

Primary Games for Primary School Students in Physical Education Activities Use Requirements

Shuhrat Khudoiberdiev

Lecturer at the Department of Sports, Management of TerSU, Uzbekistan

ABSTRACT

This article focuses on the development of children's physical qualities in the use of national games in primary school. Folk games increase the interest of students, give them pleasure, provide faster recovery of working skills, and as a result of games children forget about fatigue, there are resources for careful performance of exercises.

KEYWORDS: *physical education, movement games, national folk games, physical ability, development*

How to cite this paper: Shuhrat Khudoiberdiev "Primary Games for Primary School Students in Physical Education Activities Use Requirements"

Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470,

Volume-6 | Issue-2, February 2022, pp.884-887, URL: www.ijtsrd.com/papers/ijtsrd49335.pdf



Copyright © 2022 by author (s) and International Journal of Trend in Scientific Research and Development Journal. This is an Open Access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0) (<http://creativecommons.org/licenses/by/4.0>)



INTRODUCTION

Strengthening the health of the people is one of the main tasks of physical culture in Uzbekistan. During the period of independence, the attention to sports and physical education has been growing. Introduce physical culture and sports into the life of our people in the face of physical education; In educating young people in the spirit of independence, there are great tasks to improve the health of people and prepare them for the defense of the Motherland, using a wide range of forms of physical education and sports, including folk traditions. The national games of our people are one of the most important physical and sports means widely used for this purpose. Therefore, the need to pay more attention to the national games is even more obvious.

Focusing on values allows you to preserve many elements of the culture of the peoples of the East and use them in practice. For our ancient indigenous peoples, traditional national games and national competitions have long been an integral part of their lives, they have acted as an independent field in folk ceremonies, rituals and traditions. has a strong place

in physical culture, rituals and as an independent field. With the help of such means of physical culture, our ancestors formed in the rising generation such qualities as agility, dexterity, strength and endurance. They raised their children to be resilient and resilient to the hardships of life and the hardships of nature.

LITERATURE ANALYSIS AND METHODOLOGY

A study of the scientific and methodological literature of domestic and foreign scientists shows that a number of scientific studies on physical education aimed at health. Including T.S.Usmankhodjaev, A.K.Atoev, V.K.Balsevich, Yu.F.Kuramshin, S.V.Ribalkina, V.A.Bogdanova, G.V.Julina, N.I.Chukturova I The works of A. Koshbakhtiev, D.D. Sharipova, L.I. Lubisheva, V.A. Baranov and others can be cited [1].

Problems of organization of physical education classes aimed at health D.Antonyus, M.G.Gorsky, M.V.Zvereva, V.I.Shalginova, A.M.Kozin, N.A.Vorobeva, D.R.Khaybullina, I.A. .Sennikova,

A.G.shchedrina, T.A.Daminov, B.T.Khalmatova and others.

Analysis of age characteristics in the physical fitness of primary school students AA Gujalovsky, VV Dyakonov, IG Dukalsky, VI Lyakh, VA Ermakov, AG Sukharev, TG Sulimova, It was studied by V.P.Guba, O.B.Seregina, A.N.Kainov, A.Yu.Farrakhova, I.A.Sennikova, A.M.Achilov, O.V.Goncharova and others [2].

DISCUSSION

Both the people and the society are interested in the physical development of the younger generation in a physically healthy way and in a way that protects 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 connected with such important tasks as further strengthening the education of the younger generation, educating them in the spirit of their duty to their people, independent state and society. From the first day of school, children have the opportunity to develop a love of work, diligence, completion of work, stability. 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 necessary to take into account the fact that in addition to the physical impact on children, they also have an educational effect, and their creative use should be targeted. For example, the game "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 horses, the players fight for a ball of stuffed goatskin. Some aspects of the rules of the game are similar to those of adults. This game, which cultivates speed, agility and strength, also has a great educational value, with a strong emphasis on mutual respect, sincerity and non-rudeness[3].

Folk national games 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 working skills.

Thanks to games, children forget about fatigue and try to do the exercises carefully.

All national games have a holistic effect on children's bodies. That is why games should be considered as a general physical influence. There is no game that should not be considered as a means of developing certain physical qualities. For example, "Who wins wearing a doppia?" In the national game, not only agility, but also agility and sensitivity are encouraged[4].

The sole and sole purpose of all 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 for the implementation of the tasks of health, education and upbringing in the physical education of primary school students. Through the national games of the people, there are more opportunities to perform these tasks as a whole.

Health tasks

The main task of physical education of 12-13-year-old primary school students is to protect the life of the child and strengthen his health, to protect himself by strengthening his body and to increase its resistance to various diseases. training to withstand adverse environmental conditions. In addition, it is very important to increase the ability of children to work. Due to the peculiarities of the development of the child's body, its functions are expressed in a more precise way: to help the child's bones to harden and timely, the formation of curves in the spine, the good development of the heel surface, the maturation of the joints is displayed (games); allows for the proper development of body parts (games); develops all muscle groups[5].

It is also necessary to improve the functioning of the cardiovascular system: to increase blood flow to the heart, to improve the normal functioning of the heart and to develop its ability to adapt to unexpected changes in load; increase chest mobility, deep breathing and long-term stability of this activity, increase the vital capacity of the lungs, improve nasal breathing, improve internal respiration. Ensuring the functioning of the central nervous system; It is necessary to ensure the mobility of the states of excitation and deceleration, as well as to develop the motor analyzer and the sensory organs.

Tasks of teaching

It is also important to carry out educational tasks in the process of conducting active games with students

aged 12-13 years. These tasks are: the formation of motor skills and abilities, the development of physical qualities (agility, speed, flexibility, balance, agility, strength, endurance), posture, knowledge of physical education. Due to the flexibility of the nervous system, movement skills are more easily formed in children than in adults. Many of these skills (walking, running, jumping) are used by children as moving tools in daily life. Movement skills facilitate the child's communication with the environment and help him to understand.

Proper performance of selected national games has an effective effect on the development of children's muscles, joints, joints, fluid system. With the application of well-formed movement skills in practice, the child saves energy during the game and allows him to focus on a variety of tasks that occur by chance during play activities.

Primary school students are taught about knowledge directly related to physical culture (benefits of games, the importance and technical implementation of physical exercises, methods of their implementation, the rules of national games, etc.). It is important to provide information. The deeper the knowledge, the more intelligently they can use folk games, the more effectively they can play them, and the more they can use the tools of physical culture in school and family.

Educational tasks

Engaging in physical culture, to develop in children the habit of following the established order, as well as the desire to participate in folk games, if possible, on a daily basis, if possible, to develop the ability to play this game independently at school and at home, they should be taught to organize games in a team of children of their own age and younger, to perform them together. It is necessary to cultivate in students a sense of love for the national games, interest in the results of these games and a desire to see the victories of athletes[6].

In the process of studying the national folk games, there are great opportunities for moral, intellectual, aesthetic and labor education. People

Positive (solidarity, discipline, humility, kindness) and moral qualities (honesty, fairness, friendliness, cooperation, ability to work with the times, ability to cope with the tasks) There are the best conditions and opportunities for the development of willpower, as well as the display of willpower (courage, determination, self-confidence, perseverance, endurance, etc.).

Properly organized national folk games create favorable conditions for the development of children's minds, because in this case, there is no doubt that

there will be favorable conditions for the functioning of the nervous system and all other organ systems[7].

In the process of teaching national 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. Attention should be paid to cultivating in children the ability to creatively use the knowledge and skills acquired during the national games, as such abilities are acquired by children due to their virtues such as diligence, independence, intelligence, resourcefulness, resourcefulness. It is very important to cultivate in children positive emotions, feelings of sincerity and joy in dealing with people, as well as 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[8].

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 the perception and absorption of aesthetic pleasure, beauty, elegance, meaning, stature, elegance of clothes, understanding of everything around them, proper appreciation, aesthetics. and it is necessary to develop a tendency not to infect one's behavior, not to allow rudeness and rudeness 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.

CONCLUSION

In conclusion, the role and place of national games in the performance of the following main tasks of physical education of primary school students is very large:

- Strengthen health, proper physical development of students and help harden.
- To provide students with special knowledge of physical culture and sports, to instill in them hygienic knowledge and skills.
- Formation of motor skills and abilities in students and improvement, training in new types of movement and movement activities.

- Development of basic movement qualities (strength, speed, agility, endurance, etc.) in accordance with age.
- Fostering courage, tenacity, discipline, team spirit, a sense of friendship, cultural skills, attitude to work.
- Develop the ability to hold the body while standing and walking.
- To develop students' sustainable interest and skills in regular physical education and sports.
- To inculcate organizational skills in students, to train public physical culture activists.

The tasks of physical education of students are constantly addressed, including in the process of studying and teaching national folk games. These tasks can be successfully accomplished only because the whole system of physical culture affects children. This requires a concerted effort of the entire teaching staff of the school, the use of various forms and methods of organization of classes at school, especially in the national folk games, the integrity of all means (complex).

References:

- [1] Saidov II Organizational and methodological features of improving the health of primary school students in physical education, 13.00.04 - Theory and methods of physical education and sports, abstract of the dissertation for the

degree of Doctor of Philosophy (PhD) in Pedagogical Sciences, Chirchik – 2019.

- [2] Bogdanova V.A. Differentiated approach in physical education of younger schoolchildren. Abstract of the dissertation of the Candidate of Pedagogical Sciences. Tyumen, 2001. - 22 s.
- [3] Khodjaev F, Rakhimkulov KD, Nigmanov BB "Moving games and methods of teaching" Cholpon Publishing House Tashkent 2011
- [4] Olimov Q.T. Pedagogical technologies. Science and technology. 2011.
- [5] Khodjaev F, Rakhimkulov KD, Nigmanov B.B. "Sports and movement games and methods of teaching" TDPU Publishing House Tashkent 2008
- [6] Tulenova X.B., Malinina N.N., Inozemtseva L.A. Methods of teaching general developmental exercises (URM). TDPU Publishing House 2005
- [7] Salomov R.S. Theoretical bases of sports training - Tashkent., UzDJTI Publishing House, 2005.
- [8] Khojaev F, Murodov M, Mirsolikhov.S. Moving games (text of lectures) TDPU Publishing House 2001 "People's National Games Part 1. XTXMOMI Publishing House Tashkent – 2001.