

UZUNLIKKA SAKROVCHILARNING TEXNIK TAYORGARLIGINING ZAMONAVIY PEDOGOGIK USLUBLARI

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ANNOTATSIYA

Ushbu maqolada Yengil atletika mashg'ulotlarida "o'rta" darajada tayyorgarlikka ega uzunlikka sakrovchilar texnik tayyorgarligini oshiruvchi zamonaviy pedagogik uslublar, vositalar va yo'llar haqida fikr yuritilgan.

Kalit so'zlar: pedagogik texnologiya, muammoli o'qitish, "ARIZ-TRIZ" uslubi, mashg'ulotlarni rejalashtirish, sportchining bilish faoliyati, pedagogik baholash.

ABSTRACT

This article discusses modern pedagogical methods, tools and ways to improve the technical training of long jumpers with "intermediate" training in athletics.

Keywords: pedagogical technology, problem-based learning, ARIZ-TRIZ method, lesson planning, athlete's cognitive activity, pedagogical assessment.