



Methods Of Designing Sports Events on Cheerful Starts

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Annotation. Pedagogical observations show that the use of the design method in the physical education classes of schoolchildren, in sports activities on cheerful starts, turns the physical education class from a class of movement activity into an educational class, and puts it on a par with other basic subjects.

The methods of designing sports events on cheerful starts allow to increase the skills of independent work, students gain experience in organizing independent physical education classes.

The article sheds light on the implementation of a number of pedagogical principles, such as the development of individual potential, initiative, cooperation, individualization, differentiation, success, actualization of the child's subjective position in the pedagogical process, and the interdependence of the pedagogical process through the methods of designing sports events on Happy Starts.

Keywords. Event, method, development, initiative, cooperation, individualization, differentiation, success, process.

ҚУВНОҚ СТАРТЛАР БЎЙИЧА СПОРТ ТАДБИРЛАРИНИ ЛОЙИХАЛАШ МЕТОДЛАРИ

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Аннотация. Педагогик кузатишлар шуни кўрсатадики, мактаб ўқувчиларининг жисмоний тарбия дарсларида, қувноқ стартлар бўйича спорт тадбирларида лойиҳалаш методини қўллаш жисмоний тарбия дарсини фақат ҳаракат фаолияти дарсидан таълим дарсига айлантириб, уни бошқа асосий фанлар билан бир қаторга қўяди.



Қувноқ стартлар бўйича спорт тадбирларини лойиҳалаш методлари мустақил ишлаш кўникмаларини оширишга имкон беради, талабалар мустақил жисмоний тарбия дарсларини ташкил этишда тажриба орттиришади.

Мақолада Қувноқ стартлар бўйича спорт тадбирларини лойиҳалаш методлари орқали индивидуал потенциални ривожлантириш, ташаббускорлик, ҳамкорлик, индивидуаллаштириш, фарқлаш, муваффақият, педагогик жараёнда боланинг субъектив позициясини актуаллаштириш, педагогик жараённинг ўзаро боғлиқлиги каби бир қатор педагогик тамойилларни амалга ошириш масалалари ёрити берилган.

Калит сўзлар. Тадбир, метод, ривожлантириш, ташаббускорлик, ҳамкорлик, индивидуаллаштириш, фарқлаш, муваффақият, жараён.

Many positive things are being done to improve the education system in the world. A clear example of this is that this process is recognized as a priority area in social life.

In solving the existing problems in this process, one of the urgent issues is the training and qualification of mature personnel who can independently solve problems in accordance with the requirements of today's times and fully meet the requirements of their professional specialization. This made it a task for experts of all disciplines to create modern educational technologies that meet modern requirements in the continuous education system. To date, a number of works have been carried out in this regard, including: the creation of new educational programs, the creation of textbooks and teaching methods.

In our republic, special importance is attached to the use of educational technologies in improving the quality of training of specialists [3]. Including the role of educational technologies in improving the implementation of sports events based on the design methods of fun starts is incomparable.

We believe that this trend will create a basis for achieving high results in improving educational efficiency with a new approach to the development of educational technologies in the training of personnel.

N. Sayidahmedov spoke about the essence of the directions of development of pedagogy, and the methodological problems of pedagogy are interpreted differently in philosophical and scientific literature, for example, some authors define methodology as the teaching of methods, the representatives of the second group define it as the application of all philosophical criteria, and the authors of the third group define methodology not only general, but also specific. emphasizes that they consider it possible to generate (special) research methods [7].

We will dwell on some views formed in the development of the science of pedagogy and serving to illuminate the essence of the concept of "methodology". N.S.Pryajnikov puts forward the idea of defining ideas and views with methodological, organizational-



management, specific practical and ethical characteristics in a system of interconnected criteria [4].

The criteria that determine methodological ideas and views are as follows:

Historicity is the study of the subject in the process of its development. This criterion is an important requirement of the dialectical method underlying the research in question.

Rationality - means to look at the studied object separately, not separated from the surrounding environment, but exactly (as in the case of this research object), as a whole system. Otherwise, the results of the study of this object will not be a product of research, but will only consist of recording certain results.

Dialectical criteria - the content of research changes over time as a result of a new interpretation of the leading philosophical ideas that a person is an active subject of social relations. In this sense, the dialectical criterion as the leading criterion of education is directed to the priority socio-cultural ideas of its time. The goals become the goal, content, method and results of education and determine the methodological basis of the pedagogical process. The methods of designing sports activities for happy starts are considered as the process of personal and professional development of the teacher, and creativity as an objective need for designing professional activities. The ideas of individual design of the teacher's professional training process remain the objective leading criterion of professional-pedagogical education. Acceleration of the rhythm of modern life, development of science and technology puts before physical education and sports experts the task of finding new effective means and methods of raising a healthy, strong, well-rounded generation. However, we should not forget the long-known, time-tested tools, such as holding sports events under the name of "Happy Starts", competitions in open games.

The importance of these competitions is that they do not require long-term special training from the participants and can be held at any time of the year in a gym, on the street or in a stadium. Children of all ages can participate in them.

Depending on the goals and tasks of these competitions, they can contribute to the development of motor skills in the participants, to the formation of positive character traits such as will, self-confidence, healthy passion, a sense of mutual help, ability, subordination of emotions, subordination of one's own interests to the interests of the team. Such competitions can also serve as an excellent means of competition in sports.

The design of sports events on cheerful starts, the acceleration of the rhythm of modern life, the progress of science and technology serve to reduce the motor activity of children. These competitions are held to arouse the interest of students in sports activities and sports games. Requirements for drawing up a competition program (scenario) in the design of sports events for happy starts:

The duration of the competition should be 1-1.5 hours.



It is necessary to take into account the age, interests, level of physical development and readiness of students.

The games and relay races included in the program should be varied in nature, affecting specific muscle groups or body systems, as well as taking into account the skills previously acquired by the students.

The game material should be selected taking into account the possibilities of the selection conditions (quality of sports facilities, availability of sports equipment and equipment, weather conditions).

Equipment for games and relay races should be bright, eye-catching and safe to use.

The amount of equipment should be sufficient to hold many games and relay races at the same time so as not to delay the competition.

The order of distribution of games and relay races in competitions should include rest breaks depending on the level of load.

The organizers of "Happy Starts" are responsible for the health of the participants so that the holiday does not turn into a tragedy for some of them. Therefore, all safety and insurance measures should be carefully considered.

Students react strongly to any injustice. This forces the organizers and judges to be extremely attentive to the judges. The jury consists of people who have earned the trust and respect of the students and know them well.

Regulations on competitions, the content of games and relays, the judging formula, evaluation criteria for each game and relay, the deciding vote shall belong to the chief referee of the competition. When announcing the grades, the referees must give reasons for them. However, their comments should be short and convincing.

The evaluation criteria and the methods of performing each exercise should be clearly stated in the competition regulations and should eliminate their double interpretation. The selection of exercises should be such as to simplify their evaluation as much as possible and should not raise doubts among the participants and team representatives about the bias of the judges.

When conducting competitions, before the start, it is necessary to briefly explain to the participants its rules, possible mistakes, as well as show how to perform it.

The system of evaluation of results may be different. The simplest way is to calculate the points according to the place: 1st place - 1 point; 2nd place - 2 points; 3 places - 3 points, etc. In the event of a tie, one game or relay must be replayed, which may be determined by a draw or by agreement with the team representatives. In this case, it is possible to determine in advance which game or relay will be repeated, and reflect this point in the rules of the competition.

Depending on the scope and conditions of the competition, various requirements are placed on the preparation of the field, the quantity and quality of inventory and equipment in the



design of sports events. First of all, the competition area should be colorfully and festively decorated. For this, colorful flags, balls, colorful drawings, slogans, etc. can be used. Depending on where the competition is held, the location of participating teams, spectators, fans and judges should be taken into account.

Musical accompaniment of competitions is of great importance. Upbeat music creates a festive mood in participants and spectators even before the start of the competition, fills the pauses between games and relays, serves to make the opening and closing ceremonies of the competition special. When choosing musical material, it is necessary to take into account the age and musical interests of the participants, as well as their compatibility with the idea of the holiday.

Equipment for games and relay races should, if possible, be colorful and of the same or equal value for all teams. Its amount should correspond to the number of participating teams and the conditions of the game or relay. For the convenience and efficiency of referees' work, each competition must have a list of equipment with its total number and quantity for one team. A note in this list should reflect individual information regarding the designation of the playing area, the placement of equipment on it, etc.

All equipment must be placed near the playground in advance. Then the referees can quickly change it to the next competition, which contributes to the dynamism of the competition and eliminates the length of pauses.

The methods of designing sports activities for fun starts help to fully develop children's interests and inclinations, create conditions for them to develop interest in learning, maximum creative independence and activity. The design of sports events for the happy starts includes the use of health, games, information and communication technologies, integrated and multi-level teaching, cooperative learning, competency-based approach, and design methods. The design method is one of the new directions of conducting sports events for fun starts. The design method is a person-oriented educational technology that implements a number of pedagogical principles, such as the development of individual potential, initiative, cooperation, individualization, differentiation, success, actualization of the child's subjective position in the pedagogical process, and the interdependence of the pedagogical process.

The methods of designing sports events for happy starts require not only the psychological readiness of children for a new educational method, but also fundamental changes in the relationship between the teacher and the student, and a change in the teacher's behavior. The student learns on his own, and the teacher carries out comprehensive management of his education, that is, encourages, organizes, coordinates, advises.

The methods of designing sports events on cheerful starts allow to increase the skills of independent work, students gain experience in organizing independent physical education classes.



In the development of sports activities on the basis of methods of design of fun starts, students develop the basis of knowledge and skills in the use of various methods for health maintenance and physical development. Thus, they become competent in the theory of the subject, which is necessary as a condition for competent performance of physical exercises. Pedagogical observations show that the use of the design method in physical education lessons, sports activities on fun starts, turns the physical education lesson from a movement activity lesson into an educational lesson and puts it on a par with other basic subjects. But we should not forget the traditional methods, which are not more effective. As A. Adamsky noted: "Only a simple or wrong person can believe that innovative pedagogy will take the universal place of traditional teaching methods" [1]. Therefore, traditional and innovative educational methods should be in constant contact and complement each other.

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