



THE MAIN TASKS OF TEACHING A STUDENT TO YOUTH LESSON IN RELATION TO SPECIALISTS

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Received: 20 th January 2022	We can confidently say that the academic discipline «Physical Culture and Sport» is one of the few academic disciplines that the negative consequences of quarantine have affected the most. This article describes the level of satisfaction of students in such difficult quarantine conditions.
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Raising science to a good level during the period of Independence, which allowed, in turn, the joint activity of mature, talented specialists in the field of health, culture, physical education gave a good result.

Difficulties during lessons arise not only for novice teachers, but also for experienced teachers. However, it is more difficult for a young teacher to cope with children, find the right approach and choose the right method of establishing order in the classroom. It is necessary to know different ways of establishing contact with students, be able to maintain a healthy environment in the classroom, keep children at the necessary distance and create the right hierarchy of relationships. A teacher should be an authority for his students, enjoy their respect and trust. Young teachers are forced to do a lot by experience, which is why sometimes they manage to quickly become disillusioned with the profession, or spend too much time and effort to establish discipline in the classroom. At the same time, it is very important to establish the right relationship with students, because this is the only way to conduct training effectively enough, directing all forces directly to the educational process, without being distracted by issues related to order, silence, discipline. Discipline in the classroom sometimes becomes an elusive goal. It is especially difficult to establish it when the teacher is young, and he teaches in the middle classes. Students, being at a transitional age, are not easily amenable to general methods of education, strive for self-expression, quickly lose interest in classes and tend to express their opinions, demonstrate a personal position.

For a teacher in such cases, several important tasks come to the fore at once:

- arouse sincere interest in the subject;
- competently create your own image of a teacher who should be respected;
- in any case, do not show your weaknesses: uncertainty, fear of the audience, lack of ready-made

solutions to emerging problems and their search "on the spot";

- conduct the lesson consistently and logically, do not lose its thread and do not stop, do not interrupt, do not slow down, keep track of time clearly;
- monitor the behavior of each student and the entire class as a whole;
- establish contact with each child without exerting undue pressure;
- develop your own line of behavior, stick to it in any situations, even critical ones.

If the teacher manages to solve the main tasks, it will not be difficult to establish discipline in the classroom. There are a number of nuances that a novice teacher needs to know. Simple recommendations will help you find an approach to children, organize the learning process correctly, and build relationships with children correctly.

First of all, you will need to take a responsible approach to the organization of lessons. Each of your lessons should be thought out in detail. If you yourself fail to conduct lessons competently, allocate time, correctly alternate different classes, engage children and make them constantly think, answer, reason, work, students will feel your insecurity, realize that you lack personal discipline. As a result, it will be much more difficult to establish order in the classroom.

Each lesson should have a clear structure. Divide it into stages, separate them from each other. Be sure to write lesson notes and constantly focus on the time. Note in your notes how many minutes are allotted for this or that work in the classroom. Always leave a small amount of time, but also plan in advance what you will do with the guys if all the tasks are completed ahead of time.

Highlight the organizational moment, explain to students at the beginning of the lesson its tasks and goals. Try to use your introductory speech to set up children for a responsible attitude to classes. Identify the incentives: the role of the topic or the upcoming



work in the overall educational process, the value for further classes, test papers, final tests. Cover all students in the lesson. Do not allow "distortions" when the focus is on weak students who need to be interviewed, or, conversely, excellent students who answer all questions.

Avoid situations in which you will not be able to navigate and accurately direct the course of the lesson. Imperceptibly look at the clock and do not go beyond the limits you have set, constantly guide the actions of students, avoid pauses. Calculate the time objectively to keep up with everything. Do not continue the lesson after the bell – you need to keep within the specified period.

Use various means and methods of teaching in the classroom, try to make them fascinating, exciting. If your lesson really interests students, it will be much easier to establish discipline. There are many ways to take the lesson beyond the usual routine: use illustrations, musical fragments, conduct integrated lessons; create presentations specifically for lessons; take students on an excursion related to the topic of the lesson; conduct lessons in a non-standard format: lesson-debate, lesson-seminar, lesson-conference, lesson-journey; use tables, flashcards, and conduct mini-competitions between students.

Work on yourself. Be sure to monitor your psychological state, carefully monitor it, do not let emotions take over. Think over your image of a teacher in advance and follow it steadily. Even when you enter the classroom for the first time, completely unfamiliar students are waiting for you, you feel fear and uncertainty, demonstrate with all your appearance: you are completely in control of the situation and are not afraid at all, you are not shy. If you are not sure, play it. Your students will definitely feel your attitude. Be outwardly absolutely calm. Gradually, you will feel that you are really taking the situation into your own hands. The main thing is to convince yourself and your students of your capabilities.

Tune in to classes positively. It is very important that you really love your work and children. Everyone has temporary difficulties, but your correct inner attitude will help you overcome them quickly and effectively. Don't let yourself get annoyed, upset in class, don't panic.

Respect the personality of the students. Children should not raise their voices – this demonstrates weakness, the use of derogatory characteristics, neglect in tone, ratings, comments is not allowed. Feeling a negative message, the students will immediately respond in kind. It is very important that the children begin to respect the young teacher. A restrained, delicate, correct, persistent, but completely balanced

teacher will definitely cause a positive attitude. Guys, like all people, will always appreciate self-respect

When the students began to interfere with your lesson, do not lose control of yourself. Behave calmly, don't be nervous. Trying to keep talking over the noise to establish discipline in the classroom is not worth it. It is better to just stop, take a short pause, calm down, and then, if the students do not notice your silence, attract their attention. A light but unusual sound helps well in such cases. You can tap on the table with a pen, a pointer, or address the students with some kind of motivational phrase. It is important to demonstrate confidence and firmness with all your appearance. It always works well. You can also get up, go to the board, the door. Your actions will surely arouse interest and distract children. Another good option is to identify the most fervent students, the so-called "ringleaders", and approach them. In this way, you will instantly separate them from the rest of the children: other students will begin to quiet down, following the development of events and waiting for your next steps. After that, it is enough to strictly remind the students that there is a lesson going on and there is still unfinished work that you have to do with them. Please note that you do not need to separate from the children, but to unite yourself with them – you work together in the classroom. Therefore, watch your expressions and formulate them carefully, thoughtfully. Students will definitely pay attention to your words, catch all the nuances and appreciate your attitude.

Remember that even experienced teachers are not always able to resolve a conflict, cope with specific students, and successfully establish discipline in the classroom. Sometimes circumstances are so serious that it is impossible to do without the intervention of a psychologist, a social pedagogue, administration and parents. Do not rush to conclusions, removing responsibility from yourself, but also do not reduce objectivity by analyzing the situation in the classroom. In some cases, only emergency and harsh measures help. If you feel that you are facing exactly such a situation, consult with other teachers, social pedagogue.

For students, students, especially those who are constantly engaged in sports (sports schools, sports teams, etc.), the provision of medical and psychological services is inextricably linked with the practical, scientific and pedagogical activities of specialists in physical education and sports. The constant study of such socio-educational processes, bringing joint, generalized conclusions to the mind of the student, students and of course parents is the main problem of the present time. For this purpose, it will be necessary to perform. The following tasks, that is:



-knowledge of specialists about the properties of medical and physiological factors in the growth and development of the human body;

-the study of the human psyche, its education by such specialists as a teacher and a psychologist;

-to pay close attention of specialists of physical education and sports to practical, as well as scientific and theoretical experiments, statements.

Based on life experiences, pedagogical observation, study of scientific and methodological manuals, as well as communication with specialists in various fields, especially direct conversations with students, students, young parents led to the following conclusions, that is:

1. Based on the teaching of physicians, we can say that the human body consists of cells, fibers, fluid, the most basic cover (skin cover), their main task is to provide the body with the necessary nutrition for growth, development and mobility. The feeling of pain in any organ or the appearance of some pathology makes it clear that there is a violation of nutrition and metabolism of cells in the body. It should also be noted that these natural processes are directly related to physiological functions and tasks. That is, the brain provides the functions of the heart, liver, lungs, digestive organs (stomach, intestines), excretory organs (kidneys, bladder, rectum, oral cavity, nose, leather lining, etc.), human movement (walking, running, bowing, straightening, various complex practical activities). This involves chemical, biological, and mechanical functions that ensure the viability of organs.

2. The psyche is a complex reality and activity. Despite the fact that who? Where is he? (on vacation, at work, at a wedding, at a picnic, at a funeral, etc.) each person faces different situations throughout the day, or even in a few minutes. And this condition is very well imagined by most adults, especially children.

In the world of physical education and sports, psychological processes occupy the main place. If you start an exercise class, a game with a good mood, the victory is unsportsmanlike. At physical education classes, children, especially students, perform game exercises with joy. And as a result, with an increase in motor skills, they reach physical maturity. Disputes, duels, complex movements of game exercises help to foster a sense of rivalry, victory among those involved, and with their help friendship, love and many other human qualities.

According to this, the student-youth and students in order to direct psychological moods in a positive direction, all subject teachers should use the methods of folk pedagogy in order to do so.

3, Specialists of physical culture and sports pay great importance to the means of physical education,

very highly appreciate their work in their use in the field of education of the physically mature generation. And there is no denying it. Because many teachers of physical education, especially highly qualified coaches, talented, capable athletes are well aware of the content and significance of biological, physiological, chemical-mechanical, psychological changes occurring in the human body. But such a natural, at the same time changing on the basis of education, some processes and their abilities are well known to students and students cannot be a based conclusion.

For this, it is necessary to offer follow-up recommendations:

-to listen to the statements of doctors, psychologists, gifted, scientists, coaches, capable athletes during communication by organizing special round-robin conversations in all educational institutions;

-organize conversations, meetings, discussions with the participation of mahalla activists, radio operators, women scientists, youth about the problems of human development, his psychological world, physical education and ensure the participation of relevant specialists in them;

- to organize special scientific and practical centers as part of high responsible bodies, taking into account the close interrelation of the problems of medicine, psychology and physical education and attracting highly qualified specialists-scientists to them. These processes will cause the development of healthy lifestyle skills for students, students and, of course, young teachers.

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