



## SUPERVISION AND PLANNING IN PHYSICAL EDUCATION CLASSES

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### ABSTRACT

*Control and planning in physical education lessons enable systematic management of students' physical development and assessment of their individual achievements. The effectiveness of this process is ensured through a well-structured training schedule and scientifically based control methods. Monitoring and analysis in physical education classes play a crucial role in enhancing students' health and physical fitness.*

### Introduction

Control and planning in physical education lessons are an integral part of the educational process and play an important role in the systematic management of students' physical development, analysis of their level of preparation, and organization of an effective training process. Physical education serves not only to improve the general physical condition of students, but also to form their psychological stability, discipline, and motivation. Therefore, proper planning of lessons and the effective implementation of control mechanisms in them are an important methodological process.

The control system is used to monitor the dynamics of students' physical development, assess the effectiveness of classes, and make necessary adjustments. It helps teachers to approach each student individually, correctly distribute training loads, and develop a strategy for achieving results. In the process of physical education, the level of physical activity of students, their physical qualities - endurance, strength, agility, balance, and coordination of movements - are constantly monitored through the use of monitoring and evaluation methods.

Lesson planning is a process related to the scientific basis of the curriculum, the improvement of pedagogical approaches and the consideration of individual characteristics of students in order to ensure the effectiveness of physical education. The planning process takes into account the age characteristics, level of physical fitness, health and motivation of students.

To effectively organize physical education lessons, the teacher must conduct the control and planning processes in an integral way. The forms of control (current, intermediate and final) and assessment criteria used during the lesson increase students' interest in the lessons and form positive motivation for a healthy lifestyle. Also, the scientific and practical aspects of planning, while ensuring the effective conduct of each lesson, help determine the individual development trajectory of students.

Main Part



The process of control and planning in physical education classes is one of the main pedagogical principles that serves to increase the effectiveness of education, and the correct implementation of this process not only ensures the physical development of students, but also has a positive effect on their general health, psychological state and social activity. The processes of control and planning are closely interconnected, and planning determines the form, load and results of physical education classes, while control allows you to determine how correctly these plans are being implemented and make adjustments if necessary. Therefore, in order to achieve effective results in physical education classes, control and planning should be carried out on the basis of a systematic approach.

Control in physical education classes is manifested as a process of observing, studying and analyzing the physical condition of students, their motor activity, the results achieved during classes and their impact on their health. The main purpose of supervision is to assess the individual development level of each student, adjust physical loads and pedagogically optimize the training process. The forms of supervision used in physical education lessons are different, and they are carried out in the form of current supervision, intermediate supervision and final supervision. Current supervision serves to observe the motor activity of students during the lesson, study their adaptation to the exercises being performed and assess the extent to which they follow the instructions given by the teacher. Intermediate supervision is carried out at certain intervals and helps to assess the dynamics of students' physical development, the level of adaptation to the training process and their general state of preparation. Final supervision is carried out at the end of the semester or academic year, and a final conclusion is drawn based on the general development level of students, the results of physical training and the motor skills mastered during the lessons.

Planning physical education lessons involves systematically forming a training process, taking into account factors such as the age characteristics of students, their level of physical development, health and psychological readiness. For effective planning of physical education lessons, the individual characteristics of each student, his physical capabilities and state of health should be taken into account. The plan developed by the teacher includes the content of the lessons, their duration, the level of load, the methods and techniques used i should be clearly defined. In the planning process, the regularity of classes, the dynamics of load growth, types of exercises and their effectiveness are taken into account. At the same time, the use of modern innovative technologies and interactive methods is also an integral part of the planning process, which serves to increase students' interest in classes and ensure the effectiveness of classes.

Control and planning in physical education classes require an integrated approach to the physical development of students. In the process of planned classes, special attention should be paid to the development of students' physical qualities - strength, endurance, agility, speed and flexibility. To increase the effectiveness of classes, teachers should individually adjust physical loads, take into account students' abilities and use interesting and motivational methods in classes. Also, one of the important tasks in physical education classes is to promote a healthy lifestyle, increase the level of physical activity of students and encourage them to regularly engage in sports.

The use of modern technologies in the process of control and planning is also very important. Through the use of digital monitoring systems, biometric analysis methods, mobile



applications and virtual rehabilitation technologies, classes can be made more interactive and effective. Through these methods, it is possible to monitor the motor activity of students in real time, constantly monitor their physical indicators and form a training program based on an individual approach.

### **Conclusion**

Control and planning in physical education classes are an integral part of the educational process, contributing to the physical development of students, strengthening their health and increasing their interest in sports. Only if this process is effectively organized, it becomes possible to increase students' motivation for physical education classes, maintain a high level of physical activity and improve their motor skills. Through the control system, students' achievements are identified, shortcomings are eliminated and a development trajectory for each student is developed based on an individual approach. Therefore, control mechanisms should be well-developed and effectively organized, since their role in the educational process is of great importance.

Proper planning in physical education classes not only ensures the systematic nature of the educational process, but also contributes to the methodologically correct and effective conduct of classes. Careful planning of classes should be carried out taking into account the age characteristics, physical capabilities and health of students. In particular, increasing motor activity, correct distribution of exercises, individual adaptation of the load and the use of modern pedagogical technologies are among the most important elements of the planning process. To effectively organize physical education classes, teachers should use advanced methodologies, innovative technologies and interactive methods, as this serves to increase students' interest in classes and further strengthen their knowledge, skills and qualifications.

Systematic implementation of control and planning creates an opportunity to monitor the physical development of students, assess their level of physical fitness and adapt them to the training process. This process creates conditions for teachers to increase the effectiveness of the training process, form an individual approach to each student, and increase their physical activity.

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