

Physical Training Of 7-10 Year Old Students Through National Movement Games Theoretical And Practical Fundamentals

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Abstract – In the following article the traditional movement games for the 7 to 10 year students of the schools are reconsidered. Folk games are taught and reintroduced in the elementary schools of Uzbekistan. The efforts and the attention paid during the period of independence to sports and physical education, in particular, has been growing day by day is analyzed based on the available data. The theoretical and practical fundamentals of the sorts are discussed.

Keywords – Physical Strength, Modern Educational Programs, Exercises, Physical Education, National Movement Games, Physical Development, Physical Training, Agility, Patriotism, Folk Fitness.

I. INTRODUCTION

This article examines the theoretical and practical foundations of physical education for 7-10 year old students through national movement games. In carrying out the tasks set for physical education, all educational institutions should carry out physical education and sports to bring up the younger generation in the education system in the spirit of physical strength, agility, will, patriotism, further strengthen the system of preschool education. Improvement, strengthening the material and technical base, expanding the network of preschool educational institutions, providing qualified teachers, radically improving the level of preparation of children for school education, the introduction of modern educational programs and technologies in the educational process, comprehensive intellectual, moral, aesthetic and physical in accordance with the purpose of creating conditions for development. The need for the use of national movement games in the physical education of children and its goals and objectives. During the period of independence, the attention to sports and physical education, in particular, has been growing day by day. To inculcate sports in the life of our people in the face of physical education; There are great tasks in educating young people in the spirit of independence, such as the widespread use of various forms of physical education, including the national movement, improving the health of young people, preparing them for the defense of the motherland. The national movement games of our people are one of the most important means of physical culture and sports, which are widely used for this purpose. Therefore, the need to pay more attention to the national movement of the people becomes even more obvious.

The need for the use of national movement games in the physical education of children, its goals and objectives. During the period of independence, the attention to sports and physical education, in particular, has been growing day by day. To inculcate sports to the life of our people in the face of physical education; There are great tasks in educating young people in the spirit of independence, such as the widespread use of various forms of physical education, including the national movement, improving the

health of young people, preparing them for the defense of the motherland. The national movement games of our people are one of the most important means of physical culture and sports, which are widely used for this purpose. Therefore, the need to pay more attention to the national movement of people becomes even more obvious.

II. RESEARCH METHODS

Folk national movement games play an important role in the development of children's physical qualities. The game increases the child's interest, devotes them pleasure, provides a faster recovery of working ability. Because of the game, children may forget about fatigue and try to do the exercises carefully. All national movement games have the power to have a holistic effect on children's bodies. That is why games should be viewed as an exercise that has a general physical effect. There is no game that is not considered a means of developing some physical quality. For example, "Who wins when wearing a doppia?" not only brilliant in the national game, but are also encouraged to be agile, sensitive.

It is also important to carry out educational tasks in the process of conducting national folk movement games with students aged 7-10. These tasks are aimed at: the formation of motor skills and abilities, the development of physical qualities (agility, speed, flexibility, balance, agility, flexibility, endurance), posture, the acquisition of knowledge about physical education.

Results. Rehabilitation tasks of physical education of 7-10 year old students through national movement games. The most important task of physical education of 7-10 year old primary school students is to protect the life of the child and his to strengthen his health, by hardening his body, to protect himself, to increase his resistance against various diseases, to teach him to withstand the adverse conditions of the external environment. In addition, it is very important to increase the ability to work in children. Due to the peculiarities of the development of the child's body, its functions are expressed in a more precise way: it helps to strengthen the child's bones in a timely manner, the formation of curves in the back, good development of the heel surface, maturation of the joints (Games like "Who's Faster", "Trap"); allows the development of body parts in the correct relationship with each other (games such as "Dorboz", "Space"); consists of the development of all muscle groups.

The role and place of the national movement in the performance of the following basic tasks of physical education of primary school students is enormous:

- 1) assisting students in proper physical development and hardening;
- 2) formation and improvement of motor skills in students, training in new types of movement;
- 3) development of basic movement qualities (strength, speed, agility, endurance, etc.) in accordance with age;
- 4) cultivate courage, perseverance, discipline, team spirit, a sense of friendship, cultural behavior, attitude to work;
- 5) to develop the skills of correct posture while standing and walking.

There are also a number of tasks in the physical education of students that are addressed appropriately in the process of learning and teaching national movement games. These tasks can be successfully accomplished due to the impact of the entire physical education system on children. To do this, the whole pedagogical team of the school must work together, in different forms and methods of organizing classes in the school, especially from the national movement games, all the use of the integrity of the means is required.

Children will be able to memorize and recall more speech in games than in other forms of the lesson, which will help to uncover the optional memory feature more deeply. This leads to the following conclusion:

1. Play is a process of choosing and playing a certain role by a child and requires remembering a lot of information.
2. Therefore, the conscious goal of repeating the behavior appears earlier in the child and is easier to achieve.

Play not only improves cognitive processes, but also has a positive effect on a child's behavior. Both preschoolers, elementary school students and high school students students can also develop their own behavioral management skills through games. This is because behavioral skills can be acquired earlier and easier in national action games than in goal-oriented training. This factor finds its brightest expression, especially in preschool children, as a feature of adolescence. In young school-age children, the ability of self-manage their behavior is almost equal in play activities as well as in other contexts. Sometimes they can even achieve a higher score than in the game in certain situations, for example: during a race.

The use of national movement games, in their application, should be taken into account that children of this age are more prone to broad, strong movements than to small movements that require precision. This was also noted by the great pedagogue Ya.N. Comenius, who developed the youth of children.

In general, children at this age are very active. Mobility, on the other hand, requires special, rational organization, the correctness of the forms of behavior that move. For this purpose, the Uzbek national movement games described as "Blindfolded", "Four horns", "Star", "Handkerchief under the knee" and others are aimed specifically at developing children's mobility. The systematization of adult demand, habituation to behavior plays a major role in creating a balance of braking and arousal processes in children at this age.

In carrying out the tasks of physical education, all educational institutions should carry out physical education and sports to bring up the younger generation in the education system in a spirit of physical strength, agility, will, patriotism, further improve the system of preschool education, strengthen the material and technical base, expansion, provision of qualified pedagogical staff, radical improvement of the level of preparation of children for school education, introduction of modern educational programs and technologies in the educational process, conditions for comprehensive intellectual, moral, aesthetic and physical development of children. - in accordance with the purpose of creating conditions. The need for the use of national movement games in the physical education of children and its goals and objectives. During the period of independence, the attention to sports and physical education, in particular, has been growing day by day. To inculcate sports in the life of our people in the face of physical education; There are great tasks in educating young people in the spirit of independence, such as the widespread use of various forms of physical education, including the national movement, improving the health of young people, preparing them for the defense of the motherland. The national movement games of our people are an important physical culture and sport, which is widely used for this purpose is one of the tools. Therefore, the need to pay more attention to the national movement of the people becomes even more obvious.

The need for the use of national movement games in the physical education of children and its goals and objectives. During the period of independence, the attention to sports and physical education, in particular, has been growing day by day. To inculcate sports in the life of our people in the face of physical education; There are great tasks in educating young people in the spirit of independence, such as the widespread use of various forms of physical education, including the national movement, improving the health of young people, preparing them for the defense of the motherland. The national movement games of our people are one of the most important means of physical culture and sports, which are widely used for this purpose. Therefore, the need to pay more attention to the national movement of the people becomes even more obvious.

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Resolution of the President of the Republic of Uzbekistan dated December 29, 2016 PQ-2707 "On measures to further improve the system of preschool education in 2017-2021", Resolution of the President of the Republic of Uzbekistan dated August 14, 2018 No PQ-3907

The resolution "On measures to raise the system of education to a qualitatively new level" to protect young people from the influence of foreign ideas, to educate them in the spirit of loyalty to national and universal values, religious tolerance and interethnic harmony;

Increase the dignity and prestige of teachers, strengthening their material, spiritual and social protection;

legal culture of youth promotion, prevention of offenses and crimes among them;

To create conditions for regular physical culture and sports among young people, to promote a healthy lifestyle among them. [2]

The goal of physical education in our country is to prepare a healthy, mentally active and creative person for life. It was noted that this goal is a necessary task for all institutions and organizations engaged in physical culture in Uzbekistan.

III. MATERIALS METHODS

The movement associated with national movement games, physical labor is a vital necessity for man, especially in childhood and adolescence. Without them, the child's creative activity and ability to work may decline. Restricting or disrupting movement has its negative effects at every stage of life.

It has become clear that a lot of effort is needed for a growing organism in childhood, so it is important to focus on national movement games that enhance movement.

The results of experiments conducted among primary school students are conducted using a variety of methods to study the relationship between different quantitative and qualitative characteristics. To perform such a task has been studied through various traditional methods. It is effective to draw conclusions from the results of experiments conducted using traditional methods, so we use mathematical-statistical and other methods in carrying out the task set in the dissertation.

We denote the number of experimental results among primary school students by “N”. We denote the physical indicators by “X” and the age of the students by “Y”.

If there is such a relationship between two random quantities X and Y, then such a relationship between x and Y is true if each value of the quantity X corresponds to a definite distribution of the quantity Y that changes legally with the change of X. is called a statistical or correlation relationship [6].

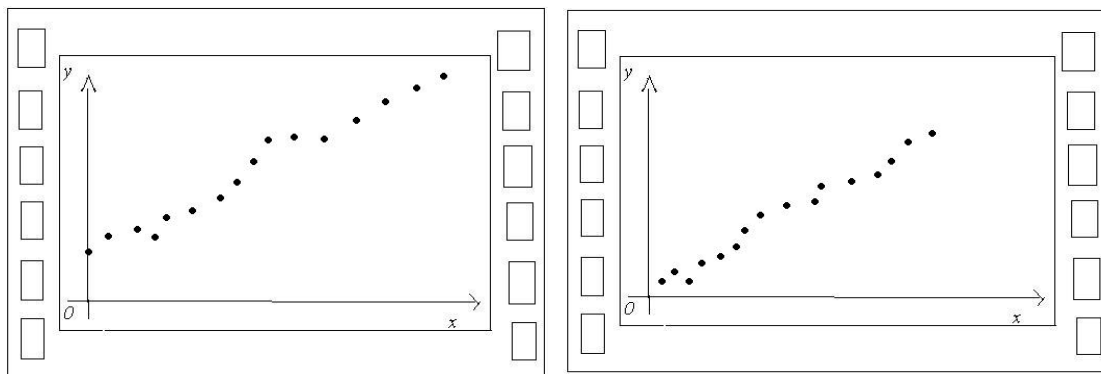
The relationship between X and Y can be given in the form of a simple table. In both cases, an analytical expression $y = f(x)$ connecting the variables X and Y must be chosen. The analytical connections obtained from the observation are called empirical connections. The determination of empirical relationships is mainly done in two stages: the selection of the empirical formula and the determination of the coefficients in the selected formula.

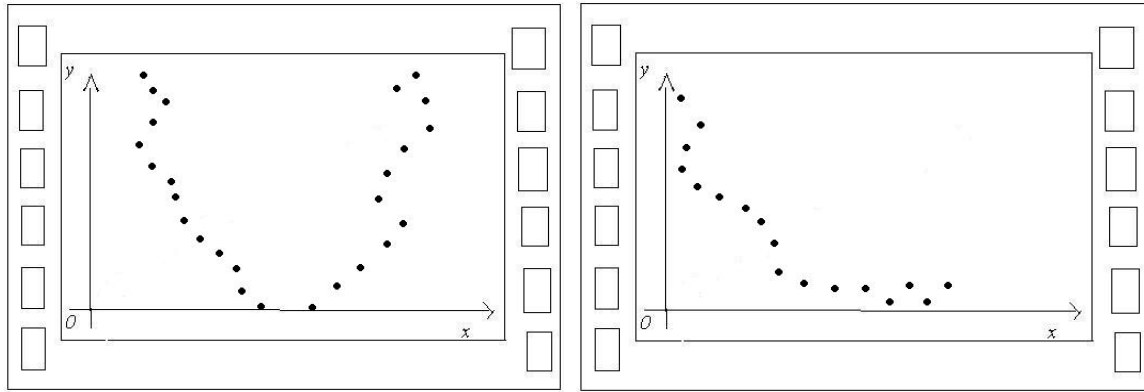
Let n be the corresponding value of the function for n values of the argument. The results are given in the following table:

$$\begin{array}{c} x \ x_1 \ x_2 \ x_3 \ - \ x_n \\ \hline y \ y_1 \ y_2 \ y_3 \ - \ y_n \end{array}$$

Functional dependence of the quantity Y on the quantity X.

(x) should be determined according to the results obtained in the experiment. The appearance of this function is determined by how the points corresponding to the values obtained in the experiment are located in the coordinate plane. We call these points experimental points. For example, let the experimental points be located in the coordinate plane.





$$r = \frac{n \cdot \sum_{i=1}^n x_i y_i - \sum_{i=1}^n x_i \sum_{i=1}^n y_i}{\sqrt{(n \sum_{i=1}^n x_i^2 - (\sum_{i=1}^n x_i)^2)(n \sum_{i=1}^n y_i^2 - (\sum_{i=1}^n y_i)^2)}}$$

The degree of correlation of the quantities of two x and u is determined by the correlation coefficient. This coefficient is calculated using the formula. The value of the correlation coefficient always satisfies the condition $-1 \leq r \leq 1$.

If the modulus of the value of the correlation coefficient differs by less than one, the points obtained from the experiment will be so close to the regression line. If the correlation r is zero, then the quantities x and a are said to be uncorrelated. To determine whether the correlation coefficient differs sufficiently from zero, the Student's criterion t is usually used. The student criterion is calculated by the following formula.

$$t = \frac{r\sqrt{n-2}}{\sqrt{1-r^2}}$$

If the calculated value is greater than in the table, then the correlation coefficient is sufficiently large from zero.

Here r is the correlation coefficient, n is the number of experiments, t is the Student's criterion, p is the probability, and f is the function.

Experiments with primary school students were conducted based on these criteria.

The comprehensive development of the physical abilities of the younger generation is carried out in the process of physical education, which is an integral part of upbringing. The purpose of physical education is a long-term, organized pedagogical process, consisting of educating the builders of society healthy, cheerful, comprehensively physically developed, ready to work and defend the Motherland.

The need to collect and implement national action games in the solution of the tasks facing physical education, their rational use is clearly demonstrated today. The important task before us, which has both theoretical and practical significance, has placed a great responsibility on physical education, which educates the younger generation in a healthy and harmonious way. This problem, which allows to educate young people in all respects physically strong, aimed at developing the physical qualities of students, raises the need to consider the integration of physical education of secondary school students with the organizational and pedagogical processes, including , we would like to emphasize again and again that the role of national action games in this is great. Therefore,

our goal is to carefully seek, develop and implement ways to pass on to the next generation the national games created by our people for thousands of years [5].

For our ancient ancestors, traditional national games and national competitions were once an integral part of their lives, operating as an independent field in folk ceremonies, rituals and traditions, firmly rooted in their lives. With the help of such a unique means of physical education, our ancestors instilled in the younger 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 vagaries of nature.

Both the people and the society are interested in the physical development of the young generation, who are physically fit, healthy, ready to defend the Motherland. For this, students need to be deeply involved in physical education, to use various national movement games. This is due to the fact that from the first day of school, the love of work, hard work, began in connection with such important tasks as strengthening the attention to the upbringing of the younger generation, educating them in the spirit of duty to their people, independent state and society.

Along with all modern means of physical education, the Uzbek national movement games are very useful, because these games can cover all aspects of mental, physical and spiritual upbringing of children. After all, educating young people, who are the future of the nation, as healthy, mature and perfect people, will serve to strengthen the foundation of the future of our independent country [7].

We have already mentioned that folk movement games and national sports have changed significantly in the course of historical development, and that each economic system has left its mark on their content and rules. The names and rules of some games have been preserved for now. When using such games, it is necessary to take into account the fact that in addition to the physical impact on children has an educational effect, it is necessary to use them creatively. 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 "Capricorn" game is played without a horse, with players struggling to get a stuffed ball glued to a piece of goat skin. 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, including mutual respect, sincerity, not to be rude. great attention is paid to [8].

Folk national movement games play an important role in the development of children's physical qualities. The game increases the child's interest, gives him pleasure, provides a faster recovery of working ability. Because of the game, children forget about fatigue and try to do the exercises carefully. All national movement games have the power to have a holistic effect on children's bodies. That is why games should be viewed as an exercise that has a general physical effect. There is no game that is not considered a means of developing some physical quality. For example, "Who wins when wearing a doppia?" not only agile in the national game but it is also encouraged to be agile and sensitive [9].

The sole and sole purpose of all areas of the physical education system is to prepare a person for a healthy and 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 education is not overlooked [4].

The school provides for the implementation of health, education and upbringing tasks in the physical education of primary school students. Through the people's national movement games, the opportunities to accomplish these tasks as a whole seem more apparent. [9]

1. Health functions. The main task of physical education of 7-10 year old primary school students is to protect the child's life and strengthen his health, to strengthen his body, to protect himself, to increase his resistance to various diseases, to teach him to cope with adverse environmental conditions. In addition, it is very important to increase the ability to work in children. Because the development of the child's body has its own characteristics, its functions are expressed in a much clearer form: the correct and timely hardening of the child's bones, the formation of curved areas in the spine, promotes good development of the compensation surface, cooking of the joint apparatus (games such as "Who is faster", "Trap"); allows the development of body parts in the correct relationship with each other (games such as "Dorboz", "Space"); all muscle groups are developed.

2. Teaching tasks. It is also important to carry out educational tasks in the process of conducting national folk movement games with students aged 7-10. These tasks are: the formation of motor skills and abilities, the development of physical qualities (agility, speed, flexibility, balance, agility, flexibility, endurance), posture, knowledge of physical education consists of assimilation.

Proper performance of selected national movement games has an effective effect on the development of the child's muscles, joints, joints, skeletal system. By putting into practice well-formed movement skills, it allows the child to save energy while performing games and to focus his attention on a variety of tasks that occur randomly during play activities.

Knowledge that is directly related to physical education for primary school students (the benefits of games, the importance and technical implementation of physical education, methods of their implementation, the role of folk national movement games origin and rules, etc.). The deeper the knowledge students acquire, the more intelligently they can use action games, the more effectively they can engage, and the more they can use physical education tools independently in the school and family environment.

3. Educational tasks. To arouse in children the habit of following the rules of physical education and the desire to participate in folk games on a daily basis, if possible, to develop the ability to use these games independently at school and at home, to play in a team of children younger than themselves. to organize, to teach to do together. It is possible to cultivate in students a love for the national movement, interest in the results of this game and a sense of envy for the victories achieved by athletes.

There are great opportunities for the implementation of moral, intellectual, aesthetic and labor education in the process of teaching national folk movement games. Fostering positive (solidarity, discipline, humility, kindness) and moral qualities (honesty, fairness, friendship, cooperation, ability to work with the times, ability to perform tasks responsibly), as well as willpower in children's movement during folk games (courage, perseverance, self-confidence, perseverance in the face of adversity, endurance, etc.) and the best conditions and opportunities are created [10].

Pedagogical and psychological bases of physical education of children aged 7-10. Upbringing has always played an important role in society, carrying out communication and inheritance between different generations. The purpose, tasks, content, form and methods of education have changed over time. These changes are closely related to relationships between people. Therefore, in education it is necessary to pay attention to the formation of a mature person who is ready to defend the Motherland, labor, social activity, in general, fully developed in life. In order to successfully solve these tasks in the process of physical education, it is necessary to understand the specific features of the content, means, forms and methods of each of the interrelated forms of education. The object of our research was the need to take into account these peculiarities in the education of the physical qualities of primary school students in the national movement games. Of the age periods accepted in pedagogy, the most important for us is the small school age. Each age group has a certain level of physical and mental development [11].

Features of small school age. Studying at a small school age changes a child's entire lifestyle and puts new demands on him. Because in kindergarten, children are mainly focused on the development of speech, the formation of moral norms. Specially organized play activities play an important role in their upbringing. Games are used for didactic education and teaching to act together as a team for the development of the child. At a young school age, against the background of the general maturation of the organism, the sphere of movement of children develops rapidly. This period is very favorable for active physical education [13].

In this regard, the use of national folk movement games, which develop exactly these features of the child, accelerates the achievement of the intended goal in education. Physical development intensity requires rapid growth of the skeleton, the formation of curvature of the spine, the developmental features of the cardiovascular system, etc. The whole life cycle of the child is rationally organized. The development and transformation of the psyche of children of different genders at different ages contributes to their moral and physical development.

Knowledge of the factors influencing the conditions, their effective use has become extremely important for teachers, physical education specialists [14].

By conducting physical education classes, taking into account the mental characteristics of each student's age, the impact on their consciousness, spirit, creates a timely self-awareness.

The earlier a child awakens a sense of self-awareness, the sooner a personal point of view, a sense of entitlement, and an assessment of mental and physical capabilities will emerge [12].

Features such as belief, behavior, communication, the formation of independent behavior, initiative and the desire to overcome obstacles in children can also be nurtured in physical education through national folk movement games, in which it is expedient to motivate them based on the characteristics of youth psychology [4].

The Uzbek national movement plays an important role in the spiritual development of children. In general, many psychologists and educators are valuable about the importance of games. The earlier a child awakens a sense of self-awareness, the sooner a personal point of view, a sense of entitlement, and an assessment of mental and physical capabilities will emerge [12].

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It is well known that valuable ideas have been emphasized [15]. Educators and psychologists around the world have proven in different ways at different times that play plays a big role in shaping important aspects of everything, from the simplest mental process to the most complex. [8].

Play is a mean of reflecting reality for children. This reality is more interesting than the being that surrounds the child. The fun of the game is that it's easy to understand. Just as activity and service are important in an adult's life, play can be just as important in a child's life.

The development of the content of the game allows the child to penetrate deeper into the essence of adult life and activities, to understand the surrounding events. changes in attitudes to events, as well as the content of the game, are reflected in the conditions, the increasingly accurate reflection of the lives of members of society. Therefore, the growth of play ability in children does not occur spontaneously, but as a result of the influence of adults, educators, acquaintance with the environment, organizing trips, explaining the essence of interpersonal relationships, and so on. [7].

Substitutes for the lives and activities of adults are the material basis for generalizing their actions. Therefore, the development of a child's movement in play activities is more dependent on the content of the game. Because how compact the child's behavior is and generalized, they are so far removed from reflecting the content of adult activities. Consequently, it shifts to putting into practice a person's relationship to things and to each other, so it tends to accurately express the adult's attitude when dealing with things. [14].

The focus of any game and play activity is the ability of the child to reflect and repeat the activities of adults, their interactions, behaviors in a unique way. Accordingly, play has a social significance, allowing the child to learn the valuable knowledge, practical skills, abilities and habits created by mankind over the centuries, the creative wealth of the people, as a result of which he leads to the essence of interpersonal communication.

The role of play in a child's mental development. When talking about the impact of play on the development of movement in children, it should be noted that, first of all, the organization of play itself creates the most favorable conditions for the growth and development of the child's character. Second, the reason and feature of the effect of play on the child's movement is that the subject acquires complex movement skills not directly during play, but through direct training [14].

Important factors in the use of national movement games in the physical education of primary school students.

At present, the pedagogical society of Uzbekistan is looking for unusual forms and methods of education, the formation of a strong universal trust and vision in the younger generation; we must pay attention to cultivating in the individual a sense of respect for national culture and values, careful care. Based on these ideas, the experience of folk pedagogy in the educational system of the younger generation, including national action games, can be considered as a key force, a means of controlling the character and consciousness of young people.

The motivating factor for a child to play is his or her perception of older people's existence and interpersonal relationships and his or her desire to try them out in his or her personal activities, as well as is the desire to communicate directly with their peers who play as a team. From this it can be concluded that: a) in play activities the child is eager to demonstrate the full range of actions, to show how to perform them; b) then tries to generalize and reflect all the actions.

It is really possible to prepare a child for great things by engaging in games. Play is not an entertainment for children, but an important tool to help them develop their strength and abilities [11].

IV. DISCUSSION

The activities of a child from infancy to preschool age are adult grows to the level of self-control independent of the activities under his leadership. However, since all the conditions mentioned above are not mutually exclusive, they cannot serve as the basis of any game, and accordingly, for a certain period of time, the game activity takes place depending on the objects. Psychologists say that the game does not happen by itself, there must be at least three conditions for this:

- a) The child's mind has a variety of impressions of the reality around him;
- b) The existence of various forms of means and methods of educational influence;
- c) Frequent interaction and communication of the child with adults. In this case, the adult has a direct impact on the child the display style plays a decisive role.

These objective conditions alone are not enough to organize and create national folk movement games, which require a radical change in the relationship between children and adults. Otherwise, independence will not occur. It has been known since ancient times that our ancestors first of all nurtured in children a strong will, independence and many goals. At the same time, adults should increase the demands on children and teach them to act independently. Similar activities shape a child's independence and ability to organize independent activities. A preschool child is gradually the life and activity of an adult enters the world, the positive emotions, previously manifested in the joint activity, the spiritual experiences leading to courage and bravery rise to the spiritual world of the adult at the level of a model. At school age, the child begins to find ways to independently access adult life and activities. He will then show a desire to participate in all areas of adult life and activities, in interpersonal relationships. Therefore, the national movement games of the people create a new relationship between the adult and the child, and in this relationship the national characteristics: respect for their country, respect, respect for adults are formed and formed. Game activity is social in its content and essence. National action games can be a shining example of a child's independent activity, in this respect through the content of games he gets acquainted with the life of an adult. It should be noted that in the relationship between the conditions of the game and the movement of the object, the main focus is often on the movement with objects, in which object games, for example, with stones, coats, skullcaps, etc., play a leading role in children's movement. But a child can play a role in games, and this should not be overlooked for example, this can happen in games where you have to move an object from one object to another. The following characteristics of primary school students should be taken into account when using national action games:

1. The child's interest in adult activities, their attitudes and interactions with objects.
2. Children's movement games reflect the most outwardly expressive, vibrant emotional aspects of the surrounding reality.
3. In national movement games, a child is able to put his or her wishes into practice, feeling that he or she is living in the same conditions as an adult, on the same ground.

We know that a group of students study materials are mastered quickly, the second group relatively late, and the third group much later. In addition, general physical training is of great importance in mastering the study materials. A child's physical fitness can be influenced by economic conditions: place of residence, financial status of the family, number of children, education of the parents, worldview and their place of work, title, etc. [4]. Observations and collected data show that children's physical development and readiness, their outlook, speech, activity in the process of training are closely related to the factors described above.

Physical education of primary school students the role and place of the people's national movement in the performance of the following main tasks seems to be enormous:

- 1) assisting students in proper physical development and hardening;
- 2) formation and improvement of motor skills in students, training in new types of movement;
- 3) development of basic movement qualities (strength, speed, agility, endurance, etc.) in accordance with age;
- 4) cultivate courage, perseverance, discipline, team spirit, a sense of friendship, cultural skills, attitude to work;
- 5) to develop the skills of correct posture while standing and walking.

There are also a number of tasks in the physical education of students there are also those that are addressed appropriately in the process of learning and teaching national action games. These tasks can be successfully accomplished due to the impact of the entire physical education system on children. This requires the whole pedagogical team of the school to work together, to use different forms and methods of organizing lessons in the school, especially the national action games, the integrity of all means.

V. RESULTS

Children will be able to memorize and recall more speech in games than in other forms of the lesson, which will help to uncover the voluntary memory feature more deeply.

This leads to the following conclusions:

1. Play is a process of choosing and playing a certain role by a child and requires remembering a lot of information.
2. Therefore, the conscious goal of repeating the behavior appears earlier in the child and is easier to achieve.

Play not only improves cognitive processes, but also has a positive effect on a child's behavior. Preschoolers, both elementary and high school students, can develop their behavioral management skills through play. This is because behavioral skills can be acquired earlier and easier in national action games than in goal-oriented training. This factor finds its brightest expression, especially in preschool children, as a feature of adolescence. In young school-age children, the ability to self-manage their behavior is almost equal in play activities as well as in other contexts. Sometimes they can even achieve a higher score than in the game in certain situations, for example: during a race.

The use of national movement games, in their application, should take into account that children of this age are more prone to broad, strong movements than to small movements that require precision. This is a great educator who developed the children's youth Comenius also noted at the time.

VI. CONCLUSION

In general, children at this age are very active. Mobility, on the other hand, requires a special, rational organization, the correctness of the forms of behavior that move. For this purpose, the described Uzbek national movement games such as "Blindfolded", "Four horns", "Star", "Handkerchief under the knee" and others. aimed specifically at developing children's mobility.

The systematization of adult demand, habituation to behavior plays a major role in creating a balance of braking and arousal processes in children at this age.

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