

YOSH KURASHCHILARNI JISMONIY SIFATLARINI RIVOJLANTIRISHDA HARAKATLI O`YINLARDAN SAMARALI FOYDALANISH

Salohiddin Rashid o`g`li Qodirov
Urganch davlat Universiteti o`qituvchisi

ANNOTATSIYA

Ushbu maqolada yosh kurashchilarni jismoniy sifatlarini rivojlantirishda harakatli o`yinlardan samarali foydalanish to`g`risida zamonaviy pedagogik uslublar, vositalarva yo`llar haqida fikir yuritilgan.

Kalit so`zlar: pedagogik texnologiya, muammoli o`qitish, mashg`ulotlarni rejalashtirish, sportchining bilish faoliyati, pedagogik baholash.

ABSTRACT

This article discusses modern pedagogical methods, tools and ways to effectively use movement games in the development of physical qualities of young wrestlers.

Keywords: pedagogical technology, problem-based learning, lesson planning, athlete cognitive activity, pedagogical assessment.