

INNOVATIVE APPROACH TO PHYSICAL EDUCATION CLASSES

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Annotation. *This article is devoted to the consideration of the issue of the technology of conducting a physical education lesson at school. The content of children's actions, creative and game tasks is covered on the basis of tools and methods. The features of the physical development of his students are analytically based.*

Keywords: *game tasks, creativity, innovative techniques, exercise.*

When organizing physical education classes, it is important to rely on pedagogical views. Pedagogical scientist K.D.Ushinsky notes that the mobility of a child is directly related to his mental and practical activities. S.T.Shatsky says that the appearance of the game depends on the wealth of the inner life developing in the heart of the child. Many scientists K.D.Ushinsky, P.F.Lesgaft, V.V.Gorinevsky, E.Y.Stepanenkova and others have described the game as arising from the need for a tool. The child serves as a source of not only spiritual, but also physical development. The leading value in sports activities and in the educational system is the personality of a person, his individuality, the ability to create, change the world around him. Of particular importance is the problem of creative self-awareness of the individual, awareness of personal experience, the creation of a modern future strategy. Therefore, the problem of using human potential is one of the factors of human development, the development of the individual and society as a whole. Human professionalism involves achieving a high result. Orientation to it inevitably raises the question: What aspects of the personality and the presence of forms of activity can ensure success? The faster a person who has chosen a profession and begins to prepare for self-realization in it, the more conscious it is to climb the heights of professionalism. L.N.Kogan sees self-awareness as "a conscious purposeful process of revealing and identifying the vital forces of an individual in his multifaceted activities". Pedagogical activity is one of the most creative areas. It has many similarities with other creative areas of human activity, but has its own characteristics, inherent only in it. The pedagogical activity of the teacher reflects the unity of reproductive and creative, general and diverse, objective and subjective sides. It records the General Laws of pedagogical activity and the individual characteristics of specific participants in this activity. V.I.Andreyev defines creativity as a type of human activity, noting a number of features that characterize it as a holistic process: - the presence of a conflict of a problematic situation or creative task; - social and personal importance and progressivism that contribute to the development of society and the

individual; -the presence of objective (social, material) conditions for creativity; - the presence of subjective (personal qualities – knowledge, skills, especially positive motivation, creative abilities of the individual) conditions for creativity; - novelty and originality of the process or result. If at least one of these features is meaningfully excluded, then creative activity is not carried out or activities cannot be called creative. The main personal characteristics of a physical education teacher include his ability to respond flexibly to issues of practice. It is characterized by the ability to see the characteristics of the researcher, the desire for generalization, the critical assessment of the work, the incompleteness of his knowledge, the ability to control cognitive activity. In addition, the ability to develop creative thinking of his students is important in his work. It is possible to achieve a high level of physical skill of its students, provided that the teacher himself demonstrates creativity. Its ability to independently formulate motor tasks and control a high level of motor actions can be seen as a moral readiness to realize the need for creative work. The creation of optimal conditions for the creative development of students can be only with the teacher himself, his creative development. The components of self – development that make up the system are self-knowledge, self-control and creative self-awareness of the personality of the coach in its professional formation. Personal qualities that carry out creative individuality include deep emotional immersion in the development of events, the presence of pedagogical abilities, artistry, expressive abilities, attractiveness, willpower and perseverance in the implementation of their ideas in achieving the desired results, as well as openness and sincerity. The totality of personal qualities characterizes his creative culture. On an emotional level, these are intuitive processes, inspiration, creativity, creative search, teacher excitement. Factors contributing to pedagogical creativity include: good knowledge of the material of activity; cheerful well-being; a well-thought-out plan of a lesson or event; a sense of physical freedom, freedom; the correct choice of teaching, upbringing methods; effective communication and teacher and taught mutual understanding; variety of methods of influence; entertainment of presentation; a clear emotional attitude to the material being studied; Thus, the features of pedagogical creativity include the highest activity in the spiritual life of the teacher, new emotions, taste for innovation, the search for a non-standard solution to pedagogical problems, constant professional self-improvement based on the study and introduction into practice of the achievements of sports and pedagogical science.

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