

METHODS OF TEACHING STUDENTS TO FORM PHYSICAL CULTURE SKILLS IN STUDENTS

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ABSTRACT: Teaching students to develop physical culture skills is essential for fostering lifelong health, fitness, and well-being. This thesis explores effective methods, including structured instruction, game-based learning, technology integration, personalized approaches, and interdisciplinary strategies. By creating an engaging and inclusive environment, educators can enhance students' motivation and confidence, ensuring long-term commitment to an active lifestyle. These approaches contribute to students' overall physical, mental, and social development.

Keywords: physical culture, physical education, fitness, active learning, motivation, health literacy, interdisciplinary teaching.

The development of physical culture skills in students is an essential aspect of education that promotes not only physical health but also mental well-being, discipline, and social interaction. Physical education plays a crucial role in shaping students' habits, attitudes, and values related to an active lifestyle. In a world where sedentary behaviors are becoming more common due to technology and lifestyle changes, it is critical to implement effective methods that encourage students to develop lifelong physical activity habits. The process of forming physical culture skills involves structured instruction, motivation techniques, personalized approaches, interdisciplinary integration, and the use of modern technology. Teachers must ensure that physical education is engaging, inclusive, and adaptable to different learning needs, making it an enjoyable and meaningful part of students' educational experiences.

One of the most traditional and widely used methods in teaching physical culture skills is direct instruction. This teacher-centered approach involves clear demonstrations, guided practice, and structured feedback, allowing students to develop foundational skills in various physical activities. Direct instruction is particularly effective for teaching fundamental movements, sports techniques, and exercise routines. Teachers act as role models, providing step-by-step guidance and correcting students' mistakes in real-time. However, while direct instruction is efficient for skill acquisition, it can sometimes limit creativity and student autonomy. To counteract this, educators must balance structured teaching with opportunities for

students to explore, experiment, and develop their own understanding of physical movements.

Task-based and problem-solving approaches offer an alternative to direct instruction, encouraging students to engage in **active learning** and critical thinking. These methods involve setting challenges, designing movement-based puzzles, and allowing students to find solutions through physical activities. For example, in a team sports setting, students can be given tactical challenges where they must strategize and collaborate to achieve specific goals. This approach not only enhances physical skills but also improves cognitive functions, decision-making abilities, and teamwork. When students are actively involved in solving problems through movement, they develop a deeper understanding of physical culture and its applications in real-life situations.

Another effective strategy in forming physical culture skills is **game-based learning**, which uses recreational activities and sports to teach fundamental movement skills, endurance, and coordination. Games make physical education enjoyable, reducing resistance to participation and increasing motivation. Activities such as obstacle courses, relay races, and fitness challenges introduce an element of fun while ensuring that students develop essential physical skills. Additionally, integrating traditional and modern sports into the curriculum helps students discover activities that suit their interests and abilities, increasing their likelihood of long-term participation in physical activities outside of school.

Technology has revolutionized physical education, providing new ways to enhance learning and engagement. The use of **fitness tracking devices, virtual simulations, online coaching programs, and interactive applications** allows students to monitor their progress, set goals, and receive real-time feedback on their performance. Video analysis tools enable students to review their movements and make adjustments, improving their technique and overall physical abilities. Furthermore, gamification through mobile apps and fitness games encourages students to stay active outside of school hours. Technology not only modernizes physical education but also caters to digital-native students, making learning more relevant and accessible.

Personalization and inclusivity are key factors in ensuring that all students, regardless of their physical abilities, can develop strong physical culture skills. Differentiated instruction allows teachers to modify activities based on students' fitness levels, interests, and specific needs. Some students may excel in endurance-based activities, while others may prefer strength training or flexibility exercises. Providing diverse options ensures that each student finds a physical activity they

enjoy, leading to increased participation and long-term adherence to an active lifestyle. Additionally, for students with disabilities or special needs, adapted physical education programs help ensure equal opportunities for skill development and engagement in movement-based learning.

Motivation plays a critical role in forming physical culture skills, as students' willingness to participate in physical activities depends on their level of interest and confidence. Teachers should implement **both intrinsic and extrinsic motivation strategies** to encourage student engagement. Intrinsic motivation can be fostered by creating a supportive environment where students feel a sense of accomplishment and personal growth. Encouraging self-improvement rather than competition helps students focus on their own progress, reducing anxiety and fear of failure. Extrinsic motivation, such as rewards, recognition, and peer encouragement, can also be useful in maintaining students' enthusiasm for physical activity. By balancing both types of motivation, teachers can cultivate a positive attitude toward physical education.

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