



THE ROLE OF NATIONAL GAMES IN INCREASING THE PHYSICAL ACTIVITY OF PRESCHOOL CHILDREN

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Annotation

This article discusses the specifics of figurative thinking in preschool children and the problem of the impact of national games on the child's psyche. There is interesting information about national action and entertainment games that can be used in the educational process in preschool education.

Keywords: Spiritual, active play, value, hygiene, healthy lifestyle, ecology, skill, skill, courage, agility, coordination, courage

Anotatsiya

Ushbu maqola mакtabgacha yoshdagi bolalarda obrazli tafakkurining o'ziga xosligi hamda milliy o'yinlarning bola psixikasiga ta'siri muammosi keltirib o'tilgan. Maktabgacha ta'lim muassasalarida o'quv tarbiya jarayonida qo'llash mumkin bo'lgan milliy harakatli va ko'ngilochar o'yinlar to'g'risida qiziqarli ma'lumotlar keltirib o'tilgan.

Kalit so'zi : Ma'naviy ,harakatli o'yin , qadriyat , gigiena, sog'lom turmush tarzi, ekologiya, ko'nikma , malaka , jasorat, chaqqonlik, harakat uyg'unligi, mardlik

Relevance of the Topic

One of the current issues is to collect and study the creative wealth of the Uzbek people created over thousands of years, passed down from generation to generation, to educate the younger generation on the basis of these rich treasures to be spiritually rich, morally pure and physically fit. Especially after the independence of Uzbekistan, the attention to our national values and traditions will increase. It is known that the use of national values in the education system is of great pedagogical importance. Because national values are the most important source of education for the children of every nation to



understand themselves, to be loyal to their people and homeland. After all, a person who does not understand himself, who does not know his own nation, national values and traditions, cannot understand and appreciate others and the traditions of other nations. One of the national values that can be used in the educational process, especially in the implementation of physical culture, is the national action games. National action games strengthen children's health, develop endurance, agility, agility, which in turn serve to instill a deep respect for national values, a sense of pride.

The main social activity of preschool children is the formation of a culture of spiritual and physical well-being, the ability to control and strengthen their health, the development of body parts and general working skills without play activities. To do this, kindergartens must have the necessary conditions, playgrounds, group rooms must be equipped with the necessary equipment for gymnastics, toys.

The educator should use the children's interest in the national games to clearly explain the rules of the game to them and control all their actions. This allows children to have a conscious attitude towards the game, to perform it correctly, to understand their mistakes and achievements correctly, and to analyze their actions against the actions of their peers. Each child is assigned specific tasks in preparation for the game. These tasks should be appropriate for their age and ability. This makes children want to play with interest.

Usually, in the organization and conduct of the game, it is necessary to pay attention to the initiative and active participation of each child. When children play creatively, they develop organizational skills and competencies. The desire to achieve a goal, the desire to help his partner. If the children have played the game before, their activity may be higher at this time. Depending on how well the children are playing the game, the educators may assign them the duties of captain, referee, supervisor, secretary, and appoint assistants after they have participated in the game in an organized manner. In addition to teaching movement games in physical education classes, educators increase social activism by shaping children's need to take care of their own health by providing information on hygiene, healthy lifestyles, ecology, and health. They can choose the following games:

- a) use of national action games aimed at strengthening health;
- b) the use of movement games that teach the body to maintain balance, speed, endurance;



- g) selection of movement games for children with different levels of health, physical development;
- d) it is necessary to ensure the use of action games aimed at developing intelligence, intelligence and agility

Games include exercises related to overcoming obstacles in life and realizing various abilities. In the process of playing games that mimic various images, children develop self-control, active movement, skills and abilities. In addition, games are important not only for the physical development of children, but also for their mental and moral development. In team games, children need to show intelligence, determination to achieve a goal, and a sense of responsibility not only to the team but also to their peers.

Moving games help children to develop in all respects, to strengthen their health, to develop children's worldview, to strengthen friendships between peers, to help each other, to behave in extreme situations, to protect the team promotes physical development. The origin of action games, their characteristics, rules of play, psychological features, technical tactical methods go back a long way, because man appeared on earth and this or that game 'is coming. Action games mainly teach children to have fun, to develop life skills and abilities through play, to love nature, to respect it, to be kind to their peers, to respect adults, to be passionate about the future of the team.

The national movement and entertainment games that can be used in the educational process in preschool institutions include "Bekinmachoq", "Zagizkhan", "Chillak", "Aylanma darra", "Oq terakmi, national games such as "blue poplar". These games increase children's ability to move independently. Games such as "Chitti gul", "Tell me, nightingale", "Find my middle hand", "Melon planting", "Barber", "Tea-maker" help children to think, not to be indifferent to everything, adults encourage them to imitate their labor. At the same time, these games require a lot of energy from the child and develop his metabolism. Helps strengthen the nervous system

The national action games will need to be planned mainly in the preparatory and final parts of the physical education classes. The fact that action games are closely related to the topic during the main part of the training, helps to quickly develop skills in the subject and help to master the task, as well as the normal functioning of the circulatory system. In addition, the provision of national movement games at the end of physical education classes plays an important role in normalizing children's blood pressure and bringing it back to normal.



The weather needs to be taken into account when hosting mobile games, as most national games are held outdoors. Moving games should be chosen so that children can play them and have fun.

The educator should consider the following when organizing and conducting action games:

1. To promote children's physical fitness, health, fitness, growth of body parts and general working capacity;
2. To develop knowledge and the necessary forms of movement that will allow children to move freely in all conditions;
3. The formation of mental and volitional qualities that help children in life activities;
4. Encourage children to play a variety of games and exercise and get into the habit of following a regimen;
5. Develop knowledge and skills in children to independently organize and conduct movement games.

National action games are a favorite, fun activity that enhances children's physical activity and meets their need for movement. The role of the educator as an organizer of mobile games is very responsible. First of all, the correct choice of games should pay attention to the organization and conduct of children's friendly, social, patriotic feelings in a way that forms a conscious attitude to socially useful work. It is very important to play the game correctly and purposefully. But play does not always solve educational problems. In order to achieve good results in the field of education, action games should be organized and held in an educational spirit. The game leader must have a good knowledge of the children's team, be familiar with the content and rules of each game, have a high level of pedagogical skills, so that he can achieve educational goals from active games. During the game, children show their character and personality. From this, the educator can learn about their different habits, their negative and positive actions, identify appropriate activities, put the game in a certain direction, instill in them the qualities of honesty, courage and friendliness, a sense of duty in the team. At the same time, it helps children to take positive initiatives without violating the rules of the game. For the balanced development of children, it is advisable to use more national movement games in the daily routine of the preschool and physical education classes, as well as to hold regular group competitions during the holidays.



First of all, the national movement games will help children to take the initiative in bringing victory to their teams, increase the activity of the movement, and have a positive impact on their physical development. Homework is a good way for children to develop physically. It is advisable to make individual recommendations to each group, to check the results of the assigned tasks during the physical culture training and to draw conclusions based on the results obtained.

The main task in education is to find and implement the most responsible way to develop children's abilities and bring them to maturity. If we want to raise our spirituality, culture and economy to the level of leading countries, we must also pay more attention to the national games, which are our national values. Each of us must do our part to instill in the young generation the courage, agility, coordination, courage and skill that are evident in the national movement games.

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