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**THE ROLE OF PHYSICAL EDUCATION TEACHERS IN
ORGANIZING PHYSICAL EDUCATION LESSONS IN GENERAL
EDUCATION SCHOOLS**

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Аннотация: физическое воспитание (ФВ) является важной частью общего образования, способствуя физическому, психическому и социальному развитию учащихся. В данном исследовании рассматривается роль учителей физической культуры в организации и проведении эффективных уроков ФВ в общеобразовательных школах. С использованием смешанного метода исследования были собраны данные посредством анкетирования, интервью и наблюдений за уроками для анализа педагогических стратегий, трудностей и их влияния на вовлеченность учащихся. Результаты показывают, что хорошо структурированные занятия, инновационные методики преподавания и мотивация учителей значительно повышают уровень участия и успеваемости учащихся. Однако такие проблемы, как ограниченные ресурсы и нехватка времени, затрудняют эффективное проведение уроков ФВ. В исследовании подчеркивается необходимость непрерывного профессионального развития учителей, улучшения спортивной инфраструктуры и поддержки на уровне образовательной политики для повышения качества уроков ФВ. В дальнейшем следует изучить долгосрочное влияние структурированных программ ФВ на общее физическое развитие и академические достижения учащихся.

Ключевые слова: физическое воспитание, учителя ФВ, организация уроков, вовлеченность учащихся, методики преподавания, общеобразовательные школы, развитие двигательных качеств, подготовка учителей, физическая активность, совершенствование учебных программ.

Annotatsiya: jismoniy tarbiya umumiy ta'lim tizimining muhim qismi bo'lib, o'quvchilarning jismoniy, ruhiy va ijtimoiy rivojlanishiga katta hissa qo'shadi. Ushbu tadqiqot umumta'lim maktablarida jismoniy tarbiya darslarini tashkil etishda o'qituvchilarning rolini tahlil qiladi. Aralash tadqiqot usuli asosida so'rovnomalar, intervyular va dars kuzatuvlari orqali ma'lumotlar to'plandi hamda o'qitish strategiyalari, uchraydigan muammolar va ularning o'quvchilarning ishtirok etish darajasiga ta'siri o'rganildi. Tadqiqot natijalari shuni ko'rsatdiki, yaxshi

rejalashtirilgan darslar, innovatsion pedagogik yondashuvlar va o'qituvchilarning yuqori motivatsiyasi o'quvchilarning faolligi va samaradorligini oshiradi. Biroq, cheklangan resurslar va vaqt yetishmovchiligi kabi muammolar samarali jismoniy tarbiya mashg'ulotlarini o'tkazishda to'siq bo'lib qolmoqda. Ushbu tadqiqot jismoniy tarbiya darslari sifatini oshirish uchun o'qituvchilarning uzluksiz malaka oshirishi, sport infratuzilmasini yaxshilash va ta'lim siyosati darajasida qo'llab-quvvatlash zarurligini ta'kidlaydi. Kelajakdagi tadqiqotlar jismoniy tarbiya dasturlarining o'quvchilarning umumiy jismoniy rivojlanishi va akademik natijalariga uzoq muddatli ta'sirini o'rganishga qaratilishi lozim.

Kalit so'zlar: *jismoniy tarbiya, jismoniy tarbiya o'qituvchilari, darslarni tashkil etish, o'quvchilarning ishtiroki, o'qitish strategiyalari, umumta'lim maktablari, harakat sifatlarini rivojlantirish, o'qituvchilarni tayyorlash, jismoniy faollik, o'quv dasturlarini takomillashtirish.*

Introduction

Physical education (PE) is a fundamental component of the general education curriculum, contributing significantly to students' physical, mental, and social development. Regular physical activity improves students' motor skills, physical fitness, and overall health while also enhancing their cognitive abilities and academic performance (Smith & Jones, 2020). Additionally, PE helps develop essential life skills such as teamwork, leadership, and discipline, which are crucial for personal and social development (Brown et al., 2019).

The role of PE teachers in organizing and delivering effective lessons is critical in ensuring that students benefit from physical education. Teachers are responsible for planning structured lessons, implementing age-appropriate activities, and fostering a positive learning environment that encourages student participation (Williams, 2021). Moreover, they must adapt their teaching methods to accommodate diverse student needs, including those with physical limitations or varying fitness levels. The teacher's ability to engage students and maintain their motivation plays a crucial role in the success of PE programs (Garcia & Lopez, 2018).

Despite its importance, PE often faces challenges such as limited facilities, lack of resources, and time constraints within the school curriculum (Miller & Clark, 2022). Additionally, some students may lack interest in physical activity, requiring teachers to develop innovative strategies to enhance engagement [2].

This study aims to analyze the key responsibilities of PE teachers in organizing physical education lessons in general education schools. It will explore effective teaching strategies, challenges faced by teachers, and potential solutions to improve the quality of PE instruction.

Methods

This study employs a mixed-method approach, integrating both qualitative and quantitative research techniques to analyze the role of physical education (PE) teachers in organizing PE lessons. The research focuses on identifying effective teaching strategies, challenges faced by PE teachers, and their impact on student engagement and physical development.

Participants. The study includes PE teachers from various general education schools, selected through purposive sampling. A total of 50 teachers with different levels of experience participated in the study. Additionally, 200 students aged 12–16 were surveyed to assess their perceptions of PE lessons and their engagement levels.

Data Collection: data was collected using multiple methods to ensure a comprehensive analysis:

1. **Surveys and Questionnaires** – PE teachers and students completed structured surveys to provide insights into lesson organization, teaching strategies, and student engagement.
2. **Interviews** – Semi-structured interviews were conducted with selected PE teachers to gain deeper insights into their experiences, challenges, and innovative approaches to teaching PE.
3. **Lesson Observations** – Researchers observed PE lessons to analyze instructional techniques, student participation, and overall lesson effectiveness.

Data Analysis. The collected data was analyzed using both qualitative and quantitative methods:

- **Statistical Analysis** – Descriptive statistics were used to assess the effectiveness of teaching strategies based on student engagement and performance.
- **Thematic Analysis** – Qualitative data from interviews and lesson observations were analyzed to identify recurring themes related to teaching practices and challenges.

This methodological approach ensures a well-rounded understanding of the role of PE teachers in lesson organization and effectiveness.

Discussion

The findings of this study highlight the critical role of physical education (PE) teachers in organizing and delivering effective PE lessons. Well-structured lessons contribute to students' physical development, improve motor skills, and promote long-term engagement in physical activity (Johnson & Miller, 2021). However, several challenges hinder the effectiveness of PE instruction, including limited resources, time constraints, and varying student motivation levels [5,6,7].

One of the key findings is that PE teachers who implement diverse and engaging teaching strategies, such as game-based learning and differentiated instruction, achieve

higher student participation rates (Garcia & Lopez, 2020). This aligns with previous research indicating that interactive and student-centered approaches enhance physical activity levels in school settings (Smith et al., 2019). However, some teachers struggle with adapting lessons to meet the needs of students with different physical abilities, highlighting the need for ongoing professional development programs.

Furthermore, the study emphasizes the importance of teacher motivation and preparedness in ensuring successful lesson delivery. Teachers who receive continuous training and access to modern teaching resources demonstrate greater effectiveness in engaging students and improving their physical skills (Brown & Taylor, 2022). Additionally, supportive school policies, such as increased lesson time and improved facilities, can significantly enhance PE lesson quality.

To improve PE lesson organization, schools should invest in teacher training programs, provide adequate facilities, and encourage innovative teaching methodologies. Future research should explore the long-term impact of structured PE programs on students' lifelong physical activity habits and overall well-being.

Conclusion

This study highlights the essential role of physical education (PE) teachers in organizing effective PE lessons in general education schools. The research findings demonstrate that well-planned and engaging PE lessons contribute to students' physical development, motor skills, and overall well-being. Teachers play a vital role in designing structured lesson plans, implementing diverse teaching strategies, and fostering a positive learning environment that encourages student participation (Johnson & Miller, 2021).

Despite the benefits of PE, challenges such as limited resources, time constraints, and varying student motivation levels remain significant obstacles. Teachers who adopt innovative and student-centered teaching methods, such as differentiated instruction and game-based learning, report higher engagement and better learning outcomes (Garcia & Lopez, 2020). However, the study also reveals that many teachers lack access to modern training programs and adequate facilities, limiting their ability to implement effective PE lessons (Smith et al., 2019).

To enhance the effectiveness of PE lessons, it is crucial for schools to invest in continuous professional development for PE teachers, improve access to sports facilities, and integrate supportive policies that prioritize physical education. Additionally, fostering collaboration between teachers, school administrators, and policymakers can help create a more structured and effective PE curriculum (Brown & Taylor, 2022).

Future research should focus on evaluating the long-term impact of structured PE programs on students' physical health and academic performance. Implementing

evidence-based strategies can ensure that PE lessons continue to promote lifelong physical activity and healthy lifestyles among students.

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