



Specific pedagogical characteristics of national action games in physical education of students

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ABSTRACT

This article focuses on the pedagogical features of the use of national action games in physical education of students, as well as methods and methods.

Keywords:

Physical education, national action games, folk pedagogy, truancy, freckles, physical mobility, dexterity, willpower, patriotism.

After Uzbekistan gained its independence, the attention to our national values and traditions became even stronger. And this began to manifest itself to a different extent in all spheres of life, including in the issue of giving physical education, one of the main parts of Education, also gave an opportunity.

The law of the Republic of Uzbekistan "on Physical Education and sports" states that "in terms of Physical Education:- an integral part of the national culture of the people of the Republic of Uzbekistan, as well as Physical Culture, an important means of spiritual perfection". In particular, this puts great responsibility on the physical culture, which educates the younger generation in a healthy and harmonious way. In addition to allowing the young generation to be educated intensively, the need for nationalization of Physical Culture aimed at the development of their physical quality level, the collection of the national games of our people in this sphere and

their introduction into school activities, the revision of ways and methods of development of the organism was emphasized.

The use of the national action games of the Uzbek people, which have been formed for many years and inherited by their descendants, is considered very necessary today. But from our past history it is known that the national games of the people were evaluated as a symbol of value. People's National Games are held in the most beloved and spiritual events of our people in the form of competitions and relay events. And this did not pass without the Navruz, the Eid, the wedding ceremonies and various similar traditions, which were considered our national flags: multi-incarnation, rope shooting, red flag, white Poplar, zuvillak, freckles and many national games. Among these, it is considered appropriate to widely promote our national games among students in schools. And this is the successful passage of special tests on the

basis of sports competitions “Alpomish” and “Barchinoy”, mainly for adolescents. Increasing self-indulgence and enthusiasm for our Alpomish sons and all-Russian girls together further enhances the enthusiasm for sports.

The national games of the Uzbek people have been studied mainly from the scientific point of view, their further expansion in the programs of the school for primary and adolescent students and for children of kindergarten age, raising the types of games of socio-educational importance to the level of Sports has been identified as one of the most urgent problems of physical From this point of view, the relevance and significance of this topic was clearly demonstrated.

Teachers who have not fully mastered the skills of conducting folk national action games in the lessons of physical education in schools are now the majority. On top of this, the emergence of social reality, pedagogical practice and theory among the general public, the effective use of the best achievements of folk pedagogy, thinking on the basis of important ideas of folk pedagogy testify to the fact that educational TV is one of the decisive factors in ensuring the success of professional work. In the lessons of physical education in the school by means of the Uzbek national action games, the direction of the pedagogical impact of small school-age children on the implementation of full opportunities and on the basis of a clear goal will be created. One of the main tasks of the modern pedagogical science is the use and skillful use of folk treasures in the system of human pedagogical education. It is necessary to transform these invaluable, national and spiritual wealth into the educational and educational work of teachers every day.

Accordingly, in the system of upbringing of a growing generation, the experiences of folk pedagogy are considered to be the driving force, the main force of the character and consciousness of young people. Based on this, the objective is mainly to identify and develop ways of increasing the physical mobility of children of junior school age through the use of folk national action games in school physical education lessons, to determine the

effectiveness of enhancing the role of National Games.

We recommend that students be guided by the following criteria in increasing their physical mobility;

- 1.To demonstrate the connection of physical culture with folk traditions, to clarify the connection of Uzbek folk dances and social life of the Republic with various aspects;
- 2.Through the use of national action games of the people, to draw certain conclusions by identifying the physical preparation of junior makatab-age students of secondary schools and monitoring the development process;
- 3.To identify effective methods, forms and ways of teaching physical qualities in children through the use of Uzbek folk dances in physical education lessons;

In this way, mainly the Uzbek national games, the process of physical development of schoolchildren is based on the organization of physical education classes based on national action games of children of small makatab age in secondary schools. Physical education classes can again be noted that the school education system allows the younger generation to grow up in an energetic, enthusiastic, strong-willed, patriotic spirit, while performing important tasks such as physical education of a person. For the effective implementation of these works, it is possible to carry out “construction of the foundation of physical health” with the help of national games from the youngest age of children.

In this place, the president of the Republic of Uzbekistan Sh.M. Mirziyayev's “we need to educate and bring up a healthy generation. When we say a healthy person, we understand not only physical health, but also a person who is perfected in the spirit of sharqana morality and universal ideas.” From this point of view, it can be understood that for everyone to educate himself, it is emphasized that understanding of Physical Culture and the necessity of sports should be diligently shaped his health on the basis of a certain system of physical exercises that he liked. All-round development of physical abilities of children of our people is carried out in the process of physical training as an integral part of Education.

The purpose of physical education is to educate young people who are healthy, cheerful, comprehensively physically developed, ready for the protection of Labor and Vatan, and this is a long-term, organized pedagogical process.

In the process of physical education training, the following main tasks are solved:

a) to strengthen health, temper the body and increase the level of physical development as well as working capacity;

b) to acquire the skills and abilities necessary for life, including the movement of a practical character;

c) to educate the spiritual and volitional quality of a person;

g) to cultivate physical quality (agility, strength, dexterity, endurance) ;

d) consists in mastering the technique of performing a special sports exercise. At the same time, the collection and implementation of the national games of the Uzbek people is an important task, which has both theoretical and practical significance before us today.

As one of the most influential methods of Physical Education, National Action games play an important role in the successful implementation of common sense, moral and nafosat education in students. Therefore, it is also necessary to pay attention to such aspects as the spirit, nature, level of the children's games, the actions of the participants. A lot has been done to study the socio-pedagogical features of the National Games. Several scholars have in their studies thought at this or that level about the use of folk in national action games. Factors that contribute to the increase in the activity of children and adolescents:

-national action games;

-elements of national exercise;

- competitions and sports;

-ways of using traditional means of physical education are indicated.

It is also worth noting that the most important for us from the age of admission in pedagogy is the junior school age. A certain level of physical and mental development is suitable for each age group.

The development, changes in the psyche of children of different sexes of different ages, the factors that favorably affect their moral and physical perfection, the knowledge of the conditions, the productive use of which has become incredibly necessary for teachers, specialists of Physical Culture in the present days.

Each schoolboy, taking into account the psychological characteristics of his age, through the lessons of physical culture, influences on the minds, psyche of students, in due time, creates self-awareness. The sooner the child awakens the feeling of self-awareness, the faster the personal view, the feeling of his right, the assessment of his mental and physical abilities appear.

E'tiqod in the child, treatment, communication, the formation of independent behavior, initiative in them and the desire to overcome obstacles can be brought up with the help of national folk dances through physical trbiy, which can give them psychological motivation due to the variety of age psychology.

Games are a means of reflecting reality for children. This fact is much more interesting than the fact that the child is surrounded. The fun of the game is that it's easy to understand. It is clear that in the life of adults, activity, service, doing is of great importance, and in the life of children, the game is equally of great importance.

At the center of attention of any game and game activity, the child realizes the possibility of reflecting, repeating the activity and interaction of adults, their behavior in a specific way. Therefore, the game acquires a social dimension, the child is given the opportunity to learn the valuable knowledge, practical skills, skills and habits created by mankind for centuries, the Creative Wealth of the people, which ultimately leads him to the essence of interpersonal communication. The game not only improves cognitive processes, but also has a positive effect on the child's behavior. It is possible to develop their behavior management skills through games, both in preschool children and in primary school children, and in senior students. Because in relation to a goal-oriented training,

behavior skills in the national folk games can be mastered earlier and easier.

Based on the above ideas, in the educational system of the growing generation, the experiences of folk pedagogy, including the National Folk Dance, can be considered the main force as a means of managing the character and consciousness of young people.

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