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## **Innovative Pedagogical Technologies in Physical Education Lessons**

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**Abstract.** The article studies the problems of using general pedagogical technologies in physical education classes. The use of innovative pedagogical technologies in physical education lessons will allow developing students' motivation for physical education lessons, increasing academic performance in this discipline and interest in research activities, and developing creative abilities.

**Key words:** pedagogical technologies, physical culture, motivation, interest, health protection.

**Introduction.** The priority task of modern educational policy is to create conditions for the high quality of the educational process in accordance with the growing needs of the individual, society and the state [1]. The most promising area of modern pedagogical science is the development and implementation of innovative pedagogical technologies in the educational process [2, 3]. Modern science offers a wide range of such technologies used in teaching various academic disciplines and in educational work. The use of innovative pedagogical technologies by a teacher in the context of reforming the education system is an urgent need [4].

The problem of using modern general pedagogical technologies at physical culture lessons is relevant, but insufficiently studied [5, 6]. Therefore, the subject of our research was the possibility of using general pedagogical technologies in physical education lessons. In our opinion, the use of innovative pedagogical technologies in physical education lessons will motivate students to more active physical education, increase academic performance in this discipline, help develop students' creative abilities, form their interest in research activities, and will demonstrate high achievements of students not only in competitive activity.

The development of educational processes in modern society, the vast experience of pedagogical innovations, copyright schools and innovative teachers, the results of psychological and pedagogical research constantly require generalization and systematization. One of the means of solving this problem is the technological approach, the application of the concept of "technology" to the field of education, pedagogical processes [7, 8].

The most general, meta-subject, interpretation of pedagogical technology is that technology is

a scientifically and or practically substantiated system of activity used by a person in order to transform the environment, produce material or spiritual values [9, 10, 11].

With the development of society, various sciences develop, concepts change, opinions about health problems change. Human health directly depends on the environment, where genetic and external factors interact [12, 13].

However, modern research shows that today the vast majority of schoolchildren have some kind of deviation in health. According to researchers, the reason for this is not only socio-economic or environmental factors, but also pedagogical ones: a large teaching load, the use of technologies that are inappropriate for the age of students, and ignoring hygiene requirements for the organization of the educational process [14, 15, 16].

Practice confirms that the way of life, and ultimately the health of students, directly depends on the technologies used in family, preschool and school education, on the healthy lifestyle of the child [17, 18].

In the modern system of education in the field of physical education, a number of pedagogical technologies are successfully used. Physical culture, as part of the general culture of society, is aimed at developing the physical abilities of a person and strengthening his health. And one of the priority innovative technologies used in the field of physical culture is health-saving technology.

Unfortunately, even today, when the popularity of physical culture and sports among the population has grown significantly, classes in fitness centers, sports clubs, swimming pools have become fashionable, prestigious and quite affordable, many parents do not trust the health factor of physical culture, and do not pay due attention physical education of children. Therefore, a physical education teacher should become a conductor of the idea of developing a "family" physical culture, explain to parents and children the positive impact of physical culture on physical development and on health. To develop a sustainable motivation for classes, it is necessary to form responsibility for one's own health and the health of others, to ensure the maintenance and development of the physical condition of students in physical education lessons. A physical education lesson at school should be interesting, informative, accessible, memorable, encouraging the desire to continue classes.

Children are always very different, with different levels of school knowledge, different self-esteem, different attitudes. And therefore, we see the main task of the teacher to create such learning conditions so that students come to classes with a great desire, and leave, believing in their abilities. Any innovations in education should be aimed at creating a person who is set to succeed in any area of application of his abilities, and physical education, in our opinion, is the most favorable format for creating a "success situation". With proper modeling of pedagogical technologies, it is possible to achieve the main goal, namely the formation of a comprehensively developed personality.

One of the components of health-saving technologies is the creation and maintenance of a favorable psychological climate in the classroom. The charge of positive emotions received by the students indicates the positive impact of the school on their health. And vice versa: the presence of stress, chronic psychophysical stress, the production of negative emotions, manifestations, both on the part of the teacher and students, indicate the predominance of health-destroying tendencies in the lesson.

In the final part of the lesson, especially the physical education lesson, a fast pace is absolutely unacceptable. The final part is necessary to gradually reduce the load, bringing the body to a state close to normal. This applies not only to the physical, but also to the psychological state of the student; situations of stress must be avoided. At the lesson of

physical culture, slow running, walking, breathing exercises, relaxation exercises, attention games are used. The end of the lesson should be devoted to summing up, explaining homework, answering possible questions.

The mood of students after the lesson reflects the mental state of those involved: students should be calm and cheerful; an unstable emotional state, especially confusion or depression, indicate the poor quality of the lesson.

Physical education lessons in the educational part should form a certain amount of knowledge and skills in the basics of physical culture hygiene, interest in maintaining and strengthening one's health.

The game method in physical culture is one of the main ones; this form of conducting classes makes them interesting and emotional. The main educational and developmental value. In game classes in a natural, relaxed atmosphere, students receive the necessary amount of knowledge in the field of physical culture. However, classes with the use of outdoor games solve problems not only educational. The game makes it possible to change the conditions, intensity, thereby regulating the physical and psychological stress.

Changing game situations forces you to instantly respond to the actions of partners, develop inner speech, logic, memory. The emotional sphere is enriched with satisfaction from muscular work, from the possibility of communication in a collective game, from the joint achievement of a jointly set goal. Game activity is characterized by creative active motor actions, which are limited by the rules (generally accepted or established) and are aimed at overcoming various difficulties in achieving the goal (to win, to master certain techniques).

**Conclusions.** At physical culture lessons, it is possible to use, and quite successfully, such educational pedagogical technologies as health-saving technologies, information technologies; gaming technologies, technologies of research activity, technologies of intersubject communications, technologies of monitoring of physical development. The use of general pedagogical innovative technologies by a teacher of physical culture in his professional activities allows motivating students' interest in physical education lessons, improving the quality of education, academic performance, developing creative, research abilities of children, demonstrating high achievements in participation in competitions, competitions of various levels.

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