

INVOLVEMENT OF YOUNGER SCHOOLCHILDREN IN SPORTS

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Abstract: *This article discusses the content and methods of developing the physical and personal qualities of primary school students through movement games.*

Keywords: *Physical education, human development, national values, formation of smiles, system of physical training, national movement games, physical quality.*

INTRODUCTION

In order for a person to be able to exercise, he must understand the need for physical culture and sports and diligently form his health on the basis of a certain system of physical activity that he likes. The comprehensive development of the physical abilities of the younger generation is carried out in the process of physical education, which is an integral part of education. The purpose of physical education is a long, organized pedagogical process, consisting in the education of healthy, cheerful, comprehensively physically developed builders of society, ready to work and defend the Motherland. The need to accumulate and introduce into the life of folk national outdoor games, their rational use in solving the tasks facing physical education today is obvious.

LITERATURE ANALYSIS AND METHODOLOGY

To develop the physical qualities of an elementary student, a lesson based on an action game, the correct organization and conduct of exercises is the most important issue. K. According to the Balsevich study, the physical activity of children is described as follows: all the indicators of physical quality of children of grades 1-4 demonstrate that growth is going at a high pace. Only the tempo of the elasticity indicator decreases during this period. In children of this age, a violent development of biodynamic movement and, above all, coordination parts occurs. Among the 1-4 classes, a practically excellent ground is prepared for the manifestation of physical qualities and coordination ability, human activity of movement. F.N. The results of physical fitness according to the indicators of Nasriddinov, A. Sh. Kasimov show that with the transition from age to age, all indicators increase by a certain amount. A.N. Livisky's scientific research work shows that the strength of the muscles of the claws at 7 years old is 13-14 kg.ga reach. From this age, in the medium of action games, the likelihood of further developing these qualities is strong. In the dynamics of age change, some drastic stages are defined, which are characterized by a set of morphological and functional features. In order to further revitalize the wellness and educational work of elementary school students through action games, it is necessary to determine the relationship between their physical development and the indicator of

readiness. This provides an opportunity to choose effective tools, then conduct a pedagogical test-experiment.

There is no doubt that physical education plays a special role in the development of a schoolboy in the formation of a person, a perfect person. And folk physical education was one of the main tools in the formation of children and adolescents as early as the early stages of human development. Therefore, physical education, based on the national values of the people, is of particular importance in our time of return to our identity today.

RESULTS

It is also necessary to pay attention to such aspects of the games of elementary students as spirit, nature, character, behavior of participants. In order to make the physical education of elementary students interesting and useful, it is necessary to pay attention to the same characteristics when using some of the National Games that we recommend. To instill in elementary school students a love of values in physical education classes, to teach the avarice of folk traditions will largely depend on being able to make the most of folk national action games. The reason is that through national action games, the child receives physical knowledge on the one hand through this, interest in values becomes important. According to the development of physical qualities, games suitable for the age of children of grades 1-4 can be classified into the following groups:

1. Games that bring up speed and flexibility in children;
2. Games that increase the strength of children.
3. Games that develop endurance and dexterity in children.

Some types of games can be compatible with all joints of children, that is, games aimed at educating physical qualities in a holistic form make up the majority in which various physical qualities can consistently develop. In the process of using national outdoor games, it is necessary to take into account the following features of younger schoolchildren:

1. The increased interest of the younger student in the activities of adults, their attitude to subjects and their interaction, attitude.
2. That children's folk outdoor games reflect the most outwardly expressive, dynamic emotional sides of the surrounding reality.
3. The ability of a junior schoolboy in outdoor games to realize his desire in practice, feeling that he lives in the same conditions as an adult, on the same earth.

DISCUSSION

Both the people and society are interested in the younger generation growing physically strong, healthy, ready to defend the Motherland, energetic, for this it is necessary that students deeply engage in physical education, master the skills of using various national outdoor games. This is due to the fact that in connection with such important tasks as further strengthening attention to the upbringing of the younger generation, educating them in the spirit of a sense of duty to their people, an independent state and society, from the first day of school, it is possible to form such qualities as love of

work, diligence, bringing the work started to the end, sabotage. At the same time, along with all modern means of physical education, Uzbek folk outdoor games will be very useful, since these games are able to cover all aspects of spiritual, physical, spiritual education of children. After all, the upbringing of young people, who are the future of the nation, a healthy, mature and perfect person, on the other hand, will contribute to their physical education, strengthening the future of our independent country on Earth. Above, we stopped at the fact that outdoor games and National sports have changed significantly in the process of historical development, that each economic structure has left its own definite mark in their content, rules. The name and rules of some games have been preserved to this day. When using such games, one should not lose sight of the fact that they have an educational effect on children in addition to physical impact, and their creative application should be purposeful. For example, the game "Capricorn" refers to the ancient game of mopkari, which is usually played with a horse, where riders fight for a real Capricorn.

CONCLUSION

As you know, for the correct methodological, pedagogical definition of physical education, physical development and preparation of children, a good knowledge of child physiology and psychology is necessary, on the basis of which certain tasks should be set before each lesson. The number of tasks is two or three, with their breakdown into several groups, the main actions and exercises, national outdoor games are selected. The selected exercises should be connected, first of all, with the main movements. Secondly, the exercises should also correspond to the age, level of training, and gender of the students. In addition, these exercises should be simple, understandable, familiar to the child and be able to perform.

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