the need for students to move together with students during outdoor activities and trips. The presence of several classes on this day creates a large physical load for the physical education teacher. It should be taken into account that the teacher is standing on his feet all day long, moving, creating a load on the leg and waist straighteners. Pedagogical physical loading tested by physical education teachers in physical education classes, taking into account the deterioration of physical conditions with age

It is inevitable that one of the factors that complicates the implementation of the activity, especially the female teachers, whose physical abilities are less than the level of male teachers. The loss of physical condition as it increases forces the teacher to use excessive force in showing the exercises. As a result, the aesthetic side of the shown exercise, the novelty and freedom of performing it will disappear. This has negative pedagogical consequences

because it is an example of strength, agility, endurance, and flexibility for a child. In order to avoid this, the Teacher should regularly maintain his physical fitness, which will lead to an increase in physical load. One of the unique aspects of the activity of a physical education teacher is that he often spends training in the air (circular). This factor has a positive and negative aspect. Everything depends on weather and climate conditions. For example, there are cases of heating of Central Asia and South regions, and cooling of the air in winter (during precipitation), which poses a danger to the connection. These conditions require the teacher to be fit and healthy.

Pedagogical activity means continuous solving of pedagogical tasks. To solve this problem is to find a method suitable for this pedagogical situation and for achieving the pedagogical goal. The reason is the attentiveness of the teacher and the student, their attitude to the educational material, the relationship between the student and the student, and the relationship between the students themselves. Therefore, it is often convenient to work with the method of achieving a verified goal once and for all. It is always necessary to regularly change the methods of achieving the goal, to choose the best method for this pedagogical situation. Solving the pedagogical situation goes through several stages:

analysis of the pedagogical situation; ways to achieve the desired goal, pre-evaluate and choose the best one; implementation of the adopted dependency; analysis of the achieved result and its comparison with the planned one; 0 The complexity of the assessment of the pedagogical situation by the teacher consists in the fact that the activity is distributed over a certain period of time. As a result of having to work with a group of students and evaluate the resulting group and individual impact, the teacher falls into a somewhat difficult situation that leads to mental tension. This can lead to the fact that its analysis, the object, will be insubstantial signs of the situation that lead to deviation from the correctly chosen method of achieving the goal.

Pedagogical situation, level of preparedness of students of this class, attitude of the teacher to physical education in general and physical education classes in particular, interaction between teacher and student, interaction between students, material content of the lesson includes supply, weather conditions (training in the air) and other cases. Having analyzed all these results, the teacher decides to put forward the opinion about the possible ways of solving the pedagogical task. This can be achieved only if the physical education teacher has extensive knowledge of pedagogy, psychology, physiology, hygiene, and the methodology of physical education theory. After that, the diagnostic evaluation of the method used to achieve the goal begins with the identification of strong and weak aspects. The orderly comparison of these methods leads to the choice of the best method in the given situation according to the teacher's point of view. Accordingly, a specific plan will be developed (or changes will be made to the developed plan) for the solution of this pedagogical task. The future management activity of the teacher should be directed to the practical implementation of the plan created with him. After the implementation of the program, it is necessary to analyze the results achieved, and if there was a failure, to determine the reasons for it. As a result, in the future, when exactly such a situation arises, he will be able to do better and get closer to the optimal solution. Solves pedagogical tasks and collects experience depending on the pedagogical skills of the dependent.

The physical education teacher first of all teaches the social environment surrounding the child and the relationship between peers and adults from the first day. A teacher faces various and individual differences within the same class. These are related to students' temperament types, behavior (skills), how students remember and master learning materials, how active they are in sports competitions, sports holidays, and relays (other in work forms) consists of knowing.

Junior school age includes 6-10-year-old primary (I-IV) students. A child is prepared for school education when he is brought up in kindergarten. In this way, he will get acquainted with the various demands placed on students at school, he will be biologically and psychologically ready to learn the basics of science. Psychological readiness for school education refers to the objective and subjective suitability of the child for school requirements. He is psychologically prepared for school education first. Therefore, his psyche should be developed sufficiently to acquire knowledge, the sharpness, clarity, and accuracy of perception of a child of this age are distinguished from children of other ages by their curiosity, benevolence, trustworthiness, brightness of imagination, strength of memory, clarity of thinking. In a child preparing for school education, attention is relatively long-term and conditionally stable. Features of the child's attention are different from role-playing and subject games, (action games: role-playing, team, individual), drawing and building - making, physical education (behavior) activities, making toys from clay and plasticine. success is seen in perceiving and understanding, solving mathematical problems, listening and composing a story. Children have a certain level of skill in directing, concentrating, and distributing their attention to a specific objective, and they strive to control their attention and concentrate it at the right time. His memory is interesting, amazing, and has the ability to remember, remember, and recall information and events that surprise a person.

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Summary

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