

**INNOVATIVE METHODS OF IMPROVING THE PROFESSIONAL SKILLS OF A
TEACHER OF PHYSICAL CULTURE**

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Annotation. *This article highlights the worldview, spiritual, communicative, volitional, intellectual, movement, but personal qualities and physical health of teachers of physical culture, as well as information such as physical health, temperance, resourcefulness, initiative, mental capacity.*

Keywords: *worldview, spiritual, communicative, behavioral, intellectual,, initiative, mental capacity.*

Important professional qualities of a physical education teacher are divided into the following groups: worldview, spiritual, communicative, volitional, intellectual, motor, but personal qualities are inseparable: physical health, temperance, resourcefulness, initiative, mental capacity and exemplary behavior.

The worldview of a physical education teacher determines the motive of his pedagogical activity, which is aimed at serving his people, the state, which creates a solid foundation for cultivating an active life position and patriotism in students [1,2,3,4,5,6,7,8,9, 29,30,31].

His spiritual position consists of a form of social consciousness, where the student must possess the following complex of spiritual qualities: humanity, politeness, honesty, assertiveness, optimism, and so on.

The professional qualities of a student of specialized military lyceum physical education are determined by his ability to pedagogical activity and are divided into the following groups:

- didactic skills;
- academic abilities;
- speaking skills;
- authoritarian abilities;
- communication skills;
- pedagogical imagination.

The skills of a physical education teacher are divided into constructive, organizational, communicative, gnostic and motor skills.

Constructive skills help the teacher plan their activities.

Organizational skills are associated with good organization of working hours, the ability to choose the right place in the classroom, the skillful use of well-prepared students as assistants, the ability to organize the work of sports sections, sports competitions and celebrations.

Communicative activity is manifested in the ability to communicate with students and establish relationships with them.

Didactic skills are related to a teacher's ability to communicate teaching material to students in an understandable way.

Oratory skills provide the speech culture of a physical education teacher.

Gnostic skills are related to the teacher's knowledge of the pedagogical situation as well as the results of their activities.

Motion skills are related to the ability to correctly demonstrate the exercises included in the curriculum and determine the effectiveness of students' activities [22,23,24,25,26,27,28].

The knowledge of a physical education teacher is determined by his / her ability to engage in pedagogical activities. The erudition of a physical education teacher consists of general and specialized knowledge. General knowledge expresses the teacher's worldview and general culture. Special knowledge is necessary for a physical education teacher to carry out his physical education and pedagogical activities. The special knowledge of the teacher is divided into theoretical, practical and methodical knowledge [10,11,12,13,14,15,16,17,18,19,20,21].

Theoretical knowledge relates to the history of physical education, the laws of operation of functional systems of the organism, the biomechanical laws of motion, the principles of education and training. The practical knowledge of a physical education teacher refers to his knowledge of the methodologically correct performance of physical exercises. Methodological knowledge determines how to teach someone else. The purpose of physical education is to develop the physical and mental qualities of students, to form in them motor skills and abilities. The set goals will be realized in the process of solving the tasks of education, upbringing and rehabilitation. These tasks define the main responsibilities of a physical education teacher. Educational tasks are to form the spiritual views of the student's personality. Educational tasks are to provide special knowledge and skills in the field of physical education.

Management and organizational tasks include the organization of basic physical education classes, trainings in sports sections and sports competitions.

The administrative and economic tasks of a physical education teacher are aimed at financial support of the physical education process.

Planning for the year, semester, and course requires:

- Selection and distribution of training materials for the year in order to create a plan and schedule;
- Determining the sequence of learning material and defining educational tasks for the semester;
- Defining educational tasks based on the characteristics of the study group and teaching materials;
- knowledge of the laws of formation of motor skills and abilities, development, planning and monitoring of physical qualities of students;
- loading planning, taking into account the age characteristics of students and the data of medical examinations;
- Purchase of sports equipment, tools and technical training aids.

The organizational activity of a physical education teacher is reflected in the following:

- in the teacher's speech culture;
- in the behavior of the teacher;
- in the management of student activities.

Communicative activity is manifested in the following:

- in the forms of the teacher's address to students;
- in the tone of the appeal;
- Intensity of communication;
- motivated by communication.

The activity structure of a physical education teacher is divided into primary and secondary components.

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