

Effective Use of National Activity Games of the Uzbek People in Physical Education Lessons

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ABSTRACT

In our republic, the games of the popular movement began to revive as the values of our people, and now they have become not only a favorite pastime of our people, but are also included in the curricula of all educational institutions as a full-fledged subject.

In the system of physical education, the wide use of national games of the Uzbek people is aimed at ensuring the worldview of students, their inextricable connection with physical and spiritual values. Nationalization of physical education aimed at developing their physical qualities, collection of national games, and implementation of them into life are being carried out.

For this reason, scientific research of national games, their inclusion in school and kindergarten curricula, and the raising of socially and educationally important types to the level of sports are one of the most urgent problems facing experts in the field. In order to raise the level of development of the physical qualities of the young generation by means of national movement games, new methodological approaches are being sought and developed in the physical education of 1-4 graders with the means of movement games.

Scientists of our republic such as A.Atoev (1988), T.Usmonkhojaev (1992), M.Rahimov (1996), F.Nasriddinov (1998) managed to carry out a number of scientific and practical works and publications in order to study national games and popularize them among the people. .

Opening a wider way to the implementation of the national movement games of the Uzbek people, making them popular, holding them in families, kindergartens, schools, places of rest, various ceremonies and holidays has a positive effect on the education of the growing youth.

The Uzbek national folk action games that have come down to us show bravery, dexterity, quickness, and balance through such games as "Otda chopish", "Uloq", "Kamonda o'q otish", "Chillak", "Soqqa", "Besh tosh" and others. It has been the most effective tool in developing and shaping the stature, morals, mind, memory, attention, and of course in strengthening health.

However, it should also be noted that the scientific-methodical foundations of national

movement games, their psycho-functional essence, importance and value in the formation of physical qualities and sports skills have not yet been studied.

From the point of view of classification and description, Uzbek folk action games originated from the unique traditions of the people, living conditions, living climate, historical monuments, and environmental conditions, and were used according to gender, age, and health.

Uzbek folk games are classified as follows:

- games that form vital movement skills: "White Bears" for hanging and climbing, "Kuvlashmachok" for walking and running, "Mokki", sitting and standing "Baq", "Tovuq va tulki";
- games that develop physical qualities: "Tug" for strength, "Day and Night" for speed, "To'p uchun kurash", "Lapta", " Qirq tosh ", "Chasing" for endurance, "Bridge and cat" for flexibility;
- for games that develop mental and spiritual abilities: "Forbidden move" for increasing attention, "Minute" for strengthening memory, "Stop" for emotion, "Chess" for developing thinking, "Vandan-zori" for cunning, "Chonkha shuvok" for courage;
- games specific to household chores: "Supur-supur", "Qovun uzatish";
- games that form professional skills and qualifications: "Otishma";
- games that shape speech and pronunciation: "Oq terakmi, kok terak";
- to games related to calculation: "Besh tosh", "Lanka", "Qirq tosh";
- games related to the seasons: "Varrak", "Chillak", "Tez Ayt", "Yong'oq";
- day and night games: "White Bone", "Lame Crow";
- games held in water: "Water fight", "Fast swimming";
- to games held between children and adults of different ages: "Hide and seek", "Hide and seek", "Fight for the flag", "Nut game",
- games between boys and girls: "Ride the Donkey", "Fight of the Roosters", "Jumping Rope", "Mindi", "Hunting", "Soqqa", "Kulok Chozhma", "Durra", "Chori-chambar" ";
- games in the preparatory part of the lesson: "Quickly to his place", games used in the main part of the lesson "Shoot and run", "Forty stones", games used in the final part of the lesson "Who came", "Whose voice", "Durra soldi", "Minute" ";
- games used in the formation of movement skills specific to sports include "Fortress defense", "Return the ball", "Sit down", "Chasing", "Think of it", "Divers;
- games from health centers: "Semir Pufagym", "Insiz kuyon", games performed with songs "Lapkar", "Tez kizh";
- games used at weddings "Oq suyak";
- military skills, skill-building games: "Asir olish";
- folk games and rituals include games such as "Qiz quvish", "Crowd race", "Uloq".

National action games are held by teachers and activists during classes and extracurriculars. The

teacher chooses various exercises and action games for the lesson, which have an effective effect on the student's organism in all aspects, and changes the method of conducting the games. Hamisha always pays attention to the methodological consistency of the material studied in the course of conducting various games. This allows to correctly solve the educational and educational tasks of the physical education lesson, to achieve a complete passage of the lesson topics, to carry out each exercise correctly in a certain standard during the whole lesson.

At the beginning or in the middle of the lesson, there are games and exercises that require careful attention and adapted complex movements, and at the end of the lesson, games and exercises that help the tired body of the students to calm down a little. If at the beginning of the lesson, games such as "Think of it" or "Quickly to all places", "Improper action" were played to gather the children's attention, then in the main part of the lesson, more active games such as "jolly children", "run away my child, the hawk has come" are played. is recommended.

In the main part of the lesson with middle-aged students, games such as "shepherd, sheep and wolf", "white stone", "white bears" are played, and in the final part of the lesson, low-motion games such as "pat", "pr-r-r..." transfer is recommended. If the entire teaching process consists only of game materials, active games should be alternated with less active games, and vice versa, a game of the same description should be alternated with a game of a different description.

If the teacher sets specific goals and tasks for teaching children to pass and catch the ball with the help of the games "Don't give the ball to the mother" or "Get the ball" to children with the help of the game, he should carefully consider the content and direction of the game material and follow the relevant methodological instructions. the goal can be achieved if it is carried out with the help of a game-relay, which is followed and some changes are made. Otherwise, the main attention of the players is occupied with fast passing and catching the ball, and the correct implementation of technical elements is not observed.

In order not to tire the players, without spending too much exciting and entertaining games, combining them with other games and exercises, taking into account the level of physical fitness and the ability of the children's bodies, from the signs of fatigue in some students (color flight, slowness of movements and unwillingness to continue the game) should feel.

One of the important features of the physical education lesson is the correct distribution of time for each game and each participant from all opportunities to actively participate in the lesson, as well as achieving the same level of tasks given to all students. This includes:

1. If there are too many students in the class, divide them into several groups, reduce the time given for completing the task;
2. To ensure participation in the game by giving penalty points to the participants who break the rules during the game, without expelling them from the game;
3. In order to prevent the game from being divided, to thoroughly prepare for it in advance, to fully acquaint the students with the content, rules and procedure of the game;
4. Pre-prepare the venue and necessary equipment for the game based on the essence of the game;
5. It can be achieved by changing and adding to the games recommended in the curriculum, taking into account the possibilities of the sports fields and the level of preparation of the students of the class.

Action games are planned according to the quarters of the school year, taking into account the weather conditions, and in all quarters except the second quarter, the training is held outdoors. However, when planning fair-weather games, be careful to consider games that can be played

indoors instead. At the end of each quarter, it is necessary to include games that consist of a combination of different physical exercises, depending on the control exercises. Such games help to test students' physical fitness, acquired skills, speed and organization of their movements.

In class IV, there are games that are played to accompany the formation of walking skills, games that are accompanied by music, games that are played in accordance with the weight of the poem, as well as "orazan - borazan", "pat", "pr - r -" which help to develop creative imagination and independence in children. It is also very important to choose and conduct games such as "r...", "white poplar, blue poplar". If the lesson consists of several games, they should be of different nature, exercises and movement elements in the game should not be the same. The teacher should determine the main task of any movement game, referring to the specific task of each lesson.

For 7-10-year-old students, games are the basis of the lesson. Therefore, games are given more space in the curriculum than other materials. The reason for this is that the various physical exercises included in the program are easily perceived and mastered by children through various games. For example, explaining, demonstrating, performing, and correcting mistakes in teaching running and long jump is very boring for children. If the game "Wolf in the ditch" is used to solve this task, the goal is easily achieved. If the main part of the lesson consists of a game aimed at teaching the elements of basketball technique, in the introductory part, you can use action games such as "Sit down", "Ball race". In such cases, "Hunters and ducks" and "Shooting" games are included in the main part of the lesson. Along with playing simple and moderately complex games with children of this age, if the children's team is sufficiently prepared, it is also possible to play more complex games, which are played in teams.

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