



SPECIFIC FEATURES OF THE APPROACH TO STUDENTS IN PHYSICAL EDUCATION LESSONS ON THE BASIS OF THE PRINCIPLE OF INDIVIDUALIZATION.

Arabboyev Qahramon Tohirjonovich
Kokand State Pedagogical Institute

Annotation: The article talks about the specific features of approaching students based on the principle of individuality in physical education classes. Also, the issues of taking into account the students' temperament characteristics during the training sessions were also covered.

Key words: physical development and level of physical training, differentiated approach, temperament, adjustment of temperament, individuality.

In the conditions of modernization of the public education system, the nature of the requirements for a graduate of a secondary school has changed qualitatively. The role of personality in issues of self-improvement and self-education has increased. All this requires the search for new and most effective methods of teaching in a modern school.

The concept of development of the educational system until 2030 was adopted in order to establish priorities for the systematic reform of general secondary and extracurricular education in the Republic of Uzbekistan, to raise the growing younger generation to a qualitatively new level of spiritual, moral and intellectual development, to introduce innovative forms and methods of education into the educational process.

The concept also provides for the issue of improving the teaching methodology as one of the main issues, the gradual implementation of the principles of individualization into the educational process[1].

Modern ideas of human biology, medical theory and psychology are based on the need for an individual approach to optimizing a person's condition. Recently, similar conclusions have been drawn by many specialists who are engaged in health-improving physical education problems. The use of an Individual approach, including in the physical education of students, is an unconditional requirement for the implementation of the principles and rules of the National Training Program and leads to a revision of traditional models of the pedagogical process[2].

It has been established that the development of physical qualities in children of a homogeneous age and with a homogeneous physical development is not homogeneous. It has been shown that the creation of an individual program for the development of lagging physical qualities, the development of a set of exercises on them and the organization of teaching students with a stratified approach for each group in physical education classes is one of the pressing issues of today.

The action of a stratified and individual approach is that, having determined the degree of mastery of physical exercises by students, the educator is required to take into account his personality, client, character, psychological and physical qualities, posture structure, state of health as well.

The main and universal way to adapt temperament to the requirements of activity is the content of an individual style of work.

Some kind of professional education or just a task in labor activity yohud requirements can be carried out in the same capacity through different methods and ways. By the individual style of

activity, we understand the individual system of the method and path of actions that are considered expedient for this person in achieving a result with a successful one.

One of the conditions for finding content of an Individual style is to take into account the types of temperament and their properties. A person chooses methods and paths that correspond in many ways to his temperament when performing this or that action. The methods and ways of action that correspond to temperament have caused temperament, often completely involuntary and in vain depend on the forms of response, as well as on the characteristics of movement. For example, in maintaining balance, the choleric performs completely involuntary and vain contradictory actions many times more often than the sanguinic in order to keep the Forbidden movement. From the totality of such arbitrary and vain forms of action, a system of methods and actions is composed, which characterizes an individual style, is fully consciously applied, planned, aimed at the goal.

Literature sources indicate that the level of development of movement qualities between children of the same age and children of the same physical development is different. Therefore, in an individual approach to these students, it is necessary to draw up an individualized program for each person, which should be aimed at the development of the qualities of one or more actions.

Experts believe that when choosing the means and methods of physical education, it is better to take into account the following factors:

- 1) anatomical-physiological and psychological characteristics of children of exact age;
- 2) characteristics associated with a very rapid growth of height in the group of children 11-14 years old.

Mainly in girls, at the age of 11-12 years, there is an increase in overall dimensions and body weight. During puberty, deep Morpho-functional and functional changes occur in girls. In terms of physical development, all muscle groups of boys develop and body weight increases. In terms of strength development, agility and endurance, boys achieve higher results than girls. However, the physical loads that are given are often not differentiated.

One of the most characteristic aspects of a person's personality is his individuality. Individuality is understood as an irreversible combination of psychological characteristics in a person. The composition of individuality includes abilities composed of character, temperament, features of the passage of psychic processes, the totality of government emotions and motives of activity.

School age is considered a good period for increasing students' various physical abilities. Therefore, great attention is paid to the physical education and participation in sports of students of this age in our Republic.

High results can be achieved if, in our opinion, boys and girls are approached individually (individually) depending on the interrelated aspects and characteristics of their physical abilities, types of temperament and their properties. Paying attention to the individual characteristics of two specific students, and not only children with an average level of training, is indicated in the new program of physical education. The problems in this regard are not fully solved both theoretically and organizationally methodically.

Our research has shown that children of the same age groups have different types of physical development, medium and different levels of physical qualities. Since the development of physical qualities becomes more difficult, it is necessary to draw up a personal (individual) program. We see that the organism of students is not the same in terms of the rate of physical growth in performance

and standard work in difficult tasks from loads, as well as in the types of temperament and their properties. A two-hour physical education lesson a week does not give children the opportunity to increase the deficit of movement activity. Therefore, in terms of the health of students in general secondary schools, it is 60-70% of the total number of students.

An individual approach is necessary when solving all the main tasks (the formation of knowledge, skills and abilities, the education of physical and spiritual qualities). It is expressed in differentiation according to the individual characteristics of individuals engaged in educational tasks and methods of their implementation, the size of the load and methods of its regulation, the methods of organizing the activities of students and pedagogical influence. But an individual approach, in principle, cannot be contrary to the general directions of the pedagogical process. True individualization of pedagogical influences is possible only on the basis of compliance with the General Laws of education and upbringing.

REFERENCES

1. O‘zbekiston Respublikasi Xalq ta’limi tizimini 2030-yilgacha rivojlantirish **KONSEPSIYASI**. 2019-yil 29-aprel
2. Каримов, А. Х. Индивидуальный подход на занятиях по физической культуре / А. Х. Каримов. — Текст : непосредственный // Молодой ученый. — 2016. — № 7 (111). — С. 633-634. — URL: <https://moluch.ru/archive/111/26948/>.
3. Arabboyev, Q. T. "SPORTCHILARNI TAYYORLASHDA FUNKSIONAL TAYYORGARLIKNING AHAMIYATI: 10.53885/edinres. 2022.75. 29.012 QT Arabboyev." Научно-практическая конференция. 2022.
4. Arabboyev Qahramon Tohirjonovich. (2022). ADAPTATION OF ATHLETE STUDENTS TO STUDENT LIFE. INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact Factor: 7.429, 11(11), 272–276. Retrieved from <https://gejournal.net/index.php/IJSSIR/article/view/1105>
5. Arabboyev Qahramon Tohirjonovich. (2022). THE IMPORTANCE OF FUNCTIONAL TRAINING IN THE ATHLETE TRAINING SYSTEM. INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact Factor: 7.429, 11(11), 261–264. Retrieved from <https://gejournal.net/index.php/IJSSIR/article/view/1103>
6. qizi, Xojimurodova MahliyoXon Kenjavoy, Inomov Faxriddin O‘rmonjonovich, and Alisherova Mohiraxon Axrorjon qizi. 2022. “Problems of Development of Physical Culture and Sports After Independence”. Central Asian Journal of Literature, Philosophy and Culture 3 (12), 58-62. <https://cajipc.centralasianstudies.org/index.php/CAJLPC/article/view/637>.
7. Juraev Voxidjon Muhammedovich,. "Psychological Features of Competitive Motivation of Athletes." Central asian journal of literature, philosophy and culture 3.11 (2022): 312-314.
8. Nazirjonovich, Khatamov Zafarjon. "The use of modern educational technologies in the organization of physical education is a guarantee to increase the effectiveness of education."



- ACADEMICIA: An International Multidisciplinary Research Journal 11.10 (2021): 477-480.
9. Muratova, G. R. "Introduction of Credit-Module Technology in the Process of Education of Students in the Discipline of "Physical Education"." *Middle European Scientific Bulletin* 22 (2022): 261-264.
 10. Makhmudovich, Gofurov Abdushokir, Irmatov Shavkat Anvarovich, and Inomov Fahriddin O'rmonovich. "DEVELOPMENT OF PHYSICAL ACTIVITY OF STUDENTS BASED ON PHYSICAL EDUCATION AND SPORTS CLASSES." *INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH* ISSN: 2277-3630 Impact factor: 7.429 11.11 (2022): 135-141.
 11. Urinboyev, D. (2019). Thoughts About Stratagema Of Western And Eastern Thinkers. *Scientific Bulletin of Namangan State University*, 1(4), 147-151.
 12. Bakhtiyorovich, U. D. (2022). Features of the manifestation of strategems and the relationship between them. *ASIA PACIFIC JOURNAL OF MARKETING & MANAGEMENT REVIEW* ISSN: 2319-2836 Impact Factor: 7.603, 11(11), 96-100.
 13. Bakhtiyorovich, U. D. (2022). IMPROVEMENT OF THE SYSTEM OF NATIONAL STRATEGIES IN THE PROCESS OF REFORMS IN THE SPIRITUAL AND EDUCATIONAL SPHERE OF THE UPDATED UZBEKISTAN. *INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH* ISSN: 2277-3630 Impact factor: 7.429, 11(05), 99-102.
 14. Davronovich, M. A. (2022). HUMAN PHENOMENON IN THE DEVELOPMENT OF NEW UZBEKISTAN. *ASIA PACIFIC JOURNAL OF MARKETING & MANAGEMENT REVIEW* ISSN: 2319-2836 Impact Factor: 7.603, 11(11), 40-42.
 15. Davronovich, M. A. (2022). PHILOSOPHY OF THE CONCEPT OF HAPPINESS IN UZBEK AND ENGLISH. *ASIA PACIFIC JOURNAL OF MARKETING & MANAGEMENT REVIEW* ISSN: 2319-2836 Impact Factor: 7.603, 11(11), 37-39.
 16. Davronovich, M. A. (2022). PHILOSOPHICAL VIEWS OF RENE DEKART IN THE WORK "THE FIRST PHILOSOPHY". *INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH* ISSN: 2277-3630 Impact factor: 7.429, 11(06), 176-180.
 17. Azizjon, M. (2022). COVERAGE OF ISSUES OF RAISING THE SPIRITUALITY OF A PERSON IN THE PHILOSOPHICAL VIEWS OF ABU MANSUR MOTORIDI. *Yosh Tadqiqotchi Jurnali*, 1(5), 422-428.
 18. Бойтемирова, З., & Орипов, Э. (2016). РОЛЬ ДЕМОКРАТИЧЕСКИХ ИНСТИТУТОВ В ОБЕСПЕЧЕНИИ НАСЛЕДОВАНИЯ ТРАДИЦИОННЫХ ЦЕННОСТЕЙ. In *СОВРЕМЕННЫЕ ПОДХОДЫ К ТРАНСФОРМАЦИИ КОНЦЕПЦИЙ ГОСУДАРСТВЕННОГО РЕГУЛИРОВАНИЯ И УПРАВЛЕНИЯ В СОЦИАЛЬНО-ЭКОНОМИЧЕСКИХ СИСТЕМАХ* (pp. 30-32).
 19. Boytemirova, Z. (2020). Youth and Spiritual Security. *International Journal on Integrated Education*, 3(12), 181-183.



20. Aminova, M. M. (2021). The value of “5 initiatives” in the spiritual and moral education of students of secondary school. *ACADEMICIA: An International Multidisciplinary Research Journal*, 11(6), 38-42.
21. Mutalibovna, A. M. The Impact of Globalization on National Culture and Its Protection Problems. *International Journal on Integrated Education*, 3(12), 210-212.
22. Mutalibovna, A. M. The Modern Importance of Studying the Scientific Heritage of Ibn Khaldun. *International Journal on Integrated Education*, 3(12), 229-232.
23. Ravshanbek, J. (2022). CREDIT-MODULE SYSTEM, ITS BASIC PRINCIPLES AND FEATURES. *Yosh Tadqiqotchi Jurnal*, 1(4), 304-309.
24. O’G’Li, J. R. M. (2022). METHODS OF ORGANIZING INDEPENDENT STUDY OF STUDENTS IN THE CREDIT-MODULE SYSTEM. *Ta’lim fidoyilari*, 25(5), 93-97.