



THE NEED TO USE NATIONAL MOVEMENT GAMES IN CHILDREN'S PHYSICAL EDUCATION

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Annotation

Introduce physical culture and sports into the life of our people in the face of physical education; There are great tasks in educating young people in the spirit of independence, the widespread use of all kinds of physical education and sports, including folk traditions, improving people's health, preparing them for the defense of the Motherland, and so on. The national games of our people are one of the most important physical and sports means used for this purpose.

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The need to use national movement games in the physical education of children Strengthening the health of the people is one of the main tasks of physical culture in Uzbekistan. During the independence period, the emphasis on sports and physical education is growing. Introduce physical culture and sports into the life of our people in the face of physical education; There are great tasks in educating young people in the spirit of independence, the widespread use of all kinds of physical education and sports, including folk traditions, improving people's health, preparing them for the defense of the Motherland, and so on. The national games of our people are one of the most important physical and sports means used for this purpose. Therefore, the need to pay more attention to the national movement is becoming clearer. Focusing on Values It is possible to preserve many elements of the culture of the peoples of the East and use them in practice. Traditional national games and national competitions for our ancient indigenous peoples have long been an integral part of their lives, they have served as an independent field in folk ceremonies, rituals and traditions, a strong place in physical culture , in pictures and independently has been a strong industry. With the help of such means of physical culture, our ancestors developed in the next 20 generations such qualities as agility, dexterity, strength and endurance. They raised their children to be resilient and energetic in the face of the hardships of life and the hardships of





nature. It is in the interest of both the people and society that the younger generation grows up to be physically healthy and to protect the Motherland. To do this, students need to be deeply involved in physical culture, to master the skills of using various national games. This is to further strengthen the education of the younger generation, to bring them up in the spirit of duty to their people, independent state and society. The verse deals with important tasks. From the first day of school, children have the opportunity to develop a love of work, diligence, the ability to complete the work they have started, and the qualities of perseverance. Along with all the modern means of physical culture, the Uzbek national games are very useful, because these games can cover all aspects of physical, mental and spiritual upbringing of children. After all, the preparation of young people, who are the future of the nation, as healthy, mature and perfect people, will serve to strengthen the future of our independent Uzbekistan. We have already mentioned that the national folk games and national sports have changed significantly in the course of historical development, and each economic system has left its mark on their content and rules. The names and rules of some games have survived. . When using such games, it is important not to lose sight of the fact that they have an educational effect on children, in addition to the physical impact, and the creative use should be targeted. ²¹ For example, the game of "Capricorn" is an ancient game of kupkari, which is usually played on horseback, where riders fight for a real kid. The children's game "Capricorn" is held without a horse, the players fight for a piece of stuffed ball with a piece of goat skin. Some aspects of the rules of the game are similar to those of adults.

This game, which trains speed, agility and strength, also has a great educational value, with a strong emphasis on mutual respect, sincerity, not being rude. Folk games of national movement play an important role in the development of children's physical qualities. Because games increase the interest of students, give them pleasure, provide faster recovery of work skills. All the national games have a holistic effect on the bodies of children. Therefore, the games should be considered as a general physical effect. There is no game, it is some physical. should not be considered a quality development tool. For example, in the national game "Who wins when wearing a doppi", not only agility, but also agility and sensitivity are encouraged. The sole and sole purpose of all the spheres and stages in the system of physical culture is to prepare a person for a proper life. The tasks of physical education of primary school students are determined taking into account the age-specific characteristics of children, but the general purpose of physical culture is not overlooked. The school provides health, education and upbringing tasks for





primary school students in physical education. Through the people's national games, there are more opportunities to perform these tasks as a whole.

Engaging in physical culture, instilling in children the habit of following the established order and the desire to engage in folk games on a daily basis, if possible, they have 24 hours of independent play with this game at school and at home. It is necessary to develop the ability to use, to organize games in a team of children of their own age and younger, to teach them to perform together. Students need to be nurtured with a love for the national games, an interest in the results of the games, and a passion for the victories of the athletes. In the process of studying the national folk games, there are great opportunities for moral, intellectual, aesthetic and labor education. Positive (solidarity, discipline, humility, kindness) and spiritual qualities (honesty, justice, a sense of friendship, cooperation, the ability to work in step with the times, the ability to cope with the tasks) in the performance of folk games. There are the best conditions and opportunities for the development of willpower, as well as for the display of willpower (courage, perseverance, self-confidence, perseverance, perseverance, etc.).

Properly organized national folk games create favorable conditions for the development of children's minds, because in such a situation there is no doubt that there will be favorable conditions for the functioning of the nervous system and all other organ systems. In the process of teaching folk games, students are brought up well, faithful to international traditions, and remember what they have learned. In children, all mental processes (upbringing, thinking, memory, imagination, etc.), as well as thinking activities (observation, comparison, analysis, synthesis, generalization, etc.) begin to develop. Emphasis should be placed on cultivating in children the ability to use the knowledge and skills acquired during the national games creatively, as such abilities are acquired by children due to their virtues such as diligence, independence, intelligence, ingenuity and resourcefulness. It is very important to cultivate in children positive emotions, feelings of sincere and cheerful communication with people, as well as to develop the ability to quickly overcome the negative moods that have occurred.

The need for this is reflected in the fact that positive emotions have a beneficial effect on all organs of the body, ensuring the rapid and stable formation of motor skills. Physical culture based on national folk games has a positive effect on the implementation of aesthetic education. In the process of performing folk games to develop and absorb aesthetic pleasure, to develop beauty, elegance, meaning, stature, elegance of clothes, to understand everything around them, to appreciate the right, to aesthetics and it will be necessary to develop a tendency not to infect





one's own behavior, and to refrain from being rude or rude in all that one does, says, and does. In the process of participating in the national games, labor education is carried out. Children's health improves, they develop motor skills, develop the physical qualities necessary for work. It is very important to explain to children the role of physical culture, including national games, in preparing them for work and to form this concept in their minds.

In summary, the role and place of folk games in the performance of the following basic tasks of physical education of primary school students is very large:

1. Promoting health, helping students develop and thrive properly.
2. To provide students with special knowledge of physical culture and sports, to instill in them hygienic knowledge and skills.
3. To form and improve students' motor skills and abilities, to teach them new types of movements and movement activities.
4. Development of basic movement qualities (strength, speed, agility, endurance, etc.) in accordance with age.
5. To cultivate courage, perseverance, discipline, team spirit, friendship, cultural skills, attitude to work.
6. Develop the ability to hold the body correctly while standing and walking.
7. To develop students' sustainable interest and skills in regular physical education and sports.
8. To inculcate organizational skills in students, to train public physical culture activists.

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