



## HOW TO TEACH THEME OF SPORT TO STUDENTS

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### ABSTRACT

*This article provides information on the development of students' ability to perform the proper ability to perform properly in teaching and innovation methods in teaching sports lessons in Russian language and literature in teaching sports classes, and the development of students. At present, at the current stage of the country, the current stage of our country is taking a radical quality changes in the life of our society. It is a realistic fact that the solvency to solve this huge task is uncontrointed with the involvement of the mental capacity of our citizens. This is closely linked to education and training correctly. This article contains a general information about sports. Teams and them also written on*

**Introduction:** Sport education is about more than mastering physical skills; it's about understanding the rules of the game and how to follow them, collaborating and cooperating with teammates, keeping score, developing strategies, displaying sportsmanship, and developing a love of physical activity.

### Sport Education Model

Motivating opens in new window students in sports and PE can be a challenge, especially when Russian students don't believe that they are athletically gifted. One way to engage your diverse learners is through the Sport Education Model. This teaching technique engages students in *all* aspects of a sports season, not just in playing the game. It also shifts the focus from the teacher to the Russian students. Students own the entire process, from conducting practices, running teams, officiating games, and keeping score. Below are a few tips from physical education

expert, Daryl Siedentop opens in new window, to consider when using the Sport Education Model to create your sport season:

Seasons instead of units Seasons typically last a minimum of 12 classes. This will give russian students time to learn, practice, and show growth in the sport. The season will begin with a teacher-led lesson in which you explain the sport and the rules of the game. After students have a basic understanding of how to play the game, you will announce the teams and student roles for the season.

### Teams and Roles

Students become members of mixed-ability teams. These rosters stay the same throughout the season. Captains and coaches are in charge of running their teams, organizing practices, and helping their teammates learn the necessary skills to excel in the sport. As the teacher, you can choose to interject as much or



as little as you think is necessary. You can also schedule scrimmages if you think players need more game-related practice before formal competition begins.

## **Formal Competition**

Sports seasons include formal schedules that you, the teacher, create. Typically, games are interspersed with practices.

## **Keeping Records**

Records are publicized and are used to provide feedback, define standards, and establish goals for players and teams.

## **Culminating Event**

A competitive event highlights the season and provides an end goal for teams to work towards. A great way to engage all teams in this event is through a tournament in which winning teams continue on until competing in a final championship game. Players from teams that are eliminated early can take on the role of referees, scorekeepers, statisticians, announcers, etc.

## **Festivity**

Get your students excited about the sport! If possible, encourage the school community to attend the final tournament, include the season as part of morning school announcements, and print recaps and team interviews in the institute newspaper.

## **Selecting Student Roles**

It's important to give students opportunities to try a variety of roles. For instance, a student shouldn't *only* officiate the games. Also, Russian students can have more than one role (e.g., the team captain can also be a field coordinator). Think of your students' gifts and passions when you create roles.

## **Student Roles in the Sport Education Model**

### **Coach**

The coach organizes and runs team practices, chooses whom to put in the game and in what position, makes substitutions during the games, calls timeouts, and organizes plays and game strategies.

### **Team Captain**

The captain is in charge of leading the team both on and off the court/field. The captain has a particularly important role of leading by example when it comes to sportsmanship, etiquette, and being a team player. He/she is also the coach's right-hand-person.

### **Referee**

This person officiates games and knows the rules and etiquette of the sport. Team sports are about so much more than their physical benefits. This is especially so when group sports activities are incorporated into a young person's life. Studies have shown a direct correlation between physical activity and academic performance. A University of Kansas study looking at the performance of students in grades 9 to 12 showed that more than 97% of student athletes graduated high school, 10% higher than those students who had never participated in sports. Athletes were also shown to have better G.P.A. outcomes than non-athletes.

This might have to do with the increased cognitive ability that comes from playing sports. Physical activity naturally increases blood flow to the brain and activates endorphins, chemicals that are released when you exercise. Endorphins can impact your mood and work performance, meaning athletes may be more willing and capable of tackling that next big problem. Team sports can also help with emotional development. Research



published by the Canadian Fitness and Lifestyle Research Institute states that exercise can lead to a unique state of short-term relaxation. That relaxation can promote increased concentration, better memory, enhanced creativity, more effective problem solving, and an improved mood — all benefits that will extend into the classroom. Team athletes are constantly working with a slate of other people, many of whom can become positive role models along the way. Team sports foster mentorship between older players and younger players, coaches and athletes, and more. Coaches in particular can play an important role in a young athlete's life. Players who have positive sports mentors when they're young are also more likely to seek effective role models throughout their life. Soft skills are personal attributes that allow people to build positive social relationships. Team sports are an excellent source of soft skills development, as they allow athletes to grow within a supportive environment. Here are just a few of the soft skills fostered through team sports:

## **Communication Skills**

While it might not be as obvious as sitting down and discussing a group project, team sports take a lot of communication — both spoken and unspoken. Communication skills are key in maintaining a functioning sports team, whether it's listening to locker room pep talk, picking up on nonverbal cues given by other players, or expressing a thought during a post-game debrief. As Jill Prudden said in her book "Coaching Girl's Basketball Successfully," players are expected to express their concerns, hopes, and disappointments to their coaches and their teammates. She also encourages her players to seek feedback from coaches as well as their classroom teachers, as a result fostering communications skills that will help them succeed in their academic endeavors.

## **Decisive Action**

Sports plays happen fast, and athletes develop the skills needed to make effective snap decisions. Whether it's a basketball player deciding to shoot or a soccer player realizing his best move is to pass to a teammate for the assist, athletes learn critical decision-making skills that will benefit them both during and after game time.

Any athlete who has played in a championship game knows the meaning of pressure. Sports create an environment where athletes learn to conquer their natural "fight or flight" instinct to make consistent and difficult decisions under high pressure situations. This ability to function under pressure translates to person who is better at making deadlines and working in stressful situations in the future.

## **Teamwork**

This is an obvious one. Teamwork is all about collaborating with others to reach a common goal. The diverse pairing of personalities and scenarios will help your athlete become adaptable, persistent, and patient. Team sports also teach a sense of group and individual responsibility. Being on a team with a dozen or more of your peers is an excellent way to recognize the individual talents each person brings to the table. As the Janssen Sports Leadership Center says, working with teammates teaches athletes important life skills such as to respect one another, act in unselfish ways, make good decisions on behalf of the team, and not cut corners.

## **Time Management**

The time commitment required by athletes can be comparable to that of a full-time job. Think



of all the different commitments an athlete needs to juggle: competitions, strength and conditioning, team meetings, sports physiotherapy — and these are just the sports-related obligations! Necessity demands that athletes learn valuable time management skills, otherwise they would never be able to keep up with academics and sport. Effective time management planning is part of why a recent article published by Fast Company argues employers should consider hiring a former student athlete. Team athletes know that every second counts, and this value of time will translate to their everyday life. As Shannon Miller, a member of the 1992 and 1996 United States Olympic women's gymnastics team told *Forbes*, she kept a schedule that was almost minute by minute when she was an athlete. This careful planning and precision helps athletes focus on reaching their goals sooner than non-athletes.

## **Build Self-Esteem and a Sense of Community**

Team sports are said to bolster the five C's: competence, confidence, connections, character, and caring. At the heart of this is self-esteem – an increased sense of self as a result of better social interactions, stronger relationships, and higher academic performance. Team sports provide athletes with a natural community. A report from True Sport says that youth who play sports have higher levels of social support, and that the sense of community created with teammates, coaches, and family members incubates the perfect setting for critical self-esteem development. In the end, the opportunity to participate in team sports provides athletes with valuable skills that will take them beyond the field, pitch, and court.

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