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## HOW TO USE INTERACTIVE METHODS IN DIDACTIC PROCESS IN TEACHING THE SUBJECT OF “THE TEACHING TECHNIQUES OF THE TYPES OF NATIONAL WRESTLING”

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### ABSTRACT

*The article is about the types of National Wrestling and how to teach it practically at schools. The method is a way of organizing educational activities. The subject: The types of national wrestling and “teaching its technology” studies the interaction between a teacher and a student. If these interactions are organized properly, the effectiveness in the system of education will be achieved either. The teaching methods are divided into two Passive. As professor N. Sayidakhmedov mentioned: “If teach method is used properly, it will actually be an active method. If pedagogical technologies are used in proper way the target will be achieved.*

**KEYWORDS:** Method, Physical Preparation, Learners, Symbols, Psychological Problem, National Wrestling.

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### INTRODUCTION

It is known that national wrestling’s original development have been taught to students, teachers for a long time. The word method comes from the Greek word, meaning “way”, “approach”, “strategy”.

The method is a way of organizing educational activities. The subject: The types of national wrestling and “teaching its technology” studies the interaction between a teacher and a student. If these interactions are organized properly, the effectiveness in the system of education will be achieved either. The teaching methods are divided into two Passive. As professor N. Sayidakhmedov mentioned: “If teach method is used properly, it will actually be an active method. If pedagogical technologies are used in proper way the target will be achieved. [1]

**Research Method:** Theoretical analysis and generalization of the literature, pedagogical observation

**Results And Discussion:** That’s why when the theme: “The Physical preparation of the fighter” is learning the details of power and its development, speed, patience, skills, flexibility are written.

Subsequently group members write their questions on the table of “I want to know”. Then the theme is introduced to students and answers to the questions are written into the column of “What I learnt”. [2]

As we know there are teaching methods in foreign didactics and they are called interactive methods. The aim called interactive methods is to teach something in a short period of time. The Physical preparation of the fighter should very strong they are:

**1. Brain Storming Method** - is a group activities in which learners have free and in which learners

have relatively unstructured discussion on an assigned topic as way of generating ideas.

**2. ClusterMethod**- Is a graphical way to represent ideas and concepts. It is a visual thinking tools that helps structuring information helping us to better analyses, comprehend, synthesize, recall, and generate new ideas. The main idea is written in the middle. For example “National Wrestling” is written in the middle of a blank page. Students develop the related key words to the theme. These method is important to the young learners or young generations. [3]

**3. InsertMethod** - This method helps students to be active. Many students do not pay attention to the meaning of the theme. Because they cannot remember the lecture from the beginning to the end .this helps them how to analyze properly.

**4. Problem Solving Method** – helps students to gain the ability of scientific problem. It is about disputing topics. The board is divided two level. On first part of the board is written : “ I do not agree ” ,I disagree On the other part it is written:

**2- Schedule the way of the working to the little group**

**To explain activities directions**

**Main task**

<b>problem</b>	<b>problem</b>	<b>problem</b>	<b>problem</b>
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<b>little group</b>	<b>little group</b>	<b>little group</b>	<b>little group</b>
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**Teacher’s instructions and directions**

**Discussion of the answer**

**Main solve and conclusion**

“ I do not disagree, I agree ” for example, “ a fighter must be ready for the fighting, he has to know technical tactics of preparations during his acting is written on the first part of the boards. On the second part it is written vice versa. [4]

It helps students to adopt the idea of not to be hurry to make a decision.

**5. Why - Scheme** – provides the active participation of students in teaching. It helps them to discuss physical, psychological problems and how to solve them regularly. Besides, it teaches them to listen each other and make their own conclusions about the problem. Students can express their ideas fluently. They can have their own decisions on the problem.

**6. Cinquan** -all information is concluded through the terms:

“To organize discussion “To attend at the competition”. The words are combined with other words and connected word is written

**7.5 x 5 x 5 or 6 x 6 x 6** the group is divided into 5 or 6 subgroups. There are given tasks. The tasks are discussed together. These subgroups pool information to establish the meaning of the task. The answer and conclusion are declared by the leader of the subgroups. This activities are types of co- operative activities.

The method of “great symbols of our proud people”. This method gives information about our great people’s deeds I physical training and sports. Classroom activities are performed by students. They act out our great people. They take the roles of great peoples’ “National Wrestling” is written in the middle of a blank page. Students develop the related key words to the theme. These method is important to the young learners or young generations. [5]

**8.QWL -**

What I know

What I want to know

What I learnt

It helps to define the knowledge in the subject of “ The types of national wrestling and teaching its technology ”. Students can work in a team. It can be drown in the following table

I know	What I know to know	What I learnt
1		
2		
3		

**Cooperative learning** – students work together in small cooperative teams, they can express their ideas freely. Every members of the group says his opinion about the task and the problem is solved in the end. Progression up the scale is characterized as follows: The scale moves from rough translation of routine, everyday information in simple texts at the lower levels to translation with increasing fluency and accuracy . The method of “great symbols of our proudpeople”. Thismethod gives informationabout ourgreat people’s deeds I physical training and sports. Classroom activities are performed by students. They actout our great people. They take the roles of great peoples’ “National Wrestling” iswritten in the middle of a blank page. Students develop therelated key words to the theme. These method is important to the young learners or young generations. **The innovate education:**

- 1) The news which has been added and are being added to the educational sphere.
- 2) The educational process which has been renewed and organised according to the new technologies

**Interactive education.** The education is together of the students and teachers activities in all. **Integrative Learning** is a [learning theory](#) describing a movement toward integrated lessons helping students make connections across curricula. This higher education concept is distinct from the elementary and high school "integrated curriculum" movement. Integrative Learning comes in many varieties: connecting skills and knowledge from multiple sources and experiences; applying skills and practices in various settings; utilizing diverse and even contradictory points of view; and, understanding issues and positions contextually." [6]

**Traditional education** - also known as **back-to-basics, conventional education** or **customary education**, refers to long-established customs that society traditionally used in schools.

- Бир томонлама йўналтирилган ахборот (one-sided information)
- Бир томонлама мулоқот (one-sided conversation)
- Ахборот олиш (getting information)

- Хотирада сақлаш (keeping in mind)
- Маъносини тушунмаган ҳолда механик тарзда ёдлаш (learning mechanically)

**Developed Education** - is the process in which skills and experience execute the main role.

**Technology** - ("science of craft", from [Greek](#) τέχνη, *technē*, "art, skill, cunning of hand"; and -λογία, *-logia*<sup>[3]</sup>) is the collection of techniques, [skills](#), methods and processes used in the production of [goods](#) or [services](#) or in the accomplishment of objectives, such as scientific investigation. Technology can be the [knowledge](#) of techniques, processes, etc. or it can be embedded in machines, computers, devices and factories, which can be operated by individuals without detailed knowledge of the workings of such things.

- **Technology is formed from 2 greek words such as technoc – experience, and logos – science**

We know several concepts linked with technology. Such as:

1. Pedagogical technologies.
  2. Interactive technologies.
  3. Educational technologies.
  4. Technologies at the upbringing.
  5. Innovate technologies.
- Pedagogical technology - the systematic method of creating, using and determining the process of teaching and learning knowledge, taking into consideration the Man and technical resources and their influence
  - Educational technologies - Learning knowledge, estimating, performing and planning systematically of the educational process, taking into consideration the Man and technical resources and their influence
  - Upbringing technologies - are used in the training process
  - Innovate technology. The organized active process is directed into providing the pedagogical civilization

#### **THE FOREIGN EXPERIENCES:**

- The module credit system (Модулликредиттизими)
- Blended learning
- Case study
- Webinar lessons (Вебинар дарслари)
- Heuristic methods (Эвристик методлар)
- Master classes (Маҳорат дарслари)
- Distance education (Масофали ўқитиш )
- Moderetor (Модератор)
- Tutor (Тьютор)
- Supervise (Супервайзер)
- Fasilitater (Фасилитация)

- Assessment of technology (Ассесмент технологиялари)

## THE MODULE CREDIT SYSTEM AND BLENDED LEARNING

**The module credit system.** We know several concepts linked with module. Such is:

- Модуль (module)
- Модуль дастур(module program)
- Ўқув модули(learning module)
- Модулли технологиялар (modular technologies)

**Modulation** - is the process of varying one or more properties of a periodic [waveform](#), called the [carrier signal](#), with a modulating signal that typically contains information to be transmitted.

**Modular programming** - is a [software design](#) technique that emphasizes separating the functionality of a [program](#) into independent, interchangeable modules, such that each contains everything necessary to execute only one aspect of the desired functionality.

**Learning module** - is the part of the learning course which has got logical and independent conclusion.

- **Modular teaching** - Is considered to be one of the perspective system of teaching
- **Modular technology** - the modern technology which renews systematically and analyses the information, formed from module blocks
- Active participation
- Two-sided conversation
- Memorizing with the help of analyzing
- Demonstration the skills and knowledge
- Understanding the core
- And others

## CONCLUSION

**A course credit** (often credit hour, or just credit or "unit") is a unit that gives weight to the value, level or time requirements of an academic [course](#) taken at a [school](#) or other [educational](#) institution.

**European Credit Transfer and Accumulation System (ECTS)** is a standard for comparing the study attainment and performance of students of [higher education](#) across the [European Union](#) and other collaborating European countries. For successfully completed studies, ECTS credits are awarded. One academic year corresponds to 60 **ECTS credits** that are normally equivalent to 1500–1800 hours of total workload, irrespective of standard or qualification type. ECTS credits are used to facilitate transfer and progression throughout the Union. ECTS also includes a standard [grading scale](#), intended to be shown in addition to local (i.e. national) standard grades.

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