

Important Aspects Of Increasing The Effectiveness Of Teaching Physical Education In General Secondary Schools

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Annotation: This article discusses the new opportunities created in the field of physical education and sports for physical education teachers and students of general secondary schools, in accordance with the Resolution No. PQ-392 of the President of the Republic of Uzbekistan dated November 15, 2024, “On Fundamental Improvement of Teaching the Subject of Physical Education in General Secondary Schools and Measures to Develop the Professional Activity of Teachers of This Subject.” It also addresses the fundamental reforms in the teaching of physical education and the key tasks to be addressed in the future.

Keywords: physical education, sport, teacher, martial arts, sports club, selection.

According to Resolution No.392 of the President of the Republic of Uzbekistan dated November 15, 2024, “**On Fundamental Improvement of Teaching the Subject of Physical Education in General Secondary Schools and Measures to Develop the Professional Activity of Teachers of This Subject**”, the following have been identified as the main directions for organizing physical education and sports in general secondary schools:

- Development of educational-methodological manuals for physical education teachers.
- Improvement of training programs aimed at enhancing the professional skills and qualifications of physical education teachers in cooperation with the Uzbekistan State University of Physical Education and Sports;
- Involvement of skilled athletes in the ranks of physical education teachers;
- Development of a new procedure for assigning qualification categories to physical education teachers;
- Establishment of school sports clubs to organize meaningful leisure activities for students;
- Creation of a national assessment system to evaluate the knowledge level and professional skills of physical education teachers;
- Introduction of a rating system to assess students’ participation in sports competitions, the activity of school sports clubs, and the level of student engagement in sports;
- Formation of student teams that have achieved good results in various sports to participate in international competitions [1].

During the video conference held on February 13 under the leadership of the President of the Republic of Uzbekistan and Chairman of the National Olympic Committee, Shavkat Mirziyoyev, a number of urgent tasks were set to bring Olympic and Paralympic movements, as well as specialized and mass sports, to a new level and to increase physical activity among the population. These tasks included: organizing clubs in every school for individual and team Olympic sports; holding competitions among schools in Olympic sports; selecting students who show the best results and equipping their schools with the necessary sports inventory; providing special incentives for physical education teachers who achieve outstanding results [2].

In our country, consistent measures are being taken to reform the school education system, actively integrate physical education into the educational process, fundamentally improve the teaching of physical education in general secondary schools, and continuously enhance the professional and physical skills of physical education teachers. These efforts aim to promote a healthy lifestyle among students, ensure meaningful use of their free time, popularize physical education and sports, and create the necessary conditions and infrastructure to encourage a healthy lifestyle among the population, especially the youth.

These reforms require physical education teachers to improve their pedagogical performance, enhance their professional knowledge and skills, use innovative methods in their work, thoroughly understand and regularly apply methodological principles and rules to ensure the effectiveness of physical education lessons, develop their creative and scientific potential, and acquire the ability to apply innovative methods and technologies in the field of physical education for students.

According to available data, there are currently 33,722 physical education teachers working in general secondary schools across the country. One of the most pressing issues in teaching physical education in these schools is that many of the subject teachers lack sufficient professional and physical competence as well as pedagogical training.

Observations show that most of the teachers attending the “Physical Education Teacher” professional development courses are specialists with higher education. During the training, class sessions, cultural-educational events, and round-table discussions, it became clear that there are several unresolved issues in their professional activities. For instance, in some general secondary schools, physical education is still considered a “secondary subject”; teachers often lack a habit of self-development and independent work; there is no systematic monitoring in place following periodic professional development courses; and there is often a lack (or complete absence) of basic conditions for independent reading and study, such as additional rooms, information-resource centers, or physical education literature in school libraries.

The conducted analyses reveal that it is not possible to improve the professional competence, skills, and moral-ethical level of physical education teachers solely through the professional development courses conducted once every four years. This situation demands continuous improvement of their knowledge, ongoing professional growth, and strong dedication to their work [3, 11-12].

In our opinion, the following tasks should be prioritized in general secondary schools:

- Revising and improving the job responsibilities of physical education teachers according to established procedures;
- Introducing a continuous professional development system for physical education teachers;
- Broadly implementing the "Master-Apprentice" tradition in sports education and continuously improving this practice;
- Introducing formats such as “Professional Development Hour” and “Professional Development Day” to ensure continuous professional development of physical education teachers;
- Encouraging physical education teachers to participate as attendees or speakers in various educational seminars, training sessions, competitions, conferences, and forums;
- Creating conditions in schools that support physical education teachers in carrying out creative work and engaging in scientific research.

We can confidently state that the development of physical education and sports in our country is the effective result of the large-scale reforms being implemented nationwide. From now on, the teaching of physical education in general secondary schools across our country will be fundamentally improved. A special focus will be placed on enhancing the professional and physical competencies of physical education teachers through a new approach and ensuring the effectiveness of their continuous professional development.

Training programs aimed at improving the professional skills and qualifications of physical education teachers in general secondary schools are being refined, and the involvement of skilled athletes among the teaching staff is considered of particular importance.

To raise the quality of physical education lessons and increase students' physical activity, teachers must engage in continuous preparation. Taking into account the age-specific characteristics of students, the teacher must:

- Accurately determine the type, nature, and objectives of the lesson;
- Allocate time and choose appropriate exercises for each lesson part (especially structuring the preparatory part based on the activities planned in the main part);
- Select and apply various teaching methods to enhance lesson effectiveness;
- Ensure the condition and readiness of necessary sports equipment;
- Check students' progress and assess their knowledge;
- Assign appropriate homework;

- Prepare lesson plans in advance for each session;
- Be able to demonstrate the exercises during the lesson.

The key objectives in the teaching and educational process should reflect educational, developmental, and health-improving impacts on students during every lesson [4].

In school life, the physical education teacher has a unique and irreplaceable role. Today's physical education teacher in general secondary schools must be devoted to their profession, possess psychological knowledge, have a deep understanding of teaching methodology, skillfully apply pedagogical techniques, adhere to professional discipline, work consistently on self-development, and strengthen their intellectual potential.

Moreover, they must have a deep understanding of contemporary requirements, regularly and systematically enhance their professional level in line with modern trends, employ active, problem-based, and other effective teaching methods during lessons, be skilled in conducting scientific-methodological work, be capable of setting research goals, selecting appropriate research tools and techniques, and analyzing the data obtained.

The list of used literature:

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