

Ways to Hold National Action Games with Kindergarten Children

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Annotation: In this article, the educator-organizer is familiar with these exercises, good knowledge of movement games, pedagogical principles in their organization (gradual, easy-difficult, simple to complex, familiar to unfamiliar, repetition, explanation, teaching new games, games completion, etc.) full compliance is highlighted.

Keywords: national action games, kindergarten, children, school, education.

The pre-school education system is important for raising a comprehensively healthy and harmoniously developed generation phase. Today, special attention is paid to improving this system. Resolution of the President of the Republic of Uzbekistan dated December 29, 2016 "On measures to further improve the system of preschool education in 2017-2021", five measures for the development of the Republic of Uzbekistan in 2017-2021

On the basis of the Action Strategy, the State Program for the implementation of the Action Strategy in the Year of Dialogue with the People and Human Interests, profound changes are being made. In particular, a number of regulations governing the preschool education system have been approved. This year, 301 kindergartens under renovation have been provided with 9 logical developmental didactic toys.

In order to arouse children's interest in fiction at an early age, small libraries were established in the institutions to provide teachers with the necessary fiction, scientific and methodological literature. The system has improved curricula and programs for training and retraining of teachers. These changes are pre-school sets a number of tasks for the staff of the education system.

Active movement, especially physical activity, is one of the most important factors in the development and formation of a person. From the experience and observations of a number of scientists, it is known that optimal movement allows children to develop physically and increase their abilities.

The second group of factors emphasizes that everyone has the right to development, physical maturity and, most importantly, health based on physical education during the pre-school period preparing the ground for strengthening.

According to the third group of scientists and practitioners, pre-school education is the most favorable period for the comprehensive upbringing of children, the formation of their spiritual, moral and physical qualities, the formation of high emotions.

Scientific studies of the functional readiness of school-age children have shown that exercise plays a crucial role in the development of the body. The results of many studies show that formation and dynamics of physical training depends on the level of the student's ability to work and the nature and extent of regular exercise.

Along the way, attention is paid to improving the conditions of kindergartens, providing them with professional staff, providing them with material and moral support.

The new buildings of children's institutions under construction during the independence period meet the requirements of the time.

Particular attention is paid to the training of specialized preschool educators in pedagogical colleges, equipping them with the content of all disciplines of education. At the same time, the enrichment of their theoretical

knowledge and practical skills with physical education is improving. It is even important to provide physical education knowledge in kindergartens to physical education specialists trained at pedagogical institutes and pedagogical colleges. Physical education in kindergartens has a special content and is carried out on the basis of the state program. More than half of the content of the program is aimed at organizing morning gymnastics, national movement games, evening independent movements and special games for children.

According to the content of preschool pedagogy, kindergartens and physical education, children of kindergarten age are divided into different age groups and are called small, medium and large groups. movement skills and functions (tasks) in the body in general determine the educational process. On this basis, the practical actions in the organization of physical education are radically different from each other, for example, the types and assessments of exercise games and work norms are significantly different for groups and their healthy and disabled children.

Gymnastics exercises, national movement games and walks will be organized in all groups. Their types and rule content can be expressed as follows.

Small groups (1-3 years):

1. Standing in a line, turning, walking, raising arms at the waist, shoulders, sideways, upwards. Standing and clapping with arms raised and up, jumping to the right, left and back in place, doing various exercises for the limbs.
2. Walking on a line, board, and gymnastic bench with arms outstretched, jumping down. Quickly navigate parallel lines.
3. Exercises, games, bending between rings (tunnels) on various devices.
4. Depending on the age of the children (1-2 years, 2-3 years) pick up the ball, reach the rolled ball and return it, throw the ball into the corner (target), kick the ball with the feet, catch etc.
5. In pleasant weather, walk around the playground, the yard.

Middle age (3-4 years)

Middle-aged children repeat the games and exercises of younger children, focusing on their quantity and ways of controlling them. There are also elements of the game of football (kicking the ball, throwing, stopping, passing to a partner, etc.), elements of wrestling (shoulder pulling, waistbanding, hugging, knocking down, etc.), away from the garden and fun walks in the alleys, buildings.

Large groups (5-6-7 years old)

1. Gymnastics exercises are carried out in full, with the addition of movement games. That is, jumping on one leg, in pairs, jumping on one leg while holding the shoulders, running fast on a line (who is fast), walking fast without falling on the bench, jumping around the ropes, two- simple and complex actions such as running with three balls (objects) and placing them in a circle are carried out in the form of competitions.
2. Scheduled games (regime) - training games are organized in the following areas:
 - Line ups, walks, jumps;
 - Different relay games: putting and bringing the balls to their destination, placing a stick (an object), a stick, flags in a small circle - straightening, bringing, running through the hoops.
 - Simple national action games (cat and mouse), space, hand-to-hand running, blindfolding, hide-and-seek, cockfighting, white poplar-blue poplar, hook, etc.

3. Travel games;

- Excursions around the park, alleys, cultural centers, school grounds, apartment buildings, etc. ;
- Organize short-term action games such as chasing in the open field and green meadows, who is faster, find out by voice, who came, tug of war, climbing.

It should be noted that the educator-organizer is familiar with these exercises, good knowledge of movement games, pedagogical principles in their organization (gradual, easy-difficult, simple to complex, familiar to unfamiliar, repetition, explanation, teaching a new game, completion of games, etc.) should be fully complied with.

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