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METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**INNOVATIVE ACTIVITY OF A PHYSICAL EDUCATION TEACHER****Sitora Akhmatkulovna Elova***p.f.b.f.d., (PhD)**Shahrisabz State Pedagogical Institute**Faculty of Social Sciences**Associate Professor of the Department of Physical Culture**Email: sitoraelova78@gmail.com**Shahrisabz, Uzbekistan***ABOUT ARTICLE**

Key words: Physical education, innovative activity, pedagogical technologies, modern methods, educational process, pedagogical competence, information and communication technologies, healthy lifestyle, student activity, educational effectiveness.

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Abstract: This article examines the innovative and pedagogical activities of physical education teachers, the role of innovative technologies in the modern education system, and their application in physical education lessons. Modern methods influencing the development of the teacher's professional competence and the physical and psychological development of students are also analyzed. In the research process, ways to increase the effectiveness of physical education lessons through innovative approaches were considered, and practical recommendations were developed.

Introduction. Today, innovations and developments are taking place in the education system. The introduction of innovative technologies into the educational process is one of the important issues. In particular, the use of modern pedagogical approaches and innovative methods in physical education plays an important role in the physical development of students and the formation of a healthy lifestyle. Therefore, the study of the innovative and pedagogical activity of a physical education teacher is one of the topical issues.

Relevance of the topic. Effective organization of physical education lessons has a positive impact not only on the physical development of students, but also on their psychological state and social activity. For this, it is important for teachers to use modern methods and introduce

innovative technologies into the educational process. Innovative and pedagogical activity of the teacher is one of the decisive factors in improving the quality of education, and scientific research and practical experience in this area are currently of great importance.

Purpose and objectives of the study The purpose of this study is to determine ways to increase the effectiveness of the innovative and pedagogical activity of a physical education teacher and to develop practical recommendations in this regard.

The research objectives are as follows:

1. Determination of the importance of innovative technologies in physical education lessons;
2. Analysis of modern approaches in pedagogical activity;
3. Study of ways to develop the professional competencies of a physical education teacher;
4. Development of practical recommendations for the more effective organization of physical education lessons using innovative methods.

METHODS.

In the research process, methods of scientific analysis, observation, pedagogical experience, and applied research are used. The effectiveness of innovative approaches is also studied by studying best practices and analyzing modern educational technologies.

Innovative activity occupies an important place in the modern education system. In particular, the introduction of innovative technologies and new methods in the field of physical education has a positive impact on the physical and psychological development of students. Innovative activity is the creative activity of a teacher aimed at finding new approaches, introducing advanced technologies into the educational process, and increasing effectiveness.

Innovative activity is the process of effective organization and development of the learning process of students through the introduction of new ideas, methods, and technologies into the pedagogical process. Innovative activity in the field of physical education mainly includes the introduction of new pedagogical technologies, modern methods, and information and communication tools.

RESULTS and DISCUSSION. The essence of innovative activity is the creation of innovations, solving problems using modern methods, and improving the existing educational process. In this process, the teacher tries to organize physical education lessons in a more interactive and effective form. As a result, the development of the principles of physical activity, motor skills, and a healthy lifestyle of students is achieved.

The following principles play a key role in the implementation of innovative activity:

- Integration of new technologies - in this process, modern technologies and innovative approaches are applied to lessons. For example, the use of video and audio tools, interactive whiteboards, virtual and augmented reality technologies in physical education classes increases students' interest in lessons and ensures the effectiveness of classes.

- Increasing student activity - through new methods, students' independent thinking and active participation are achieved. This allows them to develop leadership skills, independent decision-making, and the ability to work in a team.

- Experimental and research activities - teachers test new methods and technologies in their activities and evaluate their effectiveness. Based on the test results, the most effective methods will be selected and widely implemented.

Main directions of innovative activity

Innovative activity in the field of physical culture is carried out in the following main areas:

1. The use of modern technologies in the lesson process - this method provides for the further strengthening of students' knowledge and skills through interactive tools, multimedia technologies, virtual simulations, and other technological solutions.

2. It is possible to increase students' interest and further develop their activities through the introduction of new pedagogical methods - project-based learning, problem-based learning, and methods of collective work.

Individual approach - this method takes into account the individual characteristics, interests, and physical abilities of each student, and classes are organized accordingly.

Use of information and communication technologies - in this process, the use of electronic platforms, mobile applications, and online trainings plays an important role in organizing physical education lessons.

In innovative activity, the teacher, as the main participant, performs the following tasks:

Identification of students' needs and selection of appropriate methods;

Mastering modern technologies and applying them to the lesson process;

Selection of innovative methods to ensure the active participation of students;

Regularly improve one's professional skills and study new pedagogical approaches.

For the successful implementation of innovative activity, it is important for the teacher to be constantly in search, master new methods and technologies, and be able to apply them in practice. Also, the teacher's constant communication with students in the implementation of innovative activities, taking into account their interests and needs, increases effectiveness.

The successful implementation of innovative activities, along with increasing the effectiveness of physical education lessons, also makes a great contribution to the observance by students of the principles of a healthy lifestyle. As a result, not only physical abilities, but also students' motivation, social skills, and psychological state change for the better.

For the successful implementation of innovative activity, it is important to consider the following aspects:

- Adaptation of innovative technologies to the educational process and their effectiveness;
- Use of convenient and useful tools for students and teachers;
- Selection of methods that arouse students' interest during the lesson;
- Gradual introduction of innovative methods into the pedagogical process.

Innovative technologies and methods are widely used in the field of physical education, which contributes to increasing students' interest in lessons and more effective implementation of physical activity. The introduction of modern technologies into physical education lessons not only improves the quality of the educational process, but also strengthens the motivation of students and stimulates their interest in a healthy lifestyle.

Innovative technologies include:

Methods of interactive lessons Interactive lessons are one of the effective means of ensuring the active participation of students in the learning process. In this method, students perform certain actions by working in small groups or pairs and learn movement techniques in cooperation. Such an approach, along with increasing the physical activity of students, also develops their communicative skills. Examples of interactive activities include various role-playing games, group competitions, and team assignments. Through this method, students develop skills in helping each other, exchanging ideas, and acting as a team.

Simulation technologies play an important role in physical education lessons. In this method, certain actions are modeled and clearly demonstrated to students using special programs or technological tools. For example, in sports such as basketball or volleyball, technical movements are demonstrated through simulation programs, and the correct execution of movements by students is monitored. This method allows you to identify errors and correct them.

In addition, through simulation technologies, it is possible to gradually master complex sports techniques. This is especially important for beginners, helping them thoroughly master sports techniques.

Gamification is an innovative approach that serves to increase students' enthusiasm by organizing sports activities in the form of games. In this method, game elements are introduced into various sports exercises. For example, running, jumping, or relay races encourage students to act actively. Tasks given through elements of gamification increase the competitiveness of students and encourage them to actively participate in sports activities.

The method of gamification increases interest in physical education classes and creates a healthy competitive environment. With this approach, each student focuses on their individual achievements and, as a result, quickly and effectively masters sports techniques.

Conclusion. Virtual and augmented reality technologies create great opportunities in the field of physical education. With the help of virtual reality (VR) technologies, it is possible to accurately and in detail study complex movements or sports techniques. For example, with the help of VR technologies, athletes are given the opportunity to practice difficult movements in a safe environment.

And augmented reality (AR) technologies allow you to make physical training more interesting and interactive by introducing digital elements into the real world. For example, in football, basketball, or other sports training, field images, movement directions, and other instructions are provided through AR technologies. This allows students to analyze their actions and achieve more effective results.

Advantages of innovative technologies.

The application of innovative technologies in the field of physical education provides the following advantages:

- Ensures interactivity during the lesson and increases students' interest.
- Helps students easily and effectively master sports techniques.
- Increases students' self-confidence by combining individual and group approaches.
- Creates the opportunity to organize more interesting and purposeful sports training.

In conclusion, the innovative and pedagogical activity of a physical education teacher is of great importance in increasing the effectiveness of the educational process. The use of modern technologies and new pedagogical methods has a positive impact on increasing the physical activity of students, forming a healthy lifestyle, and their social and psychological development. Therefore, physical education teachers must constantly improve their professional skills, study innovative approaches, and apply them in practice. This will serve to improve the quality of education and raise the younger generation as comprehensively developed individuals.

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