

## PROBLEMS OF ENSURING CONTINUITY IN THE STUDY OF PHYSICAL EDUCATION WITH A STRATIFIED APPROACH IN HIGHER EDUCATION

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**Annotation:** the article confirms the need for students to develop scientifically based physical education programs that help increase motivation to exercise regularly and help improve students' health.

**Keywords:** physical education, motivation, physical education program.

**Аннотация:** в статье подтверждается необходимость разработки научно обоснованных программ физического воспитания студентов, которые помогают повысить мотивацию к регулярным занятиям спортом и способствуют укреплению здоровья студентов.

**Ключевые слова:** физическое воспитание, мотивация, программа физического воспитания.

The future of each society is determined by the extent to which the educational system is developed, which is an integral part of it. Today, the reform and improvement of the continuous education system of our country, which is following the path of development, the introduction of advanced pedagogical technologies and the improvement of educational efficiency have risen to the level of Public Policy.

With the adoption of the law "on education" and the "national program of training", the basis of the system of continuing education was created. Continuing education-deep, all-round basic education-consists in the perfect combination of various forms, methods, means, methods and directions of training, training of specialist personnel. The interaction between its various components, the application of certain methods and methods to the educational conditions to the rational conditions, ensures the quality of continuous education.

Also, the system of continuing education is based on the principle of continuity and continuity, providing for the provision of connection between the types, stages of Education. Therefore, the problem of ensuring continuity in education never loses its relevance. Ayin qsa, the solution to this problem is important in the stages of general secondary education and secondary special, vocational education. In the system of continuing education, the continuous and continuous teaching of knowledge, skills and

qualifications from physical education, among all subjects, is of great educational and educational importance.

Conducting a reanalysis of the content of the science of physical education in the educational system, radical reform of the stages of education and connecting it with life are the current problems of today. To this end, in this article, in order to partially solve the problem of continuity in the teaching of physical education, we consider it necessary to develop a model, methodology for ensuring continuity of sports, theory and practice in all departments of physical education, taught in vocational colleges, and to provide them with pedagogical justification. One of the main reasons for this is that professional colleges directly confirm that there are deep problems with continuity in the teaching of physical education. One of them is the problem of applying continuity in state educational standards and model training programs directly to practice, that is, to the educational process. To solve it, it is necessary to improve the methodological system of training, in particular, to create and use new forms, methods and tools. The level of physical development and physical fitness of students in the process of physical education classes is unique and has different individual changes.

It has been argued that the development of physical qualities in student-youth of the same age and with the same physical development is different. Therefore, in boys and girls with different physical development, it is one of the pressing issues in the process of physical education to educate physical qualities, ensure physical development, create individual programs to increase physical fitness, develop a complex of exercises, organize teaching with a stratified approach for each guru in the course of the lesson.

One of the main ways to solve this issue is to ensure continuity in the teaching of sports in the process of physical education on the basis of stratification, as well as the organization of research. In order to ensure continuity within the framework of the program, taking into account the age characteristics of the student-students at each stage of the educational process, it is necessary to determine at each stage how, on the basis of which requirements it is necessary to teach the same subject, based on the minimal requirements of knowledge, skills and qualifications presented in the educational standards.

In the event of the birth of offspring, it is necessary to improve the DTS based on practical experiences. Therefore, the scientific development of problems of stratified approach to students and youth of secondary specialized, vocational educational institutions in physical education lessons, improving their level of physical fitness and physical development is one of the pressing issues of today.

This approach to teaching allows secondary specialized, vocational education institutions to fill the gaps in the knowledge of their students and carry out continuity in practice, differentiated and literally person-oriented education, in which the personality of the student is placed in the center of the educational process.

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