



## USE OF NATIONAL ACTIVITY GAMES IN PHYSICAL TRAINING OF STUDENTS

Nurullaev A. R.

Associate Professor of Bukhara State University

abduhamid.nurullayev@mail.ru

### Annotation

The article argues that the use of national movement games in physical education should pay special attention to the effective use of national movement games in physical education classes in order to educate students in a healthy, active way and develop their mental readiness through games.

**Basic concepts:** Students, Uzbek, physical education, pedagogy, national, psychology, anatomy, physiology, family, education, social, scientific.

### Introduction

One of the most important issues today is to collect and study the creative wealth of the Uzbek people created over thousands of years, passed down from generation to generation, to educate the younger generation on the basis of these rich treasures. This puts a great deal of responsibility on the physical culture of educating the younger generation to be healthy and well-rounded. It is necessary to nationalize the physical culture, which allows to bring up the younger generation physically strong, to develop their physical qualities, to collect the forgotten national games of our people, to apply them to life and school, to reconsider the ways and means of development. The use of national movement games of the Uzbek people, formed over many years and inherited from their descendants, is very important today, after gaining independence. Scientific research of the Uzbek national movement, its inclusion in school and kindergarten curricula, raising the level of socio-educational significance to the level of sports has become one of the most pressing issues in the field of physical culture. 'rsatadi. From this point of view, the relevance and importance of the chosen topic is obvious. The majority of teachers in physical education classes at the school are not yet fully familiar with the methods of conducting national movement games. In addition, social reality, pedagogical practice and theory are born among the general public, the effective use of the best achievements of advanced folk pedagogy, thinking based on the ideas of folk pedagogy is the key to the success of educational work. factors. Therefore, the research results can be widely used in practice. Theoretical significance of the work The main and important role in it is played by experimental





research, analysis. based direction is created. This problem, which allows to educate young people in all respects physically strong, aimed at developing the physical qualities of students, makes it necessary to consider the physical culture of secondary school students in the context of organizational and pedagogical processes. we would like to emphasize again and again that the role of national folk games in this is great. That is why our goal is to carefully seek, develop and implement ways to pass on the centuries-old national games of our people to the next generation. The national folk games to a certain extent expand the perception of our people's multi-year cultural heritage, helping to enrich the ways in which they are incorporated into modern life. National action games are one of the most effective methods of physical education and are an important tool in the successful implementation of mental, moral and intellectual education in students. Therefore, it is important to pay attention to the spirit, nature, level of children's games, as well as the behavior of the participants. The same features should be considered when using some of the national games we recommend to make the physical education of primary school students fun and rewarding. Awakenning the love of values in primary school students, teaching them to care for folk traditions, in many respects, depends on the effective use of the Uzbek national games. Because through national games, on the one hand, the child acquires physical knowledge, on the other hand, it is important to be interested in physical culture. In recent years, a group of specialists, young researchers led by Professor FN Nasriddinov have managed to carry out a number of scientific and practical works, publications in order to study the national games and popularize them among the people. It is worth mentioning the scientific work of Professor AK Atoev in this area. His research on the use of folk games at school, in the family, outside the classroom, in public places, and on the development of such qualities as agility, dexterity, and strength in the upbringing of children is of interest. In addition, the annual scientific-practical conferences and collections published in this regard, pay more attention to the national games of the people, research on their study, collection. At the same time, the science of pedagogy has always focused on the problems of physical education of young people, the development of their motor skills, the need for and interest in physical culture through regular classes. It seems that a number of works have addressed this issue in one way or another, but the problem of educating the physical qualities of 7-8-year-old students through the Uzbek national games is reflected in the system of physical culture, as well as in folk pedagogy. was not the subject of a special study. From this point of view, this work is important because it is aimed at solving this problem in a scientific way. This, first of all, necessitated a comprehensive scientific and pedagogical substantiation and development of issues related to the





independence of the Republic, as well as the organization of the Uzbek national games on the basis of the requirements of life. Education has always played an important role in society and has changed over time in terms of its goals and objectives, content, form and methods of education, which have carried out communication and inheritance between different generations of people. These changes are closely linked to human relationships. Therefore, in education it is necessary to pay attention to the formation of a mature person who is ready to defend the Motherland, to work, to social activities, to life. In order to successfully solve these tasks in the process of physical culture education, it is necessary to understand the content, means, forms and methods of education, which are interconnected. In the Uzbek national games, which are the object of our research, it is necessary to take into account these peculiarities in the development of physical qualities of primary school students. The most important age for us from the age adopted in pedagogy is the small school age. Each age group has a certain level of physical and mental development. Features of small school age. Studying at an early school age changes a child's whole lifestyle and sets new requirements for 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. Didactic educational and teamwork games are used for the child's development. 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 participation in sports and physical culture. In this sense, the use of national folk games, which develop exactly these characteristics of the child, accelerates the achievement of educational goals. The pace of physical development requires rapid growth of the skeleton, the formation of curvature of the spine, the developmental characteristics of the cardiovascular system, etc. The child is rationally organized and the whole life cycle. The development and transformation of the psyche of children of different genders of different ages, the factors that positively affect their moral and physical development, knowledge of the conditions, their effective use today is very important for teachers, physical culture specialists. Influencing the minds and spirits of students by conducting physical education classes, taking into account the mental characteristics of each student's age, creates a timely self-awareness. The sooner a child wakes up with a sense of self-awareness, the sooner a personal perspective, a sense of self-worth, and an assessment of their mental and physical capabilities will emerge.





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