

Technology of Using Movement Games to Increase the Efficiency of Physical Education Lessons

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Abstract

This problem, which allows to educate young people to be physically strong in all aspects, and is aimed at the development of physical qualities of students, makes it necessary to consider the physical education of students of general education schools as a whole, which connects them together with organizational and pedagogical processes. we would like to emphasize that the role of the national people's action games is great.

Keywords: Physical education, lesson, teaching technologies, action games.

Introduction

Our goal is to find, develop and implement ways to preserve the national games of our people, which have been passed down from generation to generation, and to pass them on to the next generation. National action games expand students' ideas about the ancient traditions of the people to a certain extent and help them assimilate them into modern life.¹

Because national movement games are one of the most effective methods of physical education and are an important tool for the successful implementation of intellectual, moral and aesthetic education in students. Therefore, it is necessary to pay attention to such aspects as the type, nature, character of children's games, and the actions of the participants.

In order to make physical education of primary school students interesting and useful, the same features should be paid attention to when using some of the national games that we recommend. Instilling a love for values and teaching primary school students to preserve and cherish folk traditions in physical education lessons largely depends on the ability to effectively use national movement games.

¹ Nasriddinov F.N., Qosimov A.SH. O'zbek xalq milliy o'yinlari. I-to'plam T.: 1998. -27 b.

Because through national movement games, on the one hand, a child acquires physical knowledge, and on the other hand, it is important to interest him in physical education, and through it, values. discussion. Our people's national active games are an important means of physical education and sports that are widely used for this purpose. Therefore, the need to increase attention to national active games is becoming increasingly evident.

Both the people and society are interested in the young generation growing up physically fit, healthy, ready to defend the Motherland, and energetically. For this, students need to be deeply engaged in physical education and master the skills of using various national active games.

This will further increase attention to the education of the younger generation, educate them in the spirit of duty to their people, independent state and society, and create an opportunity to form the qualities of love for work, diligence, completion of the work they have started, and perseverance from the first day of school.

In this, along with all modern means of physical education, Uzbek folk national active games are very useful, because these games can include all aspects of raising children mentally, physically, and spiritually. After all, raising young people, who are the future of the nation, as healthy, mature and perfect people, serves to strengthen the foundation for the future of our independent country. We have already mentioned above that folk active games and national sports have changed significantly in the process of historical development, and each economic system has left its own mark on their content and rules. The names and rules of some games have been preserved to this day. When using such games, it is necessary to take into account that, in addition to their physical impact on children, they also have an educational impact, and their creative use should be targeted. For example, the game "Uloq" refers to an ancient multi-player game, usually played with a horse, in which riders fight for a real Uloq. The game "Uloq" for children is played without a horse, the players fight to get a stuffed ball with a piece of goat skin glued to it. Some aspects of the rules of the game are similar to those of adults. This game, which develops speed, agility and strength, also has great educational value, in which great attention is paid to respecting each other, sincere attitude, and not being rude.

Folk national active games play an important role in the development of children's physical qualities. The game increases the child's interest, gives him pleasure, and ensures faster recovery of working capacity. Thanks to the game, children forget about fatigue, try to perform the exercises carefully. All folk national active games have the power to have a holistic effect on children's organisms.

Therefore, games should be considered as exercises that have a general physical effect. There is not a single game that cannot be considered a means of developing some physical quality. For example, in the national game "Who will win in wearing a hat?", it is encouraged not only to be agile, but also to be dexterous and sensitive.

The sole and only goal of all areas and stages in the physical education system is to prepare a person for a healthy and correct life. The tasks of physical education for primary school students are determined taking into account the age-specific characteristics of children, but the general goal of physical education is not lost sight of.

Physical education for primary school students at school is to implement the tasks of health promotion, education and upbringing. The possibilities of fulfilling these tasks in an integrated manner are more visible through folk national mobile games.

1. Health-improving tasks. The main task of physical education of primary school students is to protect the life of the child and strengthen his health, to teach him to protect himself and increase his resistance to various diseases, to withstand adverse environmental conditions by strengthening his body. In addition, it is very important to increase the ability of children to work in any way. Since the development of the child's body has its own characteristics, its tasks are expressed in a much more specific form: the child's bones are helped to harden correctly and in a timely manner, the formation of curvatures in the spine, the good development of the heel surface, the maturation of the tendon-joint apparatus (games such as "Who is agile", "Trap"); the development of the correct relationship between the parts of the body is created (games such as "Dorboz", "Empty space"); all muscle groups are developed.

2. Educational tasks. In the process of conducting national folk movement games with students of grades I-IV, it is also important to fulfill educational tasks. These tasks are: the formation of movement skills and abilities, the development of physical qualities (agility, speed, flexibility, maintaining balance, dexterity, flexibility, endurance), correct posture, and the acquisition of knowledge about physical education.

Correct performance of selected national folk movement games has an effective effect on the development of the child's muscles, tendons, joints, and bone system. The practical application of well-formed movement skills allows the child to save energy during the execution of games and to focus his attention on various tasks that occur during game activity.

It is of great importance to provide primary school students with knowledge directly related to physical education (the benefits of games, the importance and technical execution of physical exercises, methods of their performance, the origin and rules of folk national active games, etc.). The deeper the knowledge students receive, the more rationally they can use active games, the more effectively they can engage in them, and the more independently they can use physical education tools in the school and family environment.

3. Educational tasks. It is necessary to instill in children the habit of following the established order when engaging in physical education and the desire to engage in folk active games regularly, if possible, every day, to develop the ability to independently use these games at school and at home, to teach them to organize games in a team of their peers and children younger than themselves, to perform them together. It is possible to cultivate in students a love for national folk movement games, interest in the results of these games, and a sense of admiration for the victories achieved by athletes.

Conclusion. In the process of teaching national folk movement games, there are great opportunities for implementing moral, intellectual, aesthetic, and labor education. When performing folk movement games, the best conditions and opportunities are created for the development of positive (cohesion, discipline, modesty, kindness) and spiritual qualities (honesty, fairness, a sense of friendship, cooperation, the ability to work in step with the times, responsible fulfillment of tasks) in children's movements, as well as the manifestation of volitional qualities (courage, determination, self-confidence, steadfastness in overcoming difficulties, endurance, etc.).

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