

The Role of Action Sports in Children's Health

Safarova Zakiya Teshaevna¹

¹ Bukhara SU, Department of Zoology and general biology

Abstract:

the article presents information on the positive effects of sports readings on children's health, in particular, on breathing movements, the heart, the vascular system.

Keywords: games of character, Sports, heart, blood-vessel, communicativity.

Introduction. Nowadays, drastic changes have also begun to occur in various aspects of our social life, in particular in the field of education and education. Especially since the development of technology our young people living in the era are making great achievements, which is a complex of spiritual jewels that our ingenious ring has accumulated over the centuries.

Nevertheless, the number of diseases caused by various diseases, especially heart, vascular diseases, obesity and the like due to a number of low mobility, is increasing due to hypodynamia in our youth. While the development of Science, Technology and computer, and the penetration of computerized equipment into our daily lives have facilitated our heavy physical work, there are also some downsides. Among our children, mainly pre-school age and high school age children, leaving mukkas for computer and phone games will not have a negative impact on their health. In order to obtain the result of such a negative impact, it will be advisable to include various sports games in their daily activities. One such game, the action sports game "Kangaroos", which is included in the action sports game, is very handy.

Research methodology. Look at the wisdom of Uzbek Eli, each game is, first of all, simple, interesting in structure, and such feelings as folk tone, nationalism, kindness, courage, valor, patriotism, self-sacrifice, humanity are instilled in his core. Such a combination of education and upbringing serves as a programmatic task for the upbringing of a mature person. At any stage of development, representatives of the older generation, for representatives of the younger generation, stretched out their support arms and, as far as possible, instilled in young people the relationship of

their accumulated knowledge and experience to hobbies, creating an evolutionary connection. As a result, the desire for physical education became more common among young people. If we carefully study action games and get acquainted with each of them, not only will your eyes cheer up, but this will give your soul a line of spiritual maturity, physical perfection. The game is attended by 20-30 students. The game is played on a field or in a gym, even if parents and older Boas arrange for young people on the street. To host a game, there must be a soccer, basketball, or volleyball ball.

Preparing for the game. Depending on the number of players, 2-3 or more teams can be formed. The players, divided into teams, line up behind the starting line of the field. Each team is given one ball or two. Players who are first and second in the row are prepared to run forward by taking the ball and pinning it between their knees.

Description of the game. As soon as the head of the game signals, the children in the teams jump and jump between their knees in a ball-tightened position and go to the designated place. After that, they take the ball and kick it to the ground and return to their teams. Giving the ball to the next players, they themselves move to the end of the row. Players who receive the ball also perform actions performed by the first players. The first team to complete these moves is the winner.

Rules of the game. One penalty point is awarded to the team of the player who drops the ball between his knees while jumping. It is impossible to hold the ball clamped between the knees by hand or roll the ball when returning.

Methodical instruction. This competitive game is one of the most interesting for students in grades III-IV.

Analysis and results. This game helps students to cultivate a sense of teamwork, sense of responsibility for their actions, to develop skills in jumping, agility, well-aware work of the surrounding conditions, carrying the ball. As a result, the sensory organs of children, agility and speed of attention, the sensor system develop, the reflex of teamwork falls. At the same time, children's breathing movements are improved, vascular activity, blood circulation is accelerated, the peristalsis of the members of the digestion process, a positive effect on the functioning of the spleen.

Thus, when more than of action games are used in the process of physical education of young people, the effectiveness of games also increases. This is of great importance for the rise of the world prestige of our country and our nation. Thus, action games created by the people combine with cocktails, lifestyle, environmental nature, cultural heritage of the people, traditions, customs, universal values, forming an excellent proportion.

Conclusion. In the process of physical education of young people, instead of some mandatory exercises, the selection of national folk games, dances, physical exercises and National Sports determines their size, direction and effectiveness. The practice of raising the younger generation, which is growing in our country, testifies to the fact that mass sports in the formation of high moral and physical qualities in children and adolescents are one of the most autonomous means. Especially in the physical education of preschool and small, high school-aged children occupies a huge place, since mass sports provide comfort in maintaining and improving health, in the complex improvement of the skills of movement to make physical development normal. While education is considered a component of a holistic pedagogical process aimed at the comprehensive harmonic transformation of the individual, training in actions in physical education is carried out under the direct guidance of the teacher and in the independent activities of students under his supervision. When teaching movement activity, the student's cognitive, volitional and emotional forces develop, and his practical movement skills are formed. Respiratory tract improves, cardiac, vascular activity increases, blood circulation in the spleen improves, all this increases children's immunity and resistance to various diseases.

LIST OF LITERATURE USED

1. Сафарова З. Т., Райимов А. Р., Саидова М. Адаптирование детей к новым социальным условиям //Научный журнал. – 2018. – №. 5 (28). – С. 20-22.
2. Жабборов Б. И., Санокулов Р. А. АКТУАЛЬНЫЕ ЗАДАЧИ СОВРЕМЕННОГО ОБРАЗОВАНИЯ В ОБЛАСТИ ПРЕПОДАВАНИИ БИОЛОГИИ //POLISH SCIENCE JOURNAL. – 2021. – С. 98.
3. Мухамеджанова Г. С., Алимова Л. Х. Физиология питания в жарком климате //Вестник науки и образования. – 2020. – №. 21-1 (99). – С. 6-10.
4. Сафарова З. Т. ХАЛҚ ҲАРАКАТЛИ ЎЙИНЛАРИНИ ЖИСМОНИЙ ТАРБИЯ ДАРСИДА ҚЎЛЛАШНИНГ ФИЗИОЛОГИК АФЗАЛЛИКЛАРИ //Journal of Integrated Education and Research. – 2024. – Т. 3. – №. 3. – С. 44-46.
5. Pardayev S., Toshov H., Shamsiyev N. An important role in the variety of active sludge composition in wastewater treatment //BIO Web of Conferences. – EDP Sciences, 2024. – Т. 93. – С. 04011.
6. Сафарова З. Т., Ходжиева М. С. Динамика артериального давления //Бюллетень науки и практики. – 2020. – Т. 6. – №. 12. – С. 225-228.