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**INNOVATIVE TECHNOLOGIES OF PHYSICAL DEVELOPMENT OF SCHOOL-AGED
CHILDREN*****Mizomov Shahriddin Sagdullayevich****Tashkent state economy Samarkand branch of the university, Uzbekistan****Ochilova Farida Bakhriddinovna****Samarkand State Medical University, Uzbekistan***ABOUT ARTICLE**

Key words: Innovative technologies, physical development, physical nature, physical exercises. **Abstract:** This article covers information on innovative technologies for physical development of school-age children.

Received: 20.05.2024**Accepted:** 25.05.2024**Published:** 30.05.2024**INTRODUCTION**

the words "newness", "discovery" can be taken as synonyms of the concept of "innovation". Although these words differ from each other in terms of meaning, they are all creative activities and events related to creativity. At the same time, according to scientists, if creativity is understood as the promotion of new ideas, the different side of innovation is its implementation. We know that a number of talented scientists and pedagogues have been and are dealing with the problem of innovative technologies. In order to increase the effectiveness of education, they conduct research and make recommendations on various methods and methods that help our teachers and pedagogues to organize and conduct the educational process correctly.

There are the following types of innovations, according to this criterion, innovations are divided into: technological; production; economic; trade; social; used in management.

Purpose: to study and analyze innovative technologies of physical development of school-aged children.

MATERIAL ANALYSIS

The main means of physical education are physical exercises and routines, gymnastics, games, sports, daily routines. Each unit consists of four interconnected parts: physical education classes, school and extended day physical education and health activities, extracurricular activities, physical education and sports activities. The main forms are: ski trips, training in general fitness groups, sports competitions, physical training holidays, training in sports sections. The general management of the work of the physical education team is assigned to the physical education teacher. Physical education class is a form of training that is mandatory for all schoolchildren. Classes are conducted with a certain constant composition of students in a certain class. The main means of physical education: physical exercises used in gymnastics, sports, games and tourism; natural factors (air, sun, water); hygienic working and living conditions.

Today, students in every field, including physical education classes, demand innovative approaches aimed at forming strong skills in young people. Specific methods of physical education include: 1) strictly regulated exercise methods; 2) game method (use of exercises in the form of a game); 3) competitive method (use of exercises in the form of a competition).

ANALYSIS AND RESULTS

In physical education, general pedagogic methods, partial methods of using words (verbal methods) and methods of ensuring observation (visual methods) are widely used. In the physical education of children of preschool age, physical exercise methods are the main ones. Several methodological principles are used in physical education. Methodological principles of physical education are as follows. Methodological principles that must be followed in training and educational activities: awareness and activity, visibility, accessibility, structure and dynamism. Innovation in sports today is a new version of the medical care program for athletes. It sets a minimum standard of education to enable the coaching staff to provide emergency medical care; Includes flexible options, including external defibrillation equipment The following principles of physical education are discussed. They formulated three general principles: the principle of supporting the comprehensive and holistic development of the individual, the principle of connecting physical education with life practice (applicability), the principle of orientation to health. is one of them.

They are the main means of physical education for children of preschool age.

There are the following innovative methods in physical culture: The main methods of developing physical qualities: uniform, repetitive, variable, interval, control and competitive. The methods of

organizing military personnel during physical exercises can be individual, group, frontal, circular, continuous.

What is the difference between physical education and sports? People do sports for achievements and victories, and physical education for health. Sport implies a serious attitude, a career, a coach and achieving high results. Physical culture is easier. It is included in the program of schools, technical institutes, and higher educational institutions. Therefore, innovative technologies are considered important in physical development, and creative approaches are required from pedagogues in every physical education class.

CONCLUSION

Physical education is an integral part of general education aimed at strengthening health and harmonious development of the human body. It is one of the indicators indicating the state of physical culture in society. The main means of physical education are: physical training, body conditioning, work and life hygiene, and physical education is combined with mental, moral, work and aesthetic education.

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