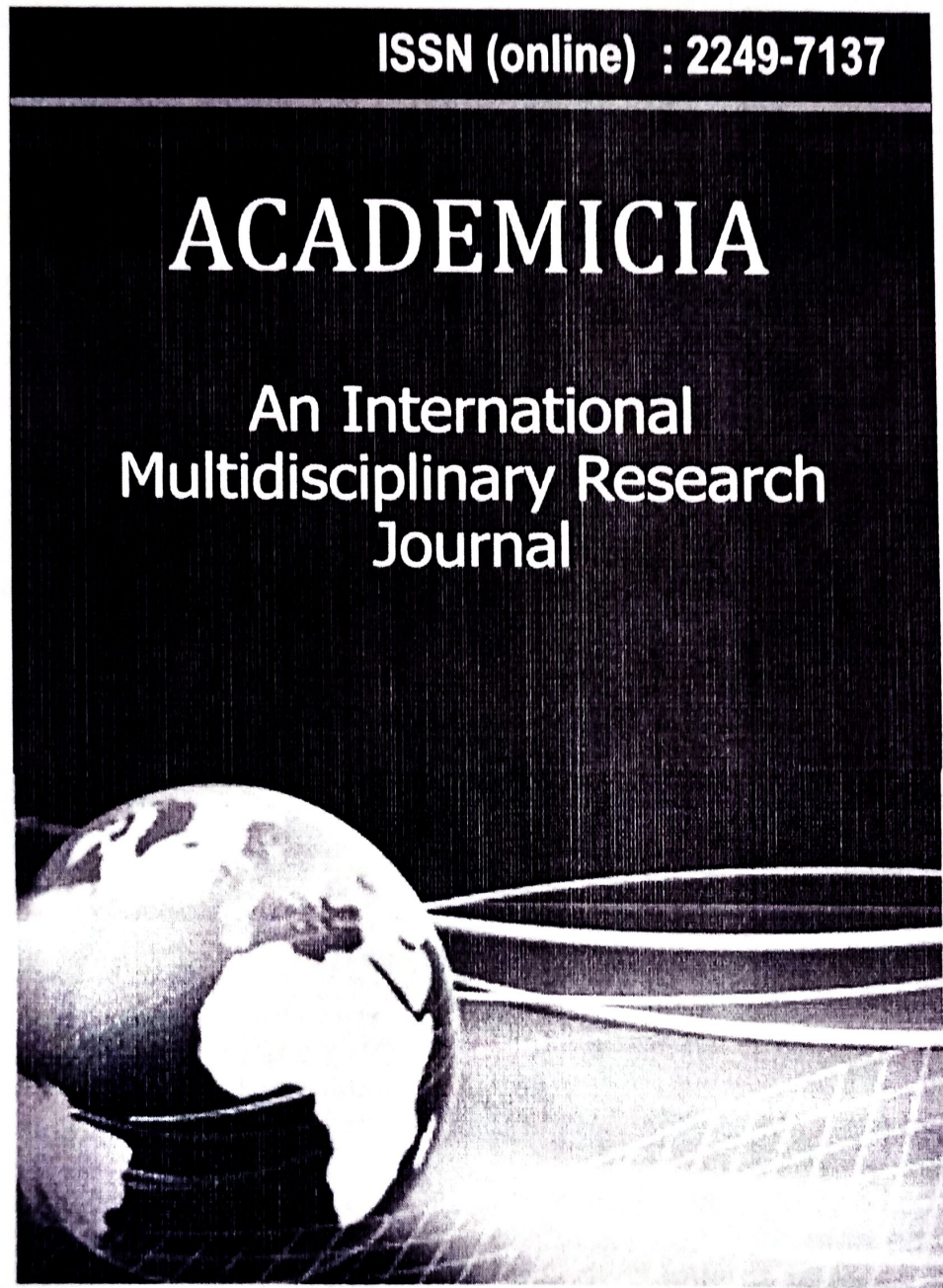


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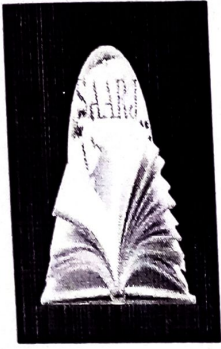
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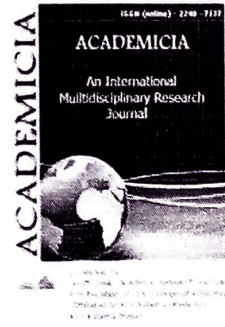
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METHODS OF DEVELOPING ENDURANCE IN STUDENTS THROUGH THE USE OF FOLK GAMES IN PHYSICAL EDUCATION CLASSES

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ABSTRACT

The article discusses the development of endurance in students through the use of folk games in physical education classes, as well as the development of physical qualities of students through games using general pedagogical methods in the classroom.

KEYWORDS: *Physical Education, Folk, Play, Lesson, Pedagogue, Education, Teacher, Student, Endurance.*

INTRODUCTION

The first stage of primary education and general secondary education in the country is organized in the form of I-IV grades. The goal of primary education is to develop the talents, abilities and skills, sensitivity and interests that are present in every child, qualities such as a positive moral outlook, acceptance, national and civic duty and feeling. One of the tasks of primary education is to determine the pedagogical skills, scientific and methodological abilities, comprehensive maturity, high morality of the teacher, and vital factors such as age, strength, needs, readiness, ability and environment of children.

Finding ways to prevent the child from getting tired and stressed, incorporating play tools into the content of the lessons, ensuring that each lesson serves to protect the health, mental, spiritual and physical well-being of the child, the young generation is beautiful, polite, sensitive, intelligent, smart and to be brought up as disciplined, highly cultured, nationally proud, to cultivate in them the necessary qualities such as patriotism, inter-ethnicity, a sense of civic duty.

The following is taken into account when choosing a game:

1. Where and in what form the lesson will be held.
2. Tasks for physical education.
3. Another important element to consider when choosing a game is the part of the lesson.
4. The conditions of the playground and the availability of equipment to solve a pedagogical task.
5. The use of movement games in combination with other means of physical education in physical education classes, in which they correctly determine their place among other exercises.

Preparing for the game is methodologically correct, the creative thinking of the players, the development of their organizational skills is very important in the complete solution of training tasks, and, finally, in increasing the effectiveness of training.

1. First of all, you need to prepare the place and the necessary equipment for the game.

In order to teach students cleanliness, tidiness and hard work, all game preparation work should be done with them. A variety of equipment is used to conduct many action games: flags, colored ties, sticks, balls, and more. Equipment should be colorful and in sufficient quantity, size and weight to suit the strength of the players and tastefully crafted. For the lesson to be effective, the equipment must be kept ready in specially designated areas. It is advisable for players to take an active part in keeping the equipment clean, distributing it to the participants and collecting it. Equipment is distributed to players after the purpose and mission of the game have been explained.

2. Spending and proper placement of players on the field is also a big factor in the outcome of a training session. Therefore, when explaining the game, players should be placed on the field so that the educator can hear and see well. At the same time, of course, the content of the game should not be overlooked.

Players cannot be purged against the sun or other light sources. Because at such times, players do not see the leader, and as a result may not understand his instructions. In turn, the educator should also look at all the players during the explanation.

Elementary students think primarily through imagination. That's why they tend to play more, move more physically. Game classes are common in the classes that are currently being organized. Because absorbing the knowledge given to a young child through games seems more fun than memorizing the dry rule and using continuous exercise.

Play plays an important role in a child's life. Experiments show that through play, children gain knowledge about the environment, various objects. Organizing the educational process using a form of play allows you to achieve the intended goals.

The game also has an educational value, because in this process the students interact, as a result of which their behavior, positive qualities in the culture of behavior are formed and formed.

Game. Under this concept there is a universal meaning of the universe. She is a constant companion of children, an inexhaustible source of positive emotions such as cheerfulness, cheerfulness. However, play should not be seen as just fun for children. The role of play in children's lives is a bit broader. Our ancestors, great scholars and famous educators considered children's play as a tool that plays a very important role in the education of the younger generation. From a very young age, a human child looks around carefully, sees the brightness of colors, listens to a symphony of sounds. It marvels at the variety of things around him, thinks about them, asks adults questions, or seeks an answer to that question himself.

What does it take for a child to live a happy, joyful and meaningful life? How can a child evoke a variety of emotions early, stimulate the development of his mind, increase his speech, increase his literacy, make his presence pleasant, attractive and meaningful? The answer is one: GAME!

Moving games are used as an auxiliary tool in training sessions. Because the game increases the interest of the participants, gives them pleasure, provides faster recovery of work skills. They forget about fatigue due to the game, as a result of which endurance skills are also formed and they perform the exercises carefully.

The activity of the students during the game also depends on how the teacher prepares for the game.

All action games have a complex effect on the bodies of the participants. That is why games should be viewed as an exercise that has a general physical effect.

In short, the Uzbek people had their own national customs and traditions. In fact, our people have always paid serious attention to the harmonious formation of young people. Since that time, national folk games have been widely developed. These games have been very helpful in helping the younger generation grow up to be physically strong and healthy.

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