

DIDACTIC TOOLS THAT CAN BE USED IN FORMING STUDENTS ' INDEPENDENT PERFORMANCE SKILLS

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ABSTRACT

This article talks about the didactic tools and methods that can be used in the formation of students' independent performance skills, and the methods of games and competitions that organize the students' movement towards such methods.

Keywords: *equipped dressing rooms, toilets and showers for maintaining personal hygiene, stopwatch, whistle, batons, cones.*

The science of physical education, which plays an important role in the formation of the individual personality of a primary school student, including general development exercises, is a tool that can be a source of development of the child's skills, knowledge, and creative potential. By teaching holistic development exercises that students can do themselves, it is the result of a recognized methodology at the intersection of education, upbringing and development.

It is known that there are also teaching methods specific to the science of Islamic education. Special methods related to physical education are directed to master movement skills and physical development of students.

Among such methods, we can mention the methods of games and competitions that form the movement of students. The peculiarity of these methods is that the possibility of increasing the load during their use is limited. Of course, the rapid change

of game situations and the dynamism of children's activities make it difficult to make clear restrictions. These methods are widely used in the period of performance improvement (MO). In order to ensure that the student acquires new movement skills, a strictly regulated teaching method can be used in the process of creating optimal conditions.

One of the most important aspects of physical education methods is student a It will be necessary to coordinate loading and rest time. To determine the list of didactic tools that can be used in the system of didactic foundations and at the same time in physical education lessons, in our case, in the process of learning physical education, in the formation of independent performance skills of students. The following list of tools is approved in the standard of physical education in primary grades. It is based on the methodological system that we offer. According to the standard, the necessary conditions for teaching "Physical education" in primary grades: places and rooms that create conditions for physically active teaching; common and playgrounds, open spaces and different sizes and closed rooms in the form; at least one room equipped with air conditioning or a good ventilation system, various places in the open space for exercise; The educational process of "Physical education" should be dynamic and interactive; indoor and outdoor spaces suitable for a wide range of activities and learning opportunities within the program; closed classrooms should be well equipped with ventilation systems and the temperature regime should be suitable; equipped outdoor areas depending on the volume of physical training loads and the frequency of breaks for recovery; outdoor environments should be viewed as the most natural enhancement of indoor learning opportunities; Safe, specialized, well-equipped dressing rooms and work rooms for physical education teachers, as well as coaches from other regions, teachers or instructors supporting or supplementing the educational program ; dressing rooms should be separated according to gender and age ; toilets and shower rooms for maintaining personal hygiene.

The minimum amount of standard special equipment - athletics: stopwatch, tape measure, whistle, relay batons, cones, stick with unit of measurement used in high

jump, sand pit for landing in long jump, 150 gr. rubber balls, 500-700 gr. grenades, obstacles used in running.

- soccer: team uniform, soccer balls, cones, goals, whistle;
- volleyball: short sleeve team uniform, volleyball balls, net, poles, whistle;
- basketball: short sleeved team uniform, basketballs, basket, roller, whistle, circle;
- table tennis: tables for table tennis, rackets, table tennis balls;
- badminton: rackets, net, rackets; whistle;
- senior tennis: rackets, nets, tennis balls;
- national games: white poplar or blue poplar, wrestling ;
- gymnastics: ropes, gymnastic mat, Swedish walls, gymnastic log (low), gymnastic small wooden horse, gymnastic wooden horse, gymnastic ball, gymnastic tapes (with tape sticks), gymnastic roller, bridge, filler ball;
- swimming: ribbons, pads, water toys, balls.

As a conclusion, we can say that among those shown, we have described the tools related to the implementation of specific elements of URM in connection with the methodological system. About the didactic system of developing the ability of primary school students to perform independently through general development exercises. It was determined that the improvement of physical culture as an important component that adds to the general cultural level of mankind can only be done through a systematic, scientifically based and theoretically based teaching process.

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