

Characteristics of Using Modern Educational Technologies in Cheerling Sports in Physical Education Lessons

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Abstract: This article discusses the content and methods of maintaining the health of students in the developing society and their physical and personal qualities through sports action games.

Keywords: Information exchange, Information blocks, Cheerleading, Cheerleader, Modern educational technologies, Fitness-aerobics, Technological methods.

Within the framework of development trends of world education, the tasks of coordinating the innovative organization of activities of the subjects of the pedagogical education process, bringing up an all-round mature and well-rounded person, and improving modernized pedagogical technologies based on competency approaches are given priority. Today, in the leading higher educational institutions of developed countries such as Japan, South Korea, Russia, France, Germany, Finland, and the Netherlands, attention is being paid to the preparation of high-potential, intellectually developed, competitive specialists by organizing the activities of future specialists.

Improving the knowledge, skills, and abilities of primary school students in educational institutions, improving their intellectual and physical maturity, increasing the quality and efficiency of pedagogical education, humanizing them, democratizing them, applying creative or digital pedagogical technologies to educational subjects introducing, ensuring the continuity of education, setting socializing and developmental goals, including physical and personal development of primary school students, increasing their creativity, creativity are being raised.

The need to protect and strengthen children's health in modern society forces teachers to look for more and more new forms and means of teaching, because high demands are placed on the physical and mental development, emotional and voluntary tolerance of the growing generation, such demands are only met by only healthy children are eligible.

Recently, the processes related to the development of motor activity of children of primary school age are attracting great interest all over the world. According to the UN Convention on the Rights of the Child, this issue is multifaceted and includes health, nutrition, education, social sciences, economics, as well as child protection and related to their social well-being. The World Health Organization (WHO) states that "the issue of protecting the life and health of children is the most important strategic goal of protecting the health of the entire population; "Investing in children's health in the early stages of development will have significant benefits later in life and benefit the entire population"².

Replacing traditional forms of the educational process with non-traditional forms, diversity of classes reduces student fatigue, increases interest in the studied subjects and helps to achieve the desired results.

The wide use of modern educational technologies allows the use of intellectual and resource resources of students and ensures high quality of the educational process.

The problem of pedagogical technologies among scientists V.P. Bepalko, V.V. Guzeev, M.V. Clarin, V.M. Monakhov, G.K. Selevko, N.F. Talyzina, A.P. Chernyavskaya, L.V. Bayborodova, I.G. Kharisova³ and others studied. According to G.K. Selevko⁴, technology manifests itself as a step-by-step process of production or social problems on a scientific basis. The importance of this classification is that the studied process includes the connection between educational theory and teaching methodology (education, development) and ways to realize the educational goal. In this approach, technology regulates all the dependencies of the pedagogical process, determines the stages, determines the conditions for their implementation, coordinates its capabilities for the purpose of technologicalization of the educational process - this means obtaining a product of the specified sample through diagnostic criteria.

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² Decision of the President of the Republic of Uzbekistan No. PQ-3907 of August 14, 2018 "On the measures to bring up the moral, moral and physical maturity of young people, to raise the quality of their education system to a new level.

³ Kilicheva F.B. The technology of applying the project method in teaching the Russian language as a factor in the formation of students' abilities for self-expression and self-realization // Formation of the personality of students and youth of a new formation (the ability of self-expression and self-realization) T, 2013. P. 96-104.

⁴ Ryabkova N. G. Contradictions of the humanization of education in modern school as a pedagogical problem / N. G. Ryabkova. Petropavlovsk-Kamchatsky, 2008.- p. 312.

According to V.M.Monakhov⁵, pedagogical technology is a hierarchical and orderly system of technological processes for the design of the educational process, which guarantees the achievement of the planned result when implemented strictly. The scientist sees the difference between pedagogical technology and methodology in the future project of the educational process and the guaranteed result.

The definition of the concept of "pedagogical technology" put forward by V.P. Bespalko is very widespread⁶: pedagogical technology is a combination of means and methods of repetition of theoretically based educational and educational processes that allow successful implementation of educational goals.

Based on the theory of person-oriented approach, V.P. Bespalko puts forward his opinion: in pedagogical technologies "designing the process of forming the student's personality and it guarantees pedagogical success, regardless of the teacher's skills"⁷.

Pedagogical technology includes an appropriate project, in which these goals are very clearly defined, the possibility of objective step-by-step measurement and final assessment of the achieved results remains. Personality is formed in holistic education and holistic pedagogical process (A.V. Khutorsky, I.Dichkovskaya), so pedagogical technology should correspond to this basic feature of pedagogical activity⁸.

Modern pedagogical technologies have wide possibilities and their advantages are as follows:

- not only creates conditions for understanding the content, but also forms the ability to use methods of knowledge, methods of building new knowledge;
- contributes to mastering methods of information exchange, deepening and changing information blocks (including their organization, construction and correction);
- technological methods give learners the opportunity to demonstrate their strengths, because everyone "chooses the level of participation, the amount of information, the pace of professional growth, engages in communication with all participants."

Here, a new type of sport "Cheerleading" first appeared in America from modern pedagogical technologies. "Cheerleading" comes from the English word (**cheer**) - a translation of joy (you can also shout) and (leader) - a person who follows you (**leader**). "For many girls in the United States, it's not just a hobby (fitness or aerobics) but a real career." In the CIS countries, this sport appeared in the late 90s with the arrival of the great American football. In 1996, the first group to support sports teams in Russia was established under the American Football League⁹.

According to American scientists, regular **cheerleading** exercises develop children and teenagers physically, help to form a child's personality harmoniously, contribute to physical development and help identify creative and leadership qualities of each teenager. In addition to developing aesthetic, spiritual, moral and patriotic qualities, **cheerleaders** will have the opportunity to regularly engage in healthy physical education and sports, and lead a healthy lifestyle. Training in this sport provides good acrobatic choreographic preparation, perfect stretching and plasticity of muscles.

While performing learned dance compositions, each **cheerleader** promotes a healthy lifestyle, good physical appearance and a positive attitude towards all people, sharing good mood, good intentions, teamwork, constant mutual support, mutual understanding provides mutual trust¹⁰.

Cheerleading is an alternative to classical sports: gymnastics, acrobatics, aerobics, etc. for children of junior school age, because at this age every child can show great results. This type of sport is of great importance in the development of movement qualities and skills, in strengthening the general physical condition of the child, and in improving his coordination of movements. Lessons are held to the accompaniment of modern music, at a high emotional level. After all, the sports skills and general physical fitness acquired during regular additional **cheerleading** training are highly important for the child to successfully engage in any sport in the future, to develop leadership qualities, a positive attitude in life, to teach teamwork and to leave kindergarten for school. allows you to have a level of physical fitness.

⁵ Medical foundations of physical education and sports in the formation of a harmoniously developed generation. Methodological guide. - Tashkent: "Uzbekistan", 2011. - p. 152.

⁶ Bashkirov, P.N. The doctrine of the physical development of man / P.N. Bashkirov. - M.: Publishing House of Moscow State University, 1962. - p. 339.

⁷ Bashkirov, P.N. The doctrine of the physical development of man / P.N. Bashkirov. - M.: Publishing House of Moscow State University, 1962. - p. 339.

⁸ Ivanova L. A., Savelyeva O. V., Zvonova T. A. One of the directions of health-saving, health-improving and developing work in a preschool educational institution. Uchenye zapiski universiteta im. P. F. Lesgaft. - 2013. - No. 3 (97). - p. 72-76.

⁹ Fundamentals of valeology. Textbook for institutes of physical culture / Comp. Koshbakhtiev I.A., Kerimov F.A., Akhmatov M.S. - Tashkent, 2005. - p. 250.

¹⁰ Talyzina N.F. Formation of cognitive activity of junior schoolchildren : a book for teachers / . - Moscow: Education, 1988. - P. 175.

Cheerleading requires an individual approach for each athlete, there is no medical resistance, and it allows for constant management of physical load during each period, which is completely appropriate for this age group. In our opinion, such classes help to solve the problem of strengthening not only physical, but also mental health of children, form their proper physical movement skills and abilities, and teach them to maintain the body correctly.

Today, **healthy development of cheerleading** provides two main directions:

- as an independent sport that combines the elements of shows and physical exercises included in the program according to certain rules. This mandatory program includes gymnastics, acrobatics and fitness-aerobics, recovery with dance movements, acrobatic pyramids "screaming elements";
- works as support groups for sports teams in football, volleyball, basketball, etc. This type is different from the show - he joins the events of the competition, sympathizes with his sports team, morally supports the team during the game and shares a positive mood with the support of the fans.

In conclusion, it should be noted that this type of sport is suitable for the purpose if it is put into practice and competitions are held among students and young people. In addition, solving the problems of successfully conducting the experiment based on the current educational process, determining the most effective technologies, achieving the growth of physical and personal development indicators of students was based on the study of the primary development level of children in basic schools. Studying the state of the educational process in physical culture classes, organizing interviews with teachers, analyzing different points of view in the scientific literature and their systematization will give us some general educational results evaluation indicators for the research problem.

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