



## **SPECIFIC METHODS OF ORGANIZING AND CONDUCTING FOLK MILLY GAMES WITH PRIMARY CLASS STUDENTS**

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### **Annotation**

This article is about the method of organizing and conducting national football games with elementary school students, comprehensive use of various forms of physical education at the preparatory stage, strengthening physical health and regular organization with elementary school students and the transfer methodology is justified.

**Keywords:** Primary school students, physical education, physical and mental development, physical games, sports training, complex, modern education.

### **Relevance of the theme**

In honor of the independence of the Republic of Uzbekistan, on April 25, 1991, the festival of the first "People's National Games" was held in the Farish district of the Jizzakh region, and after the independence of our country, our national abilities, traditions, and mentality our national traditions have been restored. In particular, our national sports, such as wrestling, national folk games (kupkari, goat, goalkeeping, girl chasing, stone lifting, wrist strength test) and our unforgettable and valuable games have been revived and polished. These national games are now becoming a tradition to be organized during our national holidays "Navruz" and national festivals. The role of national folk games in the education of a well-rounded person is incomparable. In the emergence of love for the Motherland in young people, it creates a foundation for the formation of human qualities such as valuing it, preserving the great heritage left by ancestors. Action games are also very important in the effective organization of physical education classes. The holiday of physical culture can be held in different ways.

### **The Purpose of the Study**

To restore, develop and further improve the national folk games, we need to deliver the national folk games to our growing young generations and to deeply awaken the love of our national folk games to the youth.





## Research Method

Extemporaneous analysis methods are used to control the social and mental development of elementary school students, based on the theoretical basis of the pedagogical and psychological foundations of the secondary education system.

## Research Result and Discussion

It is important to further improve and strengthen the primary education system, to provide the physical education system with qualified pedagogues, and to create conditions for the intellectual, moral, aesthetic, agility, and dexterity physical development of students.

In turn, a person who is physically healthy will have a broad outlook, common sense, mind, consciousness and thinking. Human education is recognized as appropriate only when physical and mental activities are carried out together. In particular, playing games develops in accordance with the child's interests and needs, and intellectually, physical games are considered to be the most necessary features of their conscious mental development.

No matter what the weather, physical exercise is in line with the national movement and the purpose of playing bridge in the open air. Games can be played on indoor courts only when it is raining or snowing. Avoid eating food during the game. Stop playing games, teach yourself to change clothes, take a shower, and change socks. The national games help improve the professional skills of modern sports: basketball players, volleyball players, gymnasts, and track and field athletes. Here are examples of the national games of the Uzbek people.

"White poplar or blue poplar?"

The players on the field are divided into 2 groups and line up at a distance of 15-20 m from each other, holding each other's hands. The starter of the game is determined by tossing and saying: Is it white poplar or blue poplar? Who do you need from us? The team on this side calls out the name of a player. The chosen player runs and tries to break the "chain" between the hands of 2 players. If the player achieves this, he wins. The opponent takes the first "captive" of the players. If he does not break the "chain" between the players, then he himself becomes a "captive" to them. Then tell the name of any player of the opposing team from the two teams is called, the game continues in this way.

The game continues until the end of the set time or until all players are called. Rules of the game: 1. It is forbidden to break 1 part of the "Chain" twice. 2. "Chain" must consist of only 2 joined hands. 3. Distracting actions can be taken before breaking the





"chain". This game develops speed, agility and dexterity in pupils and students, and in sports, it can be used to train the speed of an athlete to run different distances.

#### "Aiming the circle"

Several people participate in this game. One of the children hides behind a wall, a board or a corner of a building, and makes a small sieve-sized flange made of a board (iron or plate) (even if it is a rectangular one) and shoots it up one after another. (Mergan) shoot a large tennis ball at a fluttering wing. The one who touches the hoop the most wins.

Bu o'yin asosan merganlar sifatini tarbiyalashi bilan birga, yengil atletikaning nayza uloqtirish sport turlarida ham mashq o'rnida qo'llanishi mumkin.

#### "Who is agile?"

The game will be held on the field. The size of the circle drawn on the field depends on the number of players (4-5). The starter stands in the middle of the court, and the players sit outside the line of their circle. The leader and the players agree in advance who will take whose place depending on the type of signals. The received signals should be of the following types:

Clapping, whistling, different actions of the leader. The starter gives the signal to start the game. After that, the players change their places according to mutually agreed signals. At this time, the leader tries to take the place of any player. The player without a place becomes the starter. The game will continue. A student who has never been out of place or an agile student is declared agile and a winner. This game educates the quality of dexterity and agility in children. In sports training, this game helps improve the skills of basketball, handball, football players.

This game is popular among girls. The player must keep his body balance while hitting the ball on the ground, and the ball must be equal to the height of the player every time he hits the ground. In this way, the girl who hits the ball the most on the ground without stopping is considered to be the winner of the game. This national game of ours is a symbol of modern rhythmic gymnastics. This game helps to strengthen the ability to maintain balance in young girls.

In general, the wide use of national games of the Uzbek people and movement games in classes and extracurricular activities will greatly help to increase the interest of teachers in physical education, as well as to educate them in the spirit of national beliefs.

The conclusion is that strengthening the child's health through physical exercises not only helps the child to be physically strong, but also occupies an important place in the formation of intellectually and mind at a high level. It should not be forgotten that any conscious action is the basis for the child's mental development.





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