

## IMPROVING THE SYSTEM OF PREPARATION OF FUTURE PHYSICAL EDUCATION TEACHERS FOR CREATIVE AND INNOVATIVE PEDAGOGICAL ACTIVITIES

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**Annotation:** The article deals with the preparation of future physical education teachers for creative and innovative pedagogical activities, the organization of the content of physical education lessons on a scientific basis, modernization of its organizational and technological bases, development of future development trends. dependence, directing young people towards social relations, and realizing the natural potential of man to gain social experience.

**Keywords:** innovation, physical education teacher, technology, activity, planning, organization, control, evaluation, competent person, guaranteed result.

### **INTRODUCTION**

At the current stage of development of society, the upbringing of a harmoniously developed person is considered to be one of the most important, urgent tasks. Today, the emergence of winners and prize-winners of various international contests and competitions among the youth of our country testifies to the strong attention paid to education in our country. Today, teachers of the younger generation are required to be aware of the secrets of modern education, to master innovative technologies, to use information and communication technologies wisely.

### **MATERIALS AND METHODS**

In this regard, the application of innovative technologies in the educational process, the need to restructure the content and purpose of the activities of future physical education teachers: , inculcation of youth as a priority in the policy of the state, training of teachers working at all stages of the system of continuing education, as in all spheres of our social life, in accordance with modern requirements and world standards, improving their skills, physical qualities, high spiritual culture, morals and enlightenment. the need for a solution to the problems of formation and absorption; - Secondly, one of the most important tasks of our state is to bring up a spiritually harmonious, physically and mentally healthy, self-sacrificing person, to improve the education system, to bring up a new generation spiritually and spiritually based on the idea of national independence. the birth of necessity; - Thirdly, the ongoing work on the restoration of our national spirituality, the radical reform of public education, the growing trend in our society to pay more attention to the education of a harmoniously developed, healthy generation; - Fourth, in the process of globalization associated with universal technologies, there is a social need for the interpretation of physical education in the system of continuing education on the basis of modern pedagogical technologies, innovative approaches. Increased attention to physical education can be

seen in the organization and regularity of three-stage sports competitions such as "Umid Nihollari", "Barkamol Avlod", "Universiade", or in the emergence of Olympic and world champions in many sports in Uzbekistan and the glory of our country around the world. possible. In addition, various sports competitions are organized in all schools and neighborhoods, family competitions are organized. Physical education is not only a process consisting of pure sports competitions, but also the formation of moral will and qualities in young people through this education.

### **RAESULTS AND DISCUSSION**

During the exercise, young people are trained in the will, speed, agility, endurance, their health is strengthened, their ability to work, mental activity is increased, moral values such as courage, honesty, perseverance, independence are formed, and they move towards maturity. In physical education classes, the teacher aims to develop people who are mature in all respects: hard-working, pure-minded, courageous, resilient, determined, able to defend the Motherland in the future. In this regard, the innovative organization of the activities of future physical education teachers, updating and enriching the content of education is important. Along with the development of the educational process, the current issue is to prepare future physical education teachers for theoretical and practical innovative activities, to achieve effectiveness in the physical education of the younger generation. After all, only a physically fit, healthy person will be able to fully express their intellectual and spiritual potential. In this sense, the comparative and analytical study of the historical experience of the physical education system in our country, the generalization of practical experience on the basis of critical observation, the correct organization of innovative activities of physical education teachers, determine its future strategy. This necessitates targeted pedagogical research. One of the most pressing issues facing the science of pedagogy is to teach future physical education teachers the content of physical education on a scientific basis, to modernize its organizational and technological bases, to develop future development trends. At the same time, the purpose of innovative activity is determined by society and its results are in the interests of society, directing young people to social relations, creating the basis for the realization of natural human potential for social experience. Today, as a result of the emergence of a new scientific direction in the field of pedagogy - the idea of pedagogical innovation and renewal of the educational process, a new direction in the pedagogical activity of teachers - the concept of "innovative activity of the teacher." Innovative activity of the teacher is a process of continuous formation of the educational process on the basis of innovations, which is formed and improved over time.

Concepts such as "innovation", "innovative activity", "innovative pedagogy", "management of innovative processes in education" in pedagogy first appeared in the 60s of the twentieth century, when the concept of "educational technology" was recognized in the United States and Western Europe. At the same time, the Center for Pedagogical Innovation and the Institute were established in Europe. An analysis of the sources that provide information on the emergence of these concepts and the creation of an innovative theory of education shows that these terms emerged as a result of reforming the education system, increasing the efficiency of education, innovating, meeting the need for socialization. In our country, after 1997, this

pedagogical activity was formed as a new scientific direction - a combination of creative process and pedagogical innovation. This provided an opportunity to analyze the process of formation and development of innovative pedagogical activity of the modern teacher.

The concept of innovative activity is closely related to concepts such as innovation, innovation process. It is therefore impossible to understand the content of innovative activity without explaining the content of these concepts. Innovation is the end result of a technology, form, or method in a particular field of activity or production, a new approach to solving a problem, or the application of a new technological process that is known to lead to greater success than before. Thus, the main basis of innovative technologies is the design of the educational process in advance so that teachers and learners can work together to achieve a guaranteed result from the set goal. Today, the classification of innovations in the education system is approved as follows:

- depending on the direction of activity (pedagogical process, management);
- according to the description of changes (radical, modified, combined);
- according to the scale of changes (local, modular, systemic); - according to the source of origin (taken internally or externally for this community). The goal of innovation is to get the most out of the money or effort expended. Unlike many other spontaneous innovations, innovation is a mechanism of managed and controlled change. The growing need for the creation of pedagogical technologies in the preparation of physical education teachers for innovative activities is inextricably linked with the orientation of physical education classes designed to manage student activities in the pedagogical (education, upbringing) process. Innovative activity is the main activity that determines all the success of a teacher, it means a qualitative reconstruction of a person's professional, methodological skills. Preparation of teachers for innovative activities is carried out in three stages:

- analysis of the teacher's activity in the period before the application of the innovation in pedagogical activity; analysis of the period of active formation of innovative activity;

- Analysis of the activities after the introduction of innovations in the pedagogical process.

- personality traits and qualities are formed in the process of activity and are the result of activity. Therefore, it is necessary to inculcate in teachers the psychology of a desire for innovation and a constant need for independent reading. Because novelty gives a person more pleasure than glory. The National Program of Personnel Training of the Republic of Uzbekistan states that "educational institutions will be staffed with specially trained qualified teaching staff, and a competitive environment will be created in their activities" [2]. One of the key factors in creating a competitive work environment is the introduction of modern pedagogical technologies in the educational process by focusing and preparing teachers for innovative activities, ensuring the education of students and achieving educational effectiveness. In the process of reforming the content of the education system, the state policy is steadily pursued to improve the prestige, responsibility and professional skills of teachers. In this regard, the main task is to update the activities of teachers and introduce innovations in the educational process. As in any other field, the level of professional training of physical education teachers is assessed by their knowledge, skills and abilities, creative potential and professional ability, which is reflected in their unconventional thinking. Innovative activity of a physical education teacher is reflected in the

culture of creative approach, creative activity, technological and methodological preparation for innovation, innovative thinking, communication. During the period of innovative activity, innovations, innovations are literally absorbed into the educational process. Therefore, the introduction of innovations in the education system in the pedagogical process is carried out in several stages: - Analysis of the existing pedagogical problem; - design of the planned education system; - Planning, organizing and monitoring changes and innovations in the pedagogical process. The purpose of preparing physical education teachers for innovative activities is to develop the teacher's desire for innovation, the ability to work independently, to improve the skills of conducting lessons and extracurricular activities using modern pedagogical technologies, interactive methods.

Innovative activity is the creation of a new technological process or a new improved product using scientific research, development, experimental work or other scientific and technical achievements. The essence of innovative activity is the formation of a new technology in practice, the result of which is an activity aimed at transforming an invention into a project, a project into technology. There are a number of psychological barriers to preparing a teacher for innovative activities. The first of these is that it is very difficult for a teacher to go beyond the limits of his or her usual activities, i.e., there is a lack of creativity in teachers, another reason is that new and unknown things always cause fear and anxiety in people. Thus, the training of a new generation of competitive professionals, in particular, physical education teachers, involves the development of personnel with the ability to solve long-term goals, a high culture of thinking and independent use of scientific, technical and socio-political information.

The following areas are taken into account in the preparation of physical education teachers for innovative activities:

- innovative preparation for innovation;
- to teach future physical education teachers a creative approach to activities aimed at the formation and development of the minimum requirements that must be met by students, specified in the State Educational Standards (SES);
- organization of creative activities. The study of innovation processes, their functions, development laws, mechanisms and technologies of their implementation, the pedagogical basis of management principles - allows to organize the activities of teachers in accordance with world standards. At the same time, the innovative activity of a physical education teacher requires the use of certain criteria that determine the effectiveness of innovation. The preparation of a future physical education teacher for innovative activities is as follows: to predict the success of the intended innovation as a whole and its individual stages; compare innovation with other innovations, select the most effective of them, determine their most important and the level of accuracy; check the level of success of innovation implementation; assess the innovative capacity of the organization implementing the innovation. At the same time, the innovative activity of the teacher is reflected in his personal competence.

The teacher demonstrates the following skills in innovative activities:

- Uses creative motivation in the classroom, evaluates professional activity;
- Collaborates with students' creative interactions;
- Organizes work with determination, responsibility and honesty;

- identifies the need for innovative activities;
- prepares to engage in creative activities;

- Adapts personal goals to innovative activities, etc. In innovative activities, the teacher must be an advanced, productive creative person, with a wide range of interests, a rich inner world, revenge for pedagogical innovation. Innovative activity consists of motivational, technological and reflexive parts. The preparation of the teacher for this activity is carried out in two directions: the formation of innovative preparation for the perception of innovation and teaching to act in a new way. In the organization of innovative activities, the cognitive activity of students and its management is of particular importance. As a result of innovative activities of a physical education teacher, students' physical fitness, individual-psychological characteristics, their field of motives are studied in detail, methodological complexes are created that provide a continuous didactic system for physical training in school and extracurricular activities; various competitions, educational activities promoting a healthy lifestyle: conversations, evenings, sports shows, taking into account the interests of students in sports, involvement in sports clubs, the development of physical, mental and intellectual abilities of students; the pedagogical and psychological environment in the family, classroom and school will be studied in detail and their cooperation will be developed. The innovative activity of the teacher is aimed at changing reality, identifying solutions to its problems and methods. Thus, one of the conditions of innovative activity is the transformation of the "subject-subject" relationship between teacher and student as a new model of communication. New relationships, as in the tradition, should be free of elements such as coercion, submission to judgment. They should be built in the form of peer cooperation, mutual management, mutual assistance. The following main functions are performed in the preparation of future teachers for innovative activities: - Analysis of a conscious approach to future professional activities; - critical approach to norms; - passion for professional news; - formation of creativity; - to realize their potential, to combine a healthy lifestyle and aspirations in their professional activities. Thus, a physical education teacher manifests himself in innovative activities as an author, producer, researcher, user and promoter of new pedagogical technologies, theories and concepts. Certain criteria need to be used in preparing a future physical education teacher for innovative activities. Such principles include novelty, acceptability, high efficiency, opportunities for creative application of innovation in mass experiments. While innovation in the pedagogical process reflects the essence of the level of novelty discovered in the educational process, acceptability refers to the efforts and means expended by the teacher and the learner to achieve certain educational outcomes, and effectiveness refers to significant positive effects on teacher performance. Pedagogical innovation, by its very nature, is reflected in mass experiences. The innovative activity of the teacher includes the analysis and evaluation of innovation, the formation of the purpose and concept of future actions, the implementation and editing of this plan, the evaluation of effectiveness.

The future teacher of physical education, that is, in preparing today's students for innovative activities, should pay attention to the following aspects:

- creative and motivational orientation of students studying at the undergraduate level, ie their creative interests, aspirations to certain achievements should be taken into account;
- to develop the qualities of creativity, ie to develop their critical thinking, ability to

evaluate, observation, reflection;

- to teach to evaluate their professional activity, ie to master the methodology of creative activity, the ability to creatively resolve conflicts; formation of the ability to cooperate and assist each other in creative activities, etc.

- Develop in students perseverance, responsibility, honesty, truthfulness, self-control and other qualities. The effective implementation of innovative activities by the teacher depends on a number of conditions. At the same time, the ability of the teacher to realize a rational situation in different situations through their knowledge and scientific activity, self-activation, self-creation, creativity, plays an important role in shaping the creativity of the teacher. The role of the pedagogical team in preparing the future physical education teacher for innovative activities is of great importance. Improving the quality of education leads to better living in all walks of life. As innovation is an effective tool for improving the quality of education, developed countries also strive to continuously innovate the education process. The experience of many countries shows that all links in the education system should be involved in innovation processes. But if the innovation process moves from top to bottom, and the teacher becomes a subordinate, that is, only a consumer of innovation, then the process becomes bureaucratic.

### CONCLUSION

In short, the preparation of a future physical education teacher for innovative activities involves the implementation of the following tasks.

1) Establish effective pedagogical measures for the harmonious conduct of education and upbringing, the development of young people not only physically, but also spiritually, morally mature;

2) Raising the quality of teaching to a new level through the creation of a healthy creative environment in educational institutions, the introduction of advanced innovative, pedagogical and information technologies in the process of education and upbringing;

3) Development of young people's worldview, thinking, independent observation skills;

4) To protect young people from the influence of religious extremist ideas, various information attacks, to instill in them a sense of patriotism, loyalty to the country and involvement in its destiny;

5) Strengthen the focus on family education, early detection and development of young people's abilities; identification, education, formation of a single national system of full realization of the abilities and talents of gifted youth, creation of scientific bases for individualization, stratification and profiling of the educational process;

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