

TECHNOLOGIES IN THE PREPARATION OF TEACHERS FOR THE USE OF A DIFFERENTIATED APPROACH IN PHYSICAL EDUCATION

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ABSTRACT: The article explores modern methods and technologies used in the process of teacher training for the effective use of a differentiated approach in the field of physical education. The author examines the essence of the differentiated approach in the context of physical education and assesses its importance for different groups of students. The article also analyzes in detail innovative educational technologies, including virtual simulators, online courses and simulations, which can effectively support teachers in individualizing physical education training. As a result of the study, recommendations are offered on the use of modern technologies to improve the quality of education and ensure the successful implementation of a differentiated approach in physical education.

KEYWORDS: Technologies in education, pedagogical training, differentiated approach, physical education, innovations in education, modern teaching methods, professional development of teachers, integration of technologies and physical education, digital learning, personalized learning.

INTRODUCTION

Physical education in modern education is becoming increasingly important, affecting the health and development of students. A differentiated approach to learning in this context becomes a key factor in the successful work of a teacher. Given the rapid development of technology, there is a need for effective methods of training teachers to use a differentiated approach in physical education. Technology is penetrating into all areas of our lives, including education. In the context of physical education, the use of virtual reality, mobile applications, artificial intelligence, etc. becomes an integral part of learning[1]. Learning using virtual reality allows you to create realistic scenarios for classes, adapting to the level of training of each student. There are a number of educational platforms that offer adaptive physical education courses. These platforms use student data to personalize content by providing each student with an individual learning plan. This allows teachers to apply a differentiated approach more effectively, taking into account the characteristics of each student.

Online resources and webinars are useful for preparing teachers to use a differentiated approach in physical education. They provide an opportunity to gain relevant knowledge, share experiences with colleagues and experts, and discuss the difficulties faced by teachers in real practice[2]. Simulations provide teachers with practical skills in creating classes tailored to the different needs

of students. This allows teachers to apply theoretical knowledge in practical activities, adapting their methods in accordance with real situations.

Physical education is an integral part of the educational process, the purpose of which is the formation of physical culture of the individual. Modern society poses new challenges to teachers that require a more flexible and differentiated approach to learning. In this context, technology plays an important role in preparing teachers to use a differentiated approach in physical education. A differentiated approach involves taking into account the individual characteristics of each student, his level of physical fitness, interests and needs. This makes it possible to make the most effective use of the educational process for the development of each individual.

Creation and use of online platforms where teachers can prepare individualized training programs. This allows students to work at their own level and pace. The use of VR and AR in physical education helps to create simulations of various physical activities. This not only makes the learning process more exciting, but also provides an opportunity to personalize the approach[3]. Developing applications that allow students to study independently according to individual goals. Teachers can track progress and adjust programs. Gaming technologies contribute to more effective learning of the material, making learning interesting and motivating. Analytics systems allow teachers to track the progress of each student, identify their weaknesses and strengths, which is important for further correction of the approach.

Although technology in physical education brings many benefits, there are also challenges, such as the availability of equipment and the need for continuous updating of programs[4]. However, with the development of technology, these problems are becoming more and more surmountable. Physical education plays a key role in shaping the health and overall physical activity of students. Modern educational requirements emphasize the importance of individualized learning and a differentiated approach to each student. Technology is becoming an incredibly useful tool in educating teachers to effectively apply a differentiated approach to physical education.

A differentiated approach in physical education involves adapting teaching methods to the individual needs and abilities of each student. This includes taking into account the physical fitness, interests, health and general characteristics of each student. Educators can use online resources to create customized training programs. Platforms like Fitbit Coach or MyFitnessPal provide personalized workouts tailored to each student's physical activity and goals[5]. Creating virtual environments where students can engage in sports and physical activity helps create an interactive and engaging experience. This is especially useful for children with different levels of physical fitness. Teachers can recommend students to use mobile apps to monitor physical activity, sleep, and nutrition. This data will help to adapt the training and approaches to each student.

The use of interactive whiteboards, applications and games in physical education helps to create exciting lessons that contribute to deeper learning of the material. Technologies make it possible to adapt training programs to the unique needs of each student, taking into account their level of preparedness and goals. Interactive technologies make the learning process more exciting and

motivating, which is important for students with different levels of interest in physical activity. Technologies provide the possibility of prompt feedback on the results of exercises, which helps to adjust training programs on the fly. The need for effective use of technology in physical education involves a number of challenges, such as the availability of technical means, training teachers to use new tools and ensuring the confidentiality of student data.

Technology is becoming a key component of teacher training for the use of a differentiated approach in physical education. Their integration allows you to create more flexible, effective and exciting lessons that meet the individual needs of each student, forming a healthy attitude to physical activity for life. The use of technology in the preparation of teachers for a differentiated approach in physical education is a necessary step for the effective formation of physical culture of students. Modern technologies open up new opportunities for individualizing the educational process and increasing its effectiveness.

CONCLUSION

Technology plays a key role in preparing teachers to use a differentiated approach in physical education. The integration of modern learning methods such as virtual reality, adaptive platforms, online resources and simulations helps to create more effective and individualized learning programs. This, in turn, contributes to the development of students' health and skills, opening up new horizons for physical education in a modern educational environment.

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