



Teaching Action Games that Develop Physical Qualities

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***Abstract:** The game can be played both during class and during recess. The educational value of this game is that it calls the child to spiritual sensitivity. Games that educate the reaction to the object in motion give a good result in this place.*

***Keywords:** action games, physical qualities, games, four mice, education, physical education.*

With the growth and development of children, the content of the games changes: the activity of the games is simple in the early stages, but later it becomes richer. P.F. Lesgaft represents games as a means of physical education in his system of physical exercises.

He focuses on the preparation of the child for life with the help of the game. His requirements for conducting action games have not lost their value to this day: for example, he sets clear goals for each game, the strength and He stressed the need to match their abilities, to have a positive effect on the players, to conduct games systematically and regularly, to try to increase the activity and independence of students.

Development of games, game activity is initially made up of plot and content. Usually, plot means the scope of reality that children reflect in game activities. The plot of the game is created depending on the class characteristics, family lifestyle, geographical and production conditions.

Games for 7-8-year-old children can be divided into the following groups according to the development of their physical qualities

1. Games that train speed.
2. Strength-enhancing games.
3. Games that develop agility.
4. Games that develop endurance.
5. Games that train flexibility;

Some types of games can be suitable for all joints of children, that is, there are games aimed at educating physical qualities as a whole, in which different physical qualities can be developed sequentially. such consistency in games is related to the child's level of knowledge, expansion of life experience, and his deeper penetration into the life of adults.

In fact, the growth of games from simple to complex is not limited to reflecting more and more new aspects of life, but also due to the fact that a certain game is enriched with other aspects of its own.

1. Games that train speed.

In order to train speed, exercises should be performed as much as possible. Games that require a quick response to a signal, perform many actions within a certain time unit, and move the whole body or a part of it quickly in space develop the quality of agility in students.



In this case, it is necessary to pay more attention to holding games that lead to active competition between the two groups. Games that educate the reaction to the object in motion give a good result in this place. Such games can include "Who is the winner in wearing a hat?", "Four mice", "Space", "Who plays fast".

For example, the game "Who is the winner in wearing a hat" is considered one of the national games of the ancient Uzbek people and teaches children to be quick and agile. In the game, students are divided into two groups. The distance of 30 meters should be marked with two balls. Two children from both groups should run to this distance and complete the game without the ball falling off their head. The game continues until all the children in the group have hats on their heads. the group that fulfills the condition quickly is considered the winner.

2. Games that develop strength.

In this case, the teacher should choose games that have a positive effect on the development of the necessary muscle groups. In strength-building games, students overcome their own body weight, an external weight, or the weight (resistance) of an opponent. To develop strength, the following games are recommended: "cock-cock", "Capricorn", "Overthrow", "Lame wolf and sheep", "Drop down" etc. .

The more children there are in the "cock-rooster" game, the more interesting the game will be. Mostly boys participate in this game. Children play in pairs. Group captains are elected on both sides. The teacher divides the students into two groups. They look at each other face to face. They hold their hands behind their backs, jump on one leg, and start pushing each other with their shoulders. In this case, no child can put his feet on the ground first or play with his hands free behind his back. The main goal of the game is to test students' strength and increase endurance.

1. Games that train agility.

Agility should be well developed in national games where precise action is required and conditions of performance change. Based on this, we recommended games such as "Change steps", "Don't resurrect", "Hit-and-run", "Olacha chicken", "Who is agile" to train agility.

For example, you can look at the game "Exchanging steps". the whole class can play the game in pairs. The rule of the game: the children line up in a long line, and then, after being drawn in order, they step over the line with their steps (in a row). You can use three types of game:

1. Over the line with hands extended to the side.
2. Hands back.
3. Holding the back of the head with hands.

Whoever performs this game quickly and without mistakes is considered the winner. Whoever breaks the balance while walking over the line is considered to have made a mistake and is out of the game. The game continues as follows.

The game can be played both during class and during recess. The educational value of this game is that it calls the child to spiritual sensitivity. Physical agility (the game must be completed within a certain period of time, i.e. which group should quickly cross the line first, paying attention to aspects such as the spirit, nature, character, behavior of the participants, etc. of children's games it is taken into account that it is necessary) educates, teaches to keep the figure upright. Playing this game in groups increases the child's interest in physical culture. Our ancestors used this game a lot in ancient times.



2. Games that train endurance.

Physical qualities such as quickness and endurance are cultivated due to extremely intensive exercises in most national folk games. In such games, the physical load is gradually increased. For example, increasing the area; reduce the number of players without reducing the size of the field; increasing the number of game equipment (sticks, handkerchiefs, caps, cloaks, balls, etc.) extending the running distance; increase the number of obstacles; applying complex exercises and increasing their number and hakazo.

The goal will be achieved faster when these methodological methods are used consistently. Examples of such physical quality training games are "Lame Crow", "Lanka", "Herdsman". for example, "Lame Crow" - an action game in the style of a relay. The number of players will be equal, two teams will line up facing each other. Each of the players in turn ties one of his legs with a tie (handkerchief or band) from the calf to the thigh.

The players of both teams chanted "Prepare-Bajar!" when the command is given, they walk one leg to the line of the opposing team, and after that, they take off the shoelaces on their legs, run behind them and give it to the next player of their team. The game continues until the last player brings the tie to the teacher. The first team to bring the rope to the teacher will be the winner.

5. Education of flexibility.

In order to train flexibility in 7-8-year-old children, games that affect certain muscle groups and joints are selected. These games are mainly played using special sports equipment. Those who exercise in place of weights can also participate.

Active flexibility depends on muscle strength. The elasticity properties of muscles change under the influence of the central nervous system. Therefore, flexibility is high when students participate in these games with pleasure. Appropriate exercises should be performed before games that require flexibility.

Games such as "kerchief under the knee", "throw a stick in a circle", "jump over a fence", "rock game" are recommended for training flexibility. For example, we recommend to teachers "toshoyin" for 7-8-year-old students, which effectively increases the quality of fun and flexibility. Participants in the game stand in a circle. Each of them, except for one player, holds five stones in his hands.

The rule of the game: at the first signal of the teacher, the players throw their stones in front of them and sit with their backs to the center of the circle. According to the second signal, they turn sharply to the original position and each player tries to get his stone. The player who did not manage to take the stone is considered a loser and the game starts again. The player who is the most dexterous, quick and moves quickly and gets his stone in time is considered the winner.

1. It is not allowed to block the stones of players or to attack them. At the beginning of the game, the student who will not be given a stone is determined by counting. After the start of the game, there will be a player who does not have time to get the stone and will be left without a stone.

The game not only develops the quality of flexibility in children, but also encourages them to act in a coordinated manner, therefore, it also serves to educate them in the spirit of organization and cooperation.

The development of students of junior school age is directly related to the age characteristics, upbringing, including physical education. Height growth is typical for school children of small age.

The basis of physical education of children is to strengthen health and proper physical development.



The age characteristics of the development of elementary school students are very important for the teacher to achieve high performance.

First of all, it should be noted that the child's development depends on the environment and the organization of life.

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