

## Using the Total Physical Response method in teaching language and its basic features

*Student: Eshonqulova Bahora*

*Uzbek State World Languages University*

*Scientific supervisor: Narimanova J.*

**Abstract:** Nowadays, many people try to learn another language in order to studying abroad or travelling. Acquiring language proficiency can be highly advantageous for a number of reasons, including enhanced communication abilities, increased cultural awareness, professional prospects, and cognitive advantages. It makes it easier to interact with people from various origins and comprehend other cultures. This article is about the Total Physical Response (TPR) method and its main features.

**Key words:** Reading, writing, vocabulary, grammar, simple Simon says, charades, pantomime actions, fluency.

Scientists have long looked for ways to improve the effectiveness and engagement of language instruction. A variety of strategies have been explored in recent study, utilising gamification, technology, and neuroscience. Using interactive digital tools that adjust to different learning styles and offer individualised feedback and reinforcement is one promising approach. Inspired by video games, gamified learning platforms use components such as prizes, competition, and progression to encourage students to actively participate in the curriculum.

Furthermore, strategies like spaced repetition and multimodal learning techniques that maximise memory retention and language acquisition have been developed thanks to insights from neuroscience. By incorporating these cutting-edge approaches into language instruction, teachers may produce more engaging and joyful learning environments, which will eventually help students become more proficient and fluent speakers. One of this method is TPR (total physical response). Dr. James Asher is the primary scientist associated with the Total Physical Response (TPR) method. He developed and promoted TPR through his research and publications, advocating for its effectiveness in language teaching. While Dr. James Asher is the foremost proponent of the Total Physical Response (TPR) method, other researchers have also offered their perspectives. Dr. Stephen Krashen, for instance, has supported TPR as a valuable tool for language acquisition, particularly in its ability to engage learners through kinesthetic activities.

Additionally, Dr. Tracy Terrell, in collaboration with Dr. Stephen Krashen, has incorporated elements of TPR into their Natural Approach to language teaching, recognizing its benefits in facilitating comprehension and retention. The use of movement to promote learning is emphasised in the Total Physical Response (TPR) method of teaching languages. TPR, which was created by Dr. James Asher in the 1960s, is predicated on the notion that language acquisition works best when students actively participate in physical activities. During TPR classes, students obey the instructor's instructions by moving in the appropriate way. This approach uses kinesthetic learning to reinforce information and involves numerous senses, making it especially useful for teaching vocabulary and simple sentence patterns.

The characteristics of TPR.

The coordination of speech and action.

The role of learners of listener and performer.

Learners monitor and evaluate their own progress.

Reading and writing is taught after grammar and vocabulary.

Grammar is taught inductively.

Grammar and vocabulary selected according to the situation.

Learning language by gestures( body languag).

The teacher and the students are actors.

Students should be more active and talkative .

Motorist student.

Activities in this method should be “ Simon says”, “ group singing” , “ charades”, “ pantomime actions”, “ storytelling sessions”.

All of them are really interesting and a great opportunity to make more conversation among pupils and also, it can take the attention of each studstud. Moreover, it is a good chance to exprss own opinions of students according to the tasks

Applications *of TPR*.

Reading: predicting skills and read the text.

Writing: making dialogue and picturing.

Vocabulary: reality, demonstration, conversation.

Structure: demonstration, reality.

The advantages of TPR.

It is fun, easy and memorable.

It is a good tool for building vocabulary.

It can facilitate students with meaning the real context.

It does not require the great deal of preparation.

Help the students immediately understand the target language.

TPR is inclusive and works well a class with mixed ability levels.

Help learner achieve fluency faster in learning language.

It benefits the struggling students.

Creates positive thinking.

The disadvantage of TPR.

Students are not generally given the opportunity to express their own thoughts in a creative way.

It can be challenging for shy students.

It is not a creative method.

Overusing TPR causes someone easily bored.

Certain target language may not be suited in this method.

It is limited, since everything can not be explained with thus method.

In conclusion, the Total Physical Response (TPR) technique offers a dynamic and engaging approach to learning, which makes it an important tool in language instruction. TPR improves language acquisition comprehension, retention, and fluency especially for novices and younger learners by utilising physical movement and activities. TPR provides important advantages in strengthening vocabulary, fundamental sentence structures, and general language ability, even if it might not be appropriate for every student or every language idea. TPR provides a well-rounded language learning experience that accommodates a range of learning preferences and styles when combined with other teaching approaches.

Reference:

1. “Learning another language through actions” by Dr James Asher.
2. “ Total physical response: teaching English as a second language” by Dr James Asher.
3. <https://study.com/academy/lesson/total-physical-response-method-examples.html>
4. <https://www.theteachertoolkit.com/index.php/tool/total-physical-response-tpr>.