



THE ROLE AND IMPORTANCE OF NATIONAL MOVEMENT GAMES IN PHYSICAL EDUCATION CLASSES FOR SCHOOLCHILDREN

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Abstract

The article mentions the importance of action games for schoolchildren, their distribution and classification according to age.

Keywords: Action games, team games, individual games, relay action games.

In the theory and practice of physical education, physical culture and sports activities and physical education tools are used as a series of special systems.

One of the important stages of the physical education system is physical equipment. Their component consists of gymnastics, sports, active games, and the healing forces of nature (sun, air, water, hygienic factors).

It can be seen that action games are one of the important areas of the physical education system. Action games are divided into the following types in terms of content and form:

1. Team games.
2. Public (many people play together) games.
3. Single or double games.
4. Relay games.

Two or more teams (groups) participate in team games. M: "White poplar, blue poplar"; "Planting potatoes".

In mass movement games, all participants take part in the game. M: "Rain", "Kalhat came, run away, my child", etc.

One or two players take part in action games played alone or in pairs: M: "Cat and mouse", "Cockfight", "Shoulder and Hokoza".

Relay action games can be team, general and single (pair). M: in the physical education system, there are general and special principles (principles) and methods for teaching young people exercises and active games, that is, a series of games is determined depending on the age, physical fitness and gender of the participants. In the physical education program of general education schools, national movement games are defined according to grades (1-4,5-7,8-9,10-11). Because, as mentioned, games are taught according to the age of children. Action games designed for





elementary school students will be too easy and not very interesting for high school students. Games designed for upper grades are difficult for lower grade students.

Although such situations are not used in academic lyceums, secondary vocational colleges and higher educational institutions, games should be adapted to their future professions. M: To the future experts in agriculture and water management system (livestock field), "pedestrian bridge", "donkey ride", "shepherd", "herd ball", wrestling, foot race, etc. Relays and similar games are appropriate if used.

It should be noted that special preparations are required for the organization and conduct of physical education classes, sports activities, (training), action games in the process of various sports competitions. (Information about this is given in the second sections). In particular, the teacher (organizer) should know the games of various sports competitions perfectly and use their various options. First of all, it is necessary to take into account the conditions (time, place, interest) for action games. Large and clean areas make it much more convenient to organize active games on the fields. There will be opportunities for especially active people to run freely, jump and perform various actions independently, and have fun and play happily.

The above-mentioned activities are also carried out by students in the performance of action games organized outside of class (long break, home court, street, field, etc.). Otherwise, the mixing of young and old children may cause quarrels, crying, injuries or cases of catching infectious diseases.

There are many branches of the system of physical education in physical culture and sports. These include physical education in residential areas, recreation and recreation parks, summer recreation and health camps, summer sports centers for students, hospitals and sanatoriums.

It can be recognized that in the context of mass physical culture and sports events organized in these places, national sports games have an important place. it can be said. Even top league football players, volleyball players, and skilled athletes in other sports perform unique motion games in training and individually. The reason for this is that the action games serve as a special or general exercise-game in writing body (muscle) entanglements (razminki), entertaining (laughing, being happy, etc.) and training physical qualities.

In the system of physical education, special attention was paid to the organization of active games in families and kindergartens.

From the day a child is born in the family, every opportunity is used for its healthy growth. Sound (creaking) toys and animal-shaped toys (cat, sheep, puppy, bear, various birds, cars, balls, etc.) cause children to move, crawl and slowly stand up. Playing with a ball for toddlers leads them to perform all their natural special actions





compactly and quickly. Little by little, young children (3-5) independently perform difficult and interesting games that they have learned and played in the street. In general, the action games learned in the family environment last for a long time in children's lives and memory, and improve them.

In the system of physical education, physical education, children's institutions (kindergartens) up to school age, exercises, active games are the most necessary and interesting process.

Special programs on physical education are developed in kindergartens, and various exercises are conducted as games depending on the age of children (1-3,4-6). For younger children, they mainly play with toys, while with older kindergarten children, games such as ball games, relay, climbing, and jumping are used a lot. .

The most important features of action games are that children of the youngest age can speak, learn new words, and serve to develop the speech of elementary school students. Also, many qualities and qualities such as moral education, love of music, improvement of mental states, maintaining balance are embodied in the content of games.

No matter what age the children are and what games are used, their content and goals are focused on the proper growth of the body, education of mobility, speed, healthy growth and training. Such games are vital exercises (walking, running, jumping, throwing, hanging, swimming, etc.), and most of them require creative thinking and practical application.

Practical-professional physical education occupies an important place in the system of physical education. General and special physical training is one of the important factors in the life of firefighters, military personnel (their composition and network is wide), ambulance workers. Action games (in the form of competition) are the main place in their professional physical labor and work activities. For example, when teaching special actions such as sprinkling water, delivering fire extinguishers, ladders and other necessary technical means to the destination, climbing multi-story buildings, it is first of all held in the form of a game-competition (relay).

Special preparations are also carried out in the form of game competitions for teaching horse-riding, crossing mountains, swimming in rivers and jumping from airplanes.

In general, it can be said that there is no area where physical education and its main tools, as well as action games, are not used.

During the years of Uzbekistan's independence, the branches of physical culture and sports have become much stronger. This can be seen in the example of sports for the disabled, physical education (trainers) in medical institutions and health centers.





Their content includes special sports, various exercises, massaging (massage) and other actions, including fast-paced games, and they are used purposefully.

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