



METHODS OF SELECTING NATIONAL MOVEMENT GAMES THAT DEVELOP PHYSICAL QUALITIES IN ACCORDANCE WITH THE AGE OF STUDENTS

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Annotation. This article provides the necessary information about national movement games that develop physical qualities: strength, speed, agility, endurance and flexibility, and their organization.

Keywords. Physical qualities, strength, speed, agility, endurance, flexibility, movement game, exercises, development.

JISMONIY SIFATLARNI RIVOJLANTIRUVCHI MILLIY HARAKATLI O'YINLARLARNI O'QUVCHILARNING YOSHIGA MOS XOLDA TANLASH USULLARI

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Annotatsiya. Ushbu maqolada jismoniy sifatlar kuch, tezkorlik, chaqqonlik, chidamlilik va egiluvchanlikni rivojlantiruvchi milliy harakatli o'yinlar va ularni tashkil qilish haqida kerakli ma'lumotlar berilgan.

Kalit so'zlar. Jismoniy sifatlar, kuch, tezkorlik, chaqqonlik, chidamlilik, egiluvchanlik, harakatli o'yin, mashqlar, rivojlantirish.

Introduction

As the child grows and develops, the content of games also changes: at the initial stages, game activity is simple, and then it becomes more complex. P.F. Lesgaft in his system of physical exercises represents games as a means of physical education, he draws attention to the fact that children are prepared for life with the help of games. His requirements for conducting active games have not lost their value to this day. For example, he emphasized that each game should have clear goals, that the game should correspond to the strengths and abilities of the participants, have a positive effect on the player, that they should be held systematically and regularly, and that efforts should be made to increase the activity and independence of students.

Games suitable for primary school students can be divided into the following groups according to the development of their physical qualities:

- 1. Games that develop agility;**
- 2. Games that increase strength;**



3. Games that develop agility;

4. Games that develop endurance;

5. Games that develop flexibility.

Some types of games can be suitable for all joints of children, that is, games aimed at the holistic development of physical qualities are the majority, in which various physical qualities can develop sequentially. Such consistency in games is associated with the child's level of knowledge, the expansion of life experience, and their deep penetration into the life of adults. Indeed, the growth of games from simple to complex is not limited to reflecting more and more new aspects of life, but is due to the enrichment of a particular game with other specific manifestations.

1. Games that develop speed. To develop speed, exercises should be performed at maximum speed. Games that require a quick response to a signal, performing many actions within a certain time unit, and moving the whole body or part of it quickly in space develop the quality of agility in the student. More attention is paid to conducting games that lead to active competition between two groups.

Games that develop a reaction to a moving object give good results in this regard. Such games include “Who wins in wearing a helmet”, “Forty stones”, “Empty place”, “Who plays faster”, etc.

For example, the game "Who will win in putting on a helmet" is considered one of the national movement games of the ancient Uzbek people, which teaches children to be quick and agile. In the game, students are divided into two groups. A distance of 30 meters must be marked with two helmets. Two children from each group must run this distance and perform the game - the helmet must not fall off their heads. The game continues until all the children in the group have helmets on their heads. Whichever group fulfills the condition faster. That group 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 games that develop strength, the student overcomes his own body weight, any external weight or the weight (resistance) of the opponent. The following games are recommended for developing strength: “Rooster-Rooster”, “Goat”, “Knock off the horse”, “Lame wolf and sheep”, “Throw into the pit” and other games. For example, in the game “Rooster-Rooster”, the more children there are, the more interesting the game will be. This game is mainly played by boys. Children are divided into two teams. Group captains are elected on both sides. The teacher divides the class into two teams. They face each other. One student from each team comes into the middle. They hold their hands behind their backs and jump on one leg, pushing each other with their shoulders. In this case, no child can put their foot on the ground first or release their hand behind them and play. The main goal of the game is to test the strength of students and increase their endurance.

There is another variation of this game. Two boys participate in this. First, a circle is drawn on the ground. Inside this circle, both children stand with their hands behind their backs, raise one leg, jump on the other leg, and push each other with their shoulders. The child who leaves the circle or puts his raised leg on the ground is considered the loser.

Games that develop speed and strength are of great help in solving a specific task.

3. Games that develop agility. In national games where the conditions for performing them change and where precise movements are required, agility should be well developed. Based on this, games such as “Almash khals”, “Tiriltirishma”, “Urdu-kochdi”, “Olchi tiluk”, “Kim chaqqon” can be recommended for developing agility. For example, you can try the game “Almash khals”. The game can be played by students of the whole class in twos. The rules of the game: children line up lengthwise, then, after being drawn in order, they step over the line in a staggered manner (in turn). Three tricks of the game can be used.

1. With their arms outstretched to the sides over the line.



2. With hands behind the 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 on the line is considered to have made a mistake and is out of the game. The game continues in this way. The game can be played both during the lesson and during breaks. The educational significance of this game is that it calls on the child to be spiritually sensitive.

Physical agility (the game must be completed within a certain time, that is, which group must cross the line first, and attention must be paid to such aspects as the spirit, nature, character of children's games, the behavior of the participants, etc.). It teaches to keep the body upright. Playing this game in groups increases the child's interest in physical education. This game was widely used by our ancestors in ancient times.

4. Games that develop endurance. In most national folk games, physical qualities such as speed and endurance are developed due to extremely intense exercises. In such games, the physical load (load) is also gradually increased. For example, increasing the field: reducing the number of players without reducing the field; increasing the number of game equipment (sticks, handkerchiefs, helmets, capes, balls, etc.); extending the running distance; increasing the number of obstacles; using complex exercises and increasing their number, etc.

When these methods are used consistently, the goal is achieved faster. Examples of games that develop this physical quality include games such as "Aksok Karga", "Lanka", "Padacha".

5. Developing flexibility. Special attention should be paid to developing flexibility in primary school students, because, as we said above, the growth of flexibility in children of this age slows down. In order to develop flexibility, games are selected that affect certain muscle groups and joints. These games are mainly carried out using special sports equipment. Instead of weights, the participants themselves can also participate.

To develop flexibility, games such as "Handkerchief under the knee", "Throw the stick in a circle", "Jump over the hurdle", and "Stone game" are recommended.

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