



## Carrying out Action Games in Physical Education

Aziza Khujabayeva

GulSU, department of theory and methodology of education,  
2nd stage master

### ABSTRACT

This article discusses the methodology and importance of conducting action games through physical education classes. Also, the effect of physical education on the development of human spirituality and its role in our life are shown

### Keywords:

health, well-rounded person, healthy generation, active games.

### Introduction

Today, priority reforms are being implemented in the field of education, including in the field of physical culture. In particular, our head of state paid special attention to the development of the sports sector. It's not for nothing, of course. Sport has a decisive power in creating a healthy environment, in developing the young generation in all aspects, physically and mentally. The reason is that we are still moving towards development, and there are still many educational problems that need to be solved. For example, these days there is a kind of weakness, a gap between the demands of life and the methods of education. Therefore, in order to fill this gap, the priceless traditions of our people, folk action games, and physical training exercises, which are considered to be unique values, play an important role.

### Materials and Methods

If we turn to history, the first examples of folk games began to appear in the period of the primitive community. For hundreds of years, our dedicated people have created, polished and perfected each game with all their hearts. He carefully preserved selected types of games for future generations. At any stage of development, the representatives of the older

generation extend their helping hands to the representatives of the younger generation, as much as possible, they tirelessly teach the young people the relationship of their acquired knowledge and experience to their hobbies, and gradually connect with them. created. So, if folk movement games are used more often in the process of physical education of young people, the effectiveness of the games will also increase. This is of great importance for the rise of our country's and nation's influence on the world scale. Thus, the action games created by the people combine with the cocktail, lifestyle, nature of the environment, cultural heritage, traditions, customs, and universal talents of the people, creating a wonderful and wonderful balance [1].

### Results And Discussion

Studying and researching Uzbek folk games and introducing them to the practice of educating young people is one of the main means of raising our own values, culture and spiritual wealth. It is our main task to carefully preserve the great treasure created by the people, preserve the color of nationalism and pass it on to the next generation. In the course of action games, the introduction of children into certain roles and images (hunter, sniper, resourceful, bear-wrestler, fox hunter, and

other imitations) creates motivation that encourages them to seek, creativity, resourcefulness, ingenuity, and other similar qualities, and not only this imitation, rather than calling to find ways to satisfy the desire for action. In fact, the types and meaningful forms of folk movement games are varied, they are abilities such as memory, attention, perception, consciousness, thinking, will, qualities such as pronunciation, speech, intonation, solidarity, honesty, patriotism, etc. forms and educates such qualities as mutual assistance, manners, bravery, courage. Therefore, it is not necessary to prove that universal and national people's movement games are a priority tool for human health, his worldview, and the upbringing of the young generation as a physically and mentally well-rounded person. First of all, the games should be chosen correctly, suitable for the age, gender, and physical capabilities of the participating children [2].

It is very important to choose the right game and conduct it in accordance with the purpose. However, the game does not always solve the educational tasks. Children show their character and personality during the game. From this, the teacher should learn about their various habits, negative and positive interests, determine appropriate activities, put the game in a certain direction, and form feelings such as honesty, bravery, honesty, solidarity, mutual cooperation, and respect in them. must At the same time, he should help children in every way to show creative initiative without breaking the rules of the game. The teacher should use the didactic principles of pedagogy in the process of conducting games and always achieve their implementation.

The teacher explains the content, tasks and rules of each game to the students. This allows them to have a conscious attitude to the game, to learn it correctly, to understand their mistakes and successes, and to analyze their actions in comparison with the actions of their comrades. It is not appropriate for the student to blindly imitate the teacher while learning game exercises.

The actions taught by the teacher and consciously performed by the students should help children develop organizational skills. This is achieved by training referees and their assistants from students to conduct the game. It is necessary for the teacher to ensure that the games with the children are related to overcoming certain difficulties, that every task performed during the game is accomplished, and that the obstacles are complicated according to how they are conquered. This work teaches children to be hardworking and increases their will power.

Action games as the main means of the learning process of age students are the basis for the harmonious development of the student's body, including motor skills.

The choice of games and exercises to develop speed is determined by general didactic principles. In this case, it is necessary to take into account some specific requirements for this quality [3]:

1. Students should learn the movement slowly at first;
2. The duration of exercises for speed should be short, so that by the end of the exercise, the speed does not decrease and fatigue does not appear;
3. Exercise doesn't have to be the same.

Among the various techniques that increase the manifestation of dexterity in children, the following stand out [4]:

1. Using unusual starting movements, quickly changing different movements;
2. Changing the speed or tempo of movements, introducing different rhythmic combinations;
3. Changing the way of performing exercises;
4. Using objects of different shapes, weights, and sizes in exercises;
5. Performance of actions agreed by several participants;
6. More complex application of basic actions;
7. Complexity of game conditions.

A physical education teacher should be able to connect the process of understanding the youth and children's age characteristics and universal human values with physical

education and sports during the physical education lesson.

### Conclusion

Currently, paying special attention to the educational process of students, controlling the directions and forms of its organization, educating our youth with the help of national and universal values is becoming more and more important.

Primary education, which is the first stage of education, has its own importance, and during this period students are equipped with basic competencies.

Action games in the physical education of students are important not only for physical development, but also for mental and moral education. In the games played as a team, children are trained to show resourcefulness and determination to achieve the goal, to feel responsibility in front of the team, not only for their own actions, but also for the actions of their friends. .

### References

1. Abdullayev, Sh. Honkeldiyev. Theory and methodology of physical education. Tashkent-2005.
2. T.Usmonkhojayev, A.Tolipjonov 500 Action Games.-Tashkent: Generation of the new century. 2014.-13 p.
3. T.S. Usmankhodzhayev, O.A. Kopadze, S.T. Usmankhodzhayev, N.A. Chorshamiyev National folk games/methodical guide. Tashkent-2022 p. 19.
4. Farmanova. Values - the basis of spiritual maturity / Scientific and methodological guide. - Tashkent: "Tasvir publishing house", 2019.
5. Ganiyeva, M. (2021). Effective Methods of TRIZ.
6. .Ганиева, М. А., & Жумаева, Ш. Х. (2018). Формирование методов групповой работы с учащимися общеобразовательных школ. Вопросы науки и образования, (10 (22)), 149-151.
7. Maftuna, G. (2021). Effective ways to Use Triz (The Theory of Inventive

- Problem Solving) in Elementary School. Pindus Journal of Culture, Literature, and ELT, 9, 85-88.
8. Ганиева, М. (2021). ВАЖНОСТЬ ИСПОЛЬЗОВАНИЯ "ТРИЗ" ДЛЯ РАЗВИТИЯ УЧЕНИКИ НАЧАЛЬНОГО КЛАССА. Academic research in educational sciences, 2(5), 129-133.
9. G'aniyeva, M. (2021). BOSHLANG'ICH SINIF DARSLARIDA TRIZ (IXTIROCHI MASALALARINI HAL QILISH NAZARIYASI) DASTURINI QO'LLASHNING SAMARALI USULLARI. Scientific progress, 2(5), 108-112.
10. Ганиева, М. А., Муродинова, Н. Р., & Жумаева, Ш. Х. (2018). Трудности при изучении многозначных глаголов русского языка учащимися-узбеками средних общеобразовательных школ. Проблемы педагогики, (3 (35)), 108-109.
11. Kizi, G. M. A., & Kizi, B. L. A. (2018). The diversities in terminology of relationship. Достижения науки и образования, (9 (31)), 22-23.