



Advantage of National Activity Games in Increasing Students' Physical Activity

Turakulova Fatimakhan Sultanboy qizi

Andijan State University, teacher of interfaculty physical culture and sports department

Annotation: Effective use of national movement games in physical education classes will increase the effectiveness of education. The article describes the advantage of national movement games in increasing the physical activity of students.

Key words: physical activity, national movement games, heritage, cultural assets, physical education, physical training, talent, youth.

Introduction

Folk games are included in the treasure of cultural wealth of every nation, created by past generations. According to its origin and development, folk games are not an unusual phenomenon, but a purposeful activity that reflects the life of the people in a figurative and specific way and is determined by the laws of social development.

Collecting and studying the creative wealth of the Uzbek people, created over thousands of years and passed down from generation to generation, raising the young generation to be spiritually rich, morally pure, and physically perfect on the basis of these rich treasures is one of the urgent issues of today.

This places great responsibility on the physical culture that educates the young generation in a healthy and well-rounded way. Nationalization of physical culture aimed at the development of physical qualities of the young generation, which allows to educate the young generation to be physically strong, and in this case, it creates the need to reconsider the ways and methods of collecting, applying to life and school, and developing the forgotten national games of our people. Scientifically researching the national movement games of the Uzbek people, including them in school and kindergarten curriculums, raising the types of socio-educational importance to the level of sports has become one of the most urgent problems facing the science of physical culture. shows.

It is very necessary to use the national action games of the Uzbek people, which have been formed for many years and have been inherited by their generations, in our days of independence.

Physical activity is any movement of the body with the help of muscle power, which is accompanied by energy expenditure, which includes physical activity during work, leisure time, as well as simple types of daily physical activity. Physical activity is the use of various types of physical activity by people in order to maintain and strengthen their health. Exercising means improving the quality of life. Exercises and any physical activity not only relieve stress, but also improve the condition of the body and prolong life.

People who choose an active lifestyle will definitely try to do some kind of sport that they like.



Unfortunately, nowadays it is noticeable that physical activity among people of all ages, including our youth, has significantly decreased. Therefore, it is becoming more urgent to form a healthy lifestyle in society, to prevent inactivity and to involve large sections of the population, especially young people, in sports.

A sedentary and unhealthy lifestyle leads to disease, suffering and ultimately a short life. A healthy life leads to health, happiness and a long and productive life.

Young people who do physical education and physical exercises during the day will have strong health and the body's resistance to diseases will increase, and it will be strong even in old age.

In particular, the activity of the cardiovascular system and muscle movement are normal, metabolism improves, body tissues absorb nutrients better, and decomposed substances are removed from the body faster.

Conducting competitions (relays) of national movement games in physical education lessons and mass physical education and sports events organized in educational institutions during extracurricular time ensures physical activity of students and positively affects their health.

DISCUSSION AND RESULTS

In the school, in the lesson, in the organization of educational - sports and public - sports activities with children, the action game occupies a very large place.

Action games are combined with other physical education tools - gymnastics, athletics, sports games, cross training. Physical tools are one of the important stages of the physical education system. Their component consists of gymnastics, sports, active games, and the healing forces of nature (sun, air, water, hygienic factors).

It can be seen that action games are one of the important areas of the physical education system. Action games are divided into the following types in terms of content and form:

1. Team games.
2. Mass (many people play together) games.
3. Single or double games.
4. Relay games.
 1. Two or more teams (groups) participate in team games. M: "White poplar, blue poplar"; "Planting potatoes".
 2. In mass action games, all participants participate in the game equally. M: "Rain", "Kalhat came, run away, my child", etc.
 3. In action games played alone or in pairs, one or two players take part: M: "Cat and mouse", "Cockfight", "Shoulder wrestling, etc."
 4. Relay action games can be team, general and single (pair). There are general and special principles (principles) and methods for teaching young people exercises and active games in physical training classes, that is, the series of games is determined depending on the age, physical fitness and gender of the participants. In the physical education program of general education schools, national movement games are defined depending on grades (1-4, 5-7, 8-9, 10-11).

Because, as mentioned, games are taught according to the age of children. Action games designed for elementary school students will be too easy and less fun for high school students. And games marked for higher grades will be difficult for lower graders.

We will consider the game "Jambil" from national action games. In this game, students are divided into 2 groups. There are usually 5-6 players in each group.



Players of the 1st group throw the ball at the stones placed in the cells from the specified distance. There will be 4 stones in the cells. If the ball hits a stone in the cell and the stones fall down when the ball is rolled;

2 - one of the players of the group guards with the ball around the goalpost; If the first group of players approaches to put the stones in the cells, if the guard hits them with a ball, that player is out of the game. If this group places the stones in the squares correctly, this group wins. If they can't, they lose.

After the game, 2nd group will play in the main game. The game continues in this way. The pedagogical significance of the game is that the game develops students' skills in throwing at the target, shooting the ball and independent action. The main action of the game is to accurately target the stones inside the balls.

CONCLUSION

National action games are the content of the ideas of honoring people on the basis of great dates, traditional holidays, various traditions, customs, working for the honor of the Motherland, for the peace of the country, studying and living. In the context of public cultural sports events, the objectives of honesty, conscientiousness, gathering strength and enthusiasm, discovering talented and talented young people and athletes will be at a high level.

The composition of the national games of the people is of the greatest importance in their composition. The quality and effectiveness of education can be improved by the effective use of national movement games in physical education classes and public cultural sports events by the team of pedagogues and physical education teachers in schools.

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