



Characteristics of Using Action Games in Secondary Schools

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In this article, the use of mobile games as a means of physical education in the education of physical qualities in school-age children through the use of mobile games and on this basis, to determine the theoretical foundations and methodological ways of developing the technology of children's motor activity in the conditions of general education schools and to achieve the goal It is planned to conduct research by organizing physical education and public health activities for the development of children's movement activity in the course of general education.

Keywords:

general education schools, movement game, movement activity, movement quality, physical education, physical development, physical quality, fitness, ability, physiological factors, muscle, activity of vegetative organs.

Action games are one of the treasures of human culture. There is an endless land of their types and diversity. Action games have reflected and enriched all the material and spiritual creativity of people. Of course, many branches of knowledge have been studying the origin, content and importance of mobile games for a long time. In particular, history, ethnopedagogy, anthropology, pedagogy, theory and methodology of physical culture, among others, are interested.

There are more or less books and articles about action games. In the theoretical and methodological classification written and published until this time, the role and importance of action games, their wide promotion, their comparison with folklore games and their use in the creativity and practice of all nations, etc. have been mentioned.

In addition, in the Republic of Uzbekistan, a number of scientific and practical works have been carried out on mobile folk games and several manuals and books have been published. In the study and analysis of the

above-mentioned and published literature of specialists of the current countries, it became clear that action games are a conscious activity dedicated to the fulfillment of their specific action task.

In action games, the creative initiative of the player is expressed by the manifestation of various actions in coordination with the unity of the team. In children's play activities, there are two very important objectives, one of which is connected with the other, there are criteria. On the one hand, children get used to independent action in their physical development by engaging in practical activities. On the other hand, they get spiritual and refined nourishment from this activity and deepen their study of the surrounding environment.

As a result of all this, it will greatly help the person to be fully educated. Thus, the mobile game is an embodied means of education, it is aimed at all-round physical training (not only mastering the basic actions in the changing conditions of team activity, but also performing complex actions), making the

participants of the game aware of the functions of the body also improves character.

The main feature of action games is their conscious action classification. The players have various goals - the main task is to win the game, to achieve the result, regardless of the ways and methods, only as a result of following the established rules and playing the toys themselves, it is given to solve their problems based on their capabilities.

The concept of "action game" encompasses many different forms of folkloric games, each of which helps children's all-round development, physical, psychological and mental growth. Movement folk game is a type of folkloric games, the main content of which is aimed at increasing the effectiveness of movement activities.

The most ancient, early action games reflected only things specific to labor and household work. Later, these concepts were greatly expanded and their content began to be enriched on a large scale. In the early period, the action games had standing situations, they consisted of more imitation and summation of things seen and known and hunting (as a form of the most ancient human activities).

That's why the meaningful aspects of the action games of many peoples are related to the birds, the animal world, related to the animal world («*G'ozlar va oq oushlar*», «*Bori va cho'pon*», «*Tulki va tovuqlar*»-*rua* refers to folk games. «*Cho'pon*», «*Oq terakmi, ko'k terak*», «*Chavandoz*», «*Qirqtosh*», «*Mushuk va sichqonlar*» and characteristic of Uzbek games).

It is clear that the action games of imitation of work, as it appears, began to be used as an objective source of life as a means of physical education very early. Therefore, with the development of society, specific and appropriate requirements began to appear, that is, it is more exciting to transfer action games to different forms, such as dance, singing, poetry. It should be held more vividly, not limited to only actions.

Raising children in the spirit of collectivism, hard work and a sense of duty to society is the most important issue today. From the first day a child enters school, it is necessary to instill in him a love for work,

organization, diligence and the ability to complete the work that has been started. For this, it is necessary to use all means of education, including children's soft toys.

Games include a variety of physical exercises related to overcoming obstacles in life and realizing various emotions and abilities. In addition, usually the elements of the competition, which children love to play and give them joy, are included in action games. It is known that children's games of preschool age are imitative in nature. The child constantly observes the existence around him, includes some things in it in his game and through this game he learns about the world around him, as a result, he develops a certain attitude towards life events.

As the student imitates various things in life, work and the life of animals, he understands the meaning of these events and actions, gradually gains life experience, learns to overcome difficulties and develops movement skills is formed and the imagination becomes richer and richer.

The games described in the book, exercises such as walking, running, jumping, throwing or throwing and climbing are of great importance in the development and improvement of the child's movements.

Along with the improvement of the movements, the physical ability also improves, the activity of the heart and respiratory system improves. In addition, it is important that games are important not only for the physical development of children, but also for their mental and moral education. In order to achieve the goal, children should show their resourcefulness, entrepreneurship and determination in front of the public and feel a sense of responsibility not only for their own actions, but also for the actions of their friends.

Action games serve to improve and strengthen movement skills acquired in physical education classes.

When using games, it is necessary to take into account not only how quickly elements are completed, but also the quality of execution.

This knowledge is useful for kindergarten teachers, primary school and

physical education teachers, teachers of extended day groups, educators-organizers of JEKs, as well as students of physical education institutes, students of the physical education faculty of pedagogical institutes, and students of physical education colleges will be useful.

In every child's understanding of the rules of the game and compliance with them, the demand of adults is crucial. Little by little, due to the educational influence, children's attitude during the game begins to change. There is an interest and a desire to follow the rules of the game more precisely, the reasons for not following the rules of the game are also changing, now the children do not break them on purpose, but they immediately try to correct the mistake.

Under the guidance of an educator who systematically prepares children to understand the social importance of rules, they become a means of forming good qualities such as integrity, justice, kindness, self-control and determination.

"Such vitally important moral qualities gradually acquired by the child become the internal spiritual property of the child's personality."

All these rules serve as a basis for defining games as one of the effective means of moral education of children. Image-emotional methodology is of great importance in improving children's mental processes. It arouses interest in children and attracts imagination. The game encourages creativity.

Educators and teachers are organizers and leaders of action games. Active games help children to develop physically, improve their health, exercise and strengthen their bodies and general working abilities.

It is necessary to give children the necessary knowledge that will allow them to move freely in various conditions of movement activity and to form the necessary movement skills in them.

It is necessary to educate them mental and willful qualities that will help them in life. In addition, it is necessary to arouse children's interest in various games, physical activities, as well as to follow the daily routine, to create the necessary knowledge and skills to

independently organize and conduct active games.

Along with the implementation of such tasks in the process of education, it is necessary to achieve the formation of moral norms in students, as well as the fulfillment of tasks of aesthetic and labor education. The organizational and educational role of the educator is very responsible when conducting active games.

It is necessary to organize the process of learning the game in such a way that children learn to behave as comrades, collectivism, patriotism and socially useful work. It is very important that the organization and conduct of mobile games have an educational value. The leader of the game, who knows the collective of children well, is familiar with the content and laws of each game and is able to demonstrate high pedagogical skills during the teaching process, can be set up.

In conclusion, the great future of our country depends first of all on the health of its children, a healthy country will be powerful and rich. The people of a rich country will be healthy.

As the days pass, the number of countries spreading the name of independent Uzbekistan to the world, flying our flag and playing our national anthem is increasing, millions of people are discovering a new country that strives for modern spirituality is the fruit of the ongoing fair policy.

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