



TECHNOLOGY OF ACTION GAMES PLAYED IN WATER

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Abstract

The article reveals the features of the organization and conduct of open games and relay competitions in swimming lessons for children of different ages. In addition, forms of organizing swimming lessons in pre-school kindergartens, the use of games and play exercises in teaching children to swim, and recreation in water were discussed.

Keywords: water, swimming pool, swimming training, open games, methodology, game, game organization, rules.

The main rules of water games. When choosing a game, it is necessary to have a clear idea of which pedagogical task to solve. The following pedagogical goals should be observed in the methodology of teaching and conducting action games: conscious acceptance of new material, active participation in the educational process, initiative and creativity. The process of participation in the game should be educational in nature. The use of games and the choice of game material depends on many factors. First of all, it is necessary to meet the pedagogical tasks of teaching, training and education. It is necessary to know the physical and swimming fitness of the group, to have a clear idea of what the participants can and cannot do. In this case, the chosen game should be adapted to the age of the participants, the homogeneity of the group and the number of players. Choosing games according to their difficulty levels is also important. Playing easy games that don't require action, and games that are too difficult, are not interesting. In many cases, the choice depends on the place and conditions of the game: open water pool, pool, water and air temperature, safety measures.

Preparing for the games, organizing the participants and explaining the game. The leader plays the main role in the game. He must take into account in advance every detail of the course of the whole game, especially when the game is being played for the first time and it is difficult to foresee all the situations in its course. The leader must prepare the venue and inventory of the game in advance. The faster and more thoroughly the players are organized, the more successful the final result and conduct of the game will be.





At the beginning of the game, the leader is chosen or the participants are divided into groups. The leader can be chosen either by the leader or by group participants (by "counting" or "throwing lots").

If it is necessary to divide the participants into groups, the following methods can be used:

- Counting standing in line - players are divided into 2 or 3 depending on the number of groups;
- Depending on the wishes of the head (if he knows the strength of the participants);
- Starters take turns choosing their players from the lineup;
- Depending on the teacher's choice. In doing so, he selects
- Groups to play as a permanent fixture in the games he wants.

When forming groups, it is necessary to strive to have the same strength of players in each group. Group leaders are often chosen by the participants themselves.

The explanation of the terms of the game is carried out in the initial game selection. This rule must be followed. The explanation should be guided by showing so that the players do not have too many questions. If the water in the pool is cool, the playing conditions can also be explained on land. The terms of the game are explained as briefly and clearly as possible, especially if the players are in the water. It would be appropriate if the explanatory plan was described as follows:

- Game name ;
- Player roles and location ;
- The order of the game ;
- The goal of the game ;
- The rules of the game.

The boss must start the game himself, divide the game intelligently into parts and finish it in time. Depending on the level of preparation of the players, individual conditions can be simplified or complicated. In particular, it is necessary to pay more attention to the rules of execution of any technical method that needs to be learned or strengthened in the game. It is forbidden to talk back and be rude in the game. It is best to signal the end of the game when the participants are enjoying the game without getting tired. A warning about the end of the game can be given with the following words: "One minute left", "Played until one point remains", "Last leader". As we can see, the boss has a lot of rights in action games. But he must use them properly, allow the players to show maximum initiative and be an objective and impartial judge himself.



Determining the results of the game, describing mistakes and wrong actions is of great educational value. The manager must give a description of the whole game and evaluate the actions of individual players. If the rules are violated and mistakes are made, he should show them, note the good players.

Participants can also be involved in evaluating games. Objective analysis teaches self-assessment, critical thinking, develops initiative, strengthens friendships in the group, increases interest in swimming lessons, and ultimately leads to better assimilation and consolidation of the material. .

Methodical instructions for conducting games in learning to swim

When learning to swim, games are strictly goal-oriented, taking into account the specific tasks of each exercise, its essence, and being connected to the educational material learned in the lessons.

The following methodological guidelines will help to correctly solve the problem of teaching swimming through games:

1. Game participants must understand the content and tasks of the game.
2. Duties of the teacher:
 - Among other exercises, choosing the right place for the game;
 - Taking into account the duration of the game;
 - Distribution of games by levels of difficulty, taking into account the age, gender and characteristics of the participants;
 - Divide players into groups of equal strength;
 - Conduct arbitration objectively and impartially;
 - Providing optimal loads, alternating the intensity of loading with rest;
 - Clear and concise explanation of game rules;
 - Highlight and evaluate the achievements of the participants of the game;
 - Game performance analysis ;
 - Encourage players to analyze their actions;
 - Encourage participants to organize games they are familiar with;
 - In determining the results of the game, taking into account not only the final result, but also the quality of the performance of the driving activity.
3. There should be a coherent organizational-methodical connection between the games and other exercises in the lesson.
4. Only those swimming techniques or exercises that have been well mastered by the participants should be included in the games.





5. Learning new exercises should be carried out together with learning a new game in one session. It is necessary to closely connect the use of games in teaching swimming with the tasks of motivational qualities. For example, to develop dexterity, familiar games can be updated and used in different variants. Players should be given new tasks aimed at developing coordination of actions, and games with more complex rules of team and individual actions should be played.

, it is necessary to play games that require quick movement responses in a rapidly changing environment, complicated by exercises designed to quickly overcome a distance of 5-10 m. To build endurance, games with moderate intensity movement activity are held for 8-12 minutes.

Game Rules . The following rules must be followed when playing:

- When explaining the game, it is necessary to clearly state its content and rules, choose the leader and divide the players into groups of equal strength;
- In each game, all participants who enter the water must participate;
- If the water in the pool is cool, the game should be actively played at a fast pace;
- Paying attention to the implementation of the rules during the game, strict measures should be taken in case of unpleasant situations: rudeness, unfriendly behavior, violation of the game rules;
- At the end of the game, it is necessary to announce the results, winners and losers, and show actions and mutual support that take into account the interests of the team;
- Each game must be finished on time before the players get tired.

The direct participation of the pedagogue helps the successful passage of water games of both students and schoolchildren. This causes the players to get organized and get into the game faster. If the instructor does not participate in the game, he should choose a place where he can see the game well. Water games are held both with new students and with students who know how to swim well. As the players' level of training increases, the games become more complicated.

The type of game is selected depending on the pedagogical tasks of teaching, the conditions of the game, the depth and temperature of the water, the number of participants in the group, their age, and the level of preparation.

Classification of water sports. The games in this group help participants to overcome their fear and self-doubt, activate the students' knowledge and increase their interest in swimming.





Interest in the game helps new students to overcome feelings of self-doubt, to master the water environment, to feel its density, that is, to be sure that the water will "catch" them. The games are held in the main part of the lesson on the shallow side of the pool or the side wall (bortik) and mainly consist of various moves, jumping and diving.

Games to get acquainted with water

"The sea is excited"

Game tasks : mastering water, getting to know the density and resistance of water.

Description of the game: players line up one by one, facing the shore, and hold in their hands a long stick or other object that acts as a "boat on a pier". When the call "The sea is excited" is given, the players disperse in different directions and perform free rowing movements with their hands. These movements help them move underwater.

Game conditions: With the command of the initiator "calm at sea", the players must quickly try to take the previous position. Then, as soon as the leader says: "one, two, three - here we stand", the boats gather together again at the "prichal".

A student who is late will not be able to continue the game and will receive a penalty point.

Methodological guidelines: The "dispersed" phase of the "boats" should be limited. Between the first and second commands, the starter should take a short break, let the players stop and try to "prichal" by changing their direction.

"Who is taller?"

Tasks of the game : to get acquainted with water, to get acquainted with the specific properties of water, to acquire the skills of studying the shape of the body.

Description of the game: players face the leader. At the command of the leader, everyone sits down, then they have to jump with their feet on the ground under the water and push themselves out of the water with their hands.

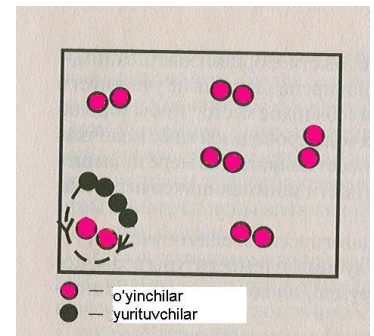
Game conditions: after each jump, the winner and two winners will be announced.

Methodical instructions: it is necessary to explain the reasons for the success of the winners (stretching to strengthen all the muscles and take the most comfortable position of the body).

" Crossing" (pereprava)

Tasks of the game : formation of the skill of relying on water with the palm of the hand and the front of the shoulder.

Description of the game: the players line up and walk under the water on a signal,





performing the movements of the water with the help of their hands.

Methodical instructions: arm movements are performed simultaneously and alternately with the arm bent at the elbow joints away from the body.

"Fish and Fishing Rod"

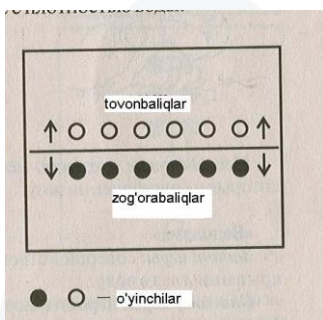
Tasks of the game: mastering water, training a sense of community.

Description of the game: all the participants of the game - "fish" hold hands and run around the pool area. Beginners try to hook one of them on their fishing line. The caught player joins the starters and the hook expands. The game ends when all the fish are caught.

Procedural instructions: "fish" are forbidden to forcefully break the hook and leave the circle. A "fish" is considered caught when it lands on the hook, that is, in the circle formed by the players. Players who are not hooked until the end of the game are the winners.

"Heelfish (karas) and carp (carp)"

Game tasks : Getting to know the density of water.



Description of the game: Players line up on the sherenga with their backs to each other at a distance of one meter from each other. One sherenga players are "heels", the other is "zogoraba-liqs". Host: With the word "heels", the sherenga of "heels" rush towards the conditional zone as quickly as possible, and "heels" turn and try to catch up with the "heels" and vice versa. . Counting of the number of "heel fish" and "snow fish"

caught on the hook will continue until the end of the game.

Procedural instructions: the names of both teams must be called equally until the end of the game. "Tovonbalik" and "zogorabalik" sherenga should stand with their sides to the starter.

Drowning games

"Who can hide under water faster?"

Game tasks : mastering water, getting to know its buoyancy.

Description of the game: at the signal of the leader, the players quickly crouch under the water and try to stay under the water.

Procedural instructions: Before diving into the water, it is necessary to inhale and hold the air a little while exhaling. This helps to feel the buoyancy of the water, making sure that it is practically impossible to sit on the bottom of the water.

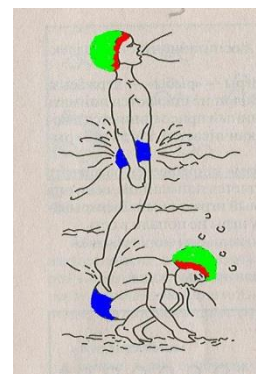


"Frogs"

Game tasks : mastering water.

Description of the game: at the signal "Frog" the players ("frogs") jump up in their places, after the signal "Duck" they hide under the water. The player who performed the command incorrectly, standing in the center of the circle, continues the game together with all other players.

Methodical instructions: Players who have not made a single mistake should be praised.



"The Divers"

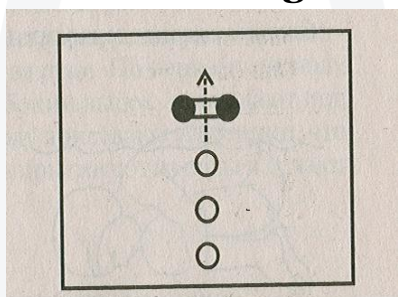
Tasks of the game : to perfect the skills of diving and opening eyes in water.

Description of the game: players ("divers") pick up a brightly colored object from the bottom of the water. This game can also be played with a group. Players are divided into two groups of equal number. The players of the group who took all the objects out of the water faster are the winners.

Methodical instructions: the number of underwater objects should be equal to the number of "divers", so divers can be divided into two, three or four groups.



"Train entering the tunnel"



Tasks of the game : improve the skills of swimming, opening the eyes in water, knowing the direction of water.

Description of the game: the players line up in single columns and hold the waist of the player in front of them with their hands ("train"). they hold on ("tunnel"). In order for the "train" to pass through the "tunnel", the players take turns diving. After the "train" passes through the "tunnel", the players exchange roles. Alternatively, the "train" can pass through a plastic circle held by one of the players.

The task can be complicated by placing two or three tunnels at some distance from each other.



Methodical instructions: during the dive, the players must have their eyes open, and they must perform free swinging movements with their arms and legs.

Games for swimming and lying in water

"Jellyfish"

Game tasks : get to know the lifting power of water and feel the state of weightlessness.

Description of the game: the participants take a deep breath and hold their breath, and sit under the water at the command of the leader. Then, bent over, they rise to the surface of the water. Arms and legs are half bent .

Methodical instructions: perform the exercise while holding the breath; when you go up, you should count to ten.

Poplavok

Game tasks : get to know the lifting power of water and feel the state of weightlessness.

Description of the game: first, taking a deep breath and holding it, the players squat under the water. Then, holding their knees with their hands, they go up. In this case, each "pokak" tries to stay on the water until counting to "ten". Two groups and individual players will participate in the competition.

Methodical instructions: before starting the exercise, all players should take a deep breath and hold their breath when they exhale.

"Wrestling with the Pupak"

The task of the game : to improve the skills of swimming and lying in water.

Description of the game: the starter tries to reach one of the players and catch him. To get rid of the "fight", the player takes the position of "pokak". If the "chaser" catches up to him and touches him with his hand before he takes this position, both players switch roles.

The second option: depending on the level of training of the players, instead of "pokak" it is possible to play "jellyfish".

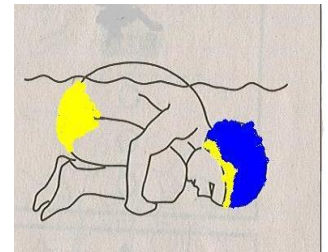
Water breathing games

"Who has the most bubbles?"

Game task : to improve the skill of exhaling under water.

Description of the game: at the command of the leader, the players dive with their heads under the water and continuously exhale through their mouths. The player who exhales more bubbles, that is, who exhales continuously into the water, is the winner.

Procedural instructions: players are reminded to take deep breaths before entering the water.





"Unstoppable Dolls"

Game tasks : mastering water, improving the skill of exhaling into water.

Description of the game: players, divided into pairs, stand facing each other, holding hands. At the first signal, the players standing on the right take a deep breath and crouch under the water. At the second signal, those on the left will crouch under the water. Their partners jump out of the water to breathe.

"Argymchak"

Game task : improving the rhythm of breathing and exhalation.

Description of the game: players hold hands and stand with their backs to each other and take turns to lift their partners on their backs (waist) by leaning into the water. The winner is the pair who breathed in and out several times in a row.

Methodical instructions : players should stand with their sides to the starter.

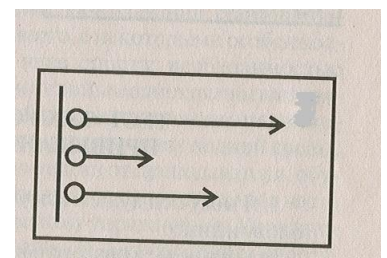
Sliding games

"Who will slide the farthest?"

Tasks of the game : organization of the posture of the body, the ability to maintain balance.

Description of the game: The participants of the game stand on one sherenga and at the command of the leader, they slide first on their chests, then on their backs.

Methodical instructions: sliding on the chest is performed with the arms pointing forward, and sliding on the back is performed with the arms pointing upwards. Gliding is done towards the shallows or across the pool.



"Dolphins"

The task of the game : to improve the technique of diving and gliding.

Description of the game: participants insist on sherenga. Starting position: standing with arms raised. At the first signal, it is necessary to sit under the water. At the second signal, jump forward and up and slide across the water.

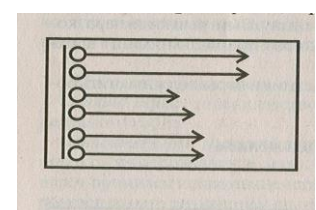
Methodical instructions: during diving, jumping and sliding, the participant's body should move along a wavy trajectory. The player who completes the least number of jumps on the given field is the winner.

The second version of the game: jumps can also be performed by crossing the pool walkways.

"Torpedoes"

The task of the game : to improve the sliding technique.

Description of the game: players are divided into pairs. At the command of the leader, they hold hands, lie on their backs, and push themselves with the palms of their feet. The pair that slides the





furthest is the winner.

Procedural instructions: players are positioned so as not to destroy each other.

"Fountain"

Tasks of the game : to teach and improve the technique of using legs in backstroke (crawl) method.

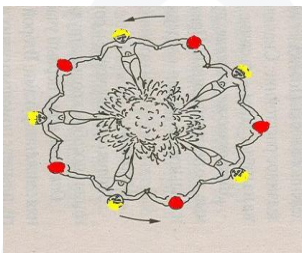
Description of the game: players hold hands and enter the water and stand in a circle. At the signal, without letting go of their hands, they lie on their backs, stretching their legs towards the center of the circle, and begin to work with their feet on the bar, making as many drops as possible.

Methodical instructions: it is impossible to bend the legs at the knees, the movement is performed from the pelvis.

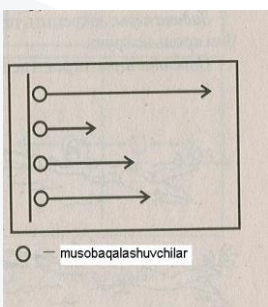
"Chamois"

Tasks of the game : to teach and strengthen the technique of using legs in breaststroke and backstroke.

Description of the game: players stand in a circle holding hands. Then count to "one or two" numbers. Those of the first number take their initial position: they use their legs directed towards the center of the circle in a stroke. Those of the second number, lying on their chests, hold the hands of the first number, use the method of swimming with their legs, and move in a circle. After 30 seconds, players switch places. The winner is the player who uses his legs better while standing more horizontally.



"Floating Arrows"



Tasks of the game : to organize the skill of moving forward while maintaining the posture and balance of the body, to teach the technique of using the legs in the method of breaststroke swimming.

Description of the game: players line up in a row and perform an exercise at the teacher's signal - first they slide without the help of their legs, then they move their legs as if in a stroke. The player who slides the farthest is the winner.

Methodical instructions: **gliding on** the chest is performed with arms stretched forward; movement of the legs - from the hip. The exercise can also be done lying on your back.

"The Mill"

Tasks of the game : to teach the technique of using hands in breaststroke and backstroke.

Description of the game: players stand in a sherenga. Then, with the signal of the



leader, they push off from the edge of the pool (bortik) and try to swim faster to the designated place by gliding. The winner is the swimmer who completes the given distance earlier than others. First, the exercise is performed lying on the chest, then lying on the back.

Methodical instructions: when the arms move, the legs should be straight, but not tense. When swimming on the back, breathing is free, while swimming on the chest, breathing is stopped.

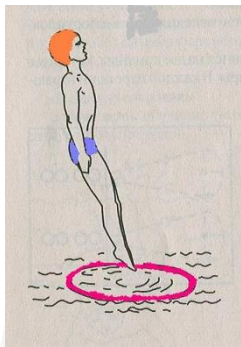
Jumping games

These games are designed to teach diving and launching techniques.

"Don't Stay"

The task of the game : to improve the skill of jumping into the water.

Description of the game: participants sit on the side wall (board) of the pool and lower their feet into the water. At the starter's signal, the players jump into the water, quickly turn their faces to the side wall of the pool and touch it with their hands. The player who takes this position first is the winner.



Methodical instructions: these games can be played with non-swimmers only when the water level is up to the waist or chest of the swimmers.

"Circle Jump"

Game tasks : improve the skill of jumping into water.

Description of the game: the participants of the game take turns jumping into the water with their feet down, in which they try to jump aiming at the obruch or circle lying in the water.

Methodical instructions: first jumps can be performed from a sitting position with bent knees, then from a standing position pushing off the side wall. The player whose hand touches the circle the least is the winner. Before jumping, players grab the side wall of the pool or the edge of the pool with their paws to avoid slipping and falling backwards.

"Who can jump the farthest?"

Tasks of the game : formation of deep diving skills.

Description of the game: players stand on the side wall of the pool at a distance of 1 m from each other . At the command of the leader, they jump forward and down with their feet ("Start!", "March!"). The one who jumps the farthest is the winner.

Methodical instructions: the jump is performed by all participants at the same time (according to the leader's command).

"Who can slide the longest?"

Game tasks : formation of the skill of jumping into the water with the head down.





Description of the game: participants sit on the side wall of the pool and, with their feet down, touch the pool wall or drain with their toes (arms up, palms together, head between hands). At the command of the leader, they bend towards the water and jump with their feet. The player who slides the farthest is the winner.

Methodical guidelines: arms should be stretched forward during the slide. Jumps can be performed from a kneeling and leaning position, in which case it is necessary to grab the side wall of the pool with the feet.

"Catch the ball while jumping"

Game tasks : improve the technique of jumping into water.

Description of the game: players jump from a ledge or a springboard with a height of one meter. During the flight, the player must catch the ball flying at a certain distance from him.

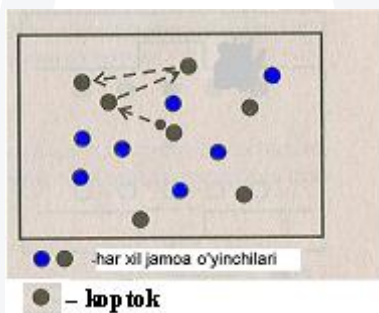
Methodical instructions: the ball is passed by the starter or a partner at a regular height and with a certain speed.

Games that lead to a game of water polo

These games introduce the techniques and rules of the water polo game, educate teamwork, friendship, patience, conscious discipline, and also help to develop the necessary physical qualities.

"Get the ball"

Tasks of the game : teaching simple ways of using the ball, catching and passing the ball, swimming with and without the ball, training teamwork and initiative.



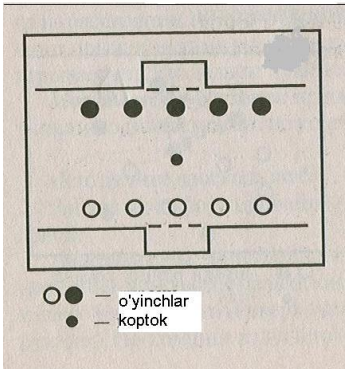
Description of the game: The game can be played in both shallow and deep places. All players are divided into two groups. The instructor throws the ball into space. The players of the group strive towards the ball and try to capture it. When they get the ball, they pass it to each other. Players of the other team try to take the ball away from their opponents. If they succeed, they pass the ball to each other, and the team

that lost the ball fights for the ball again.

Methodical instructions: the instructor monitors that the players do not "drown" each other and pass the ball with one hand.

"Water polo" game

Tasks of the game : to improve the technique of possession of the ball, to form the skill of cooperation with the team.



Description of the game: participants are divided into two groups of equal strength. The first is placed on one side of the field line, and the second on the other side. Behind each group is a "gate," a space marked by a bench, log, or other object. At the signal of the starter, the referee throws the ball in the middle of the field. The players move quickly towards the center, trying to get the ball and shoot towards the opponent's goal. The team that sends more balls to the goal of the neighboring team is the winner. It is forbidden to "drown" each

other and hold the ball for a long time. If the rules are violated, the referee stops the game, punishes the guilty team or its player and passes the ball to the other team's players. The duration of the game is 5 minutes.

Methodical Instructions: the game can be played both in the shallow part of the pool and in the deep part.

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