



## THE ROLE OF NATIONAL MOVEMENT GAMES IN THE SYSTEM OF PHYSICAL EDUCATION

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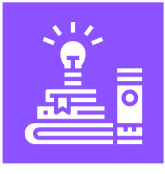
### Annotation:

The importance of national action games to society and the state, the need to further improve the physical fitness of the population, increase the physical fitness of students and pupils, and other activities will be widely promoted in other areas.

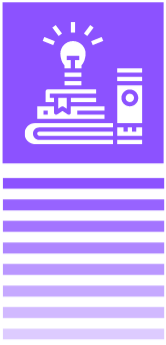
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In the XXI century, technology and computers are rapidly entering every facet, every human life. Nowadays, it is difficult to imagine working, studying and creative work without technology and computers. This is due to the fact that most of the people are less active or more tired. Those who work in Uzbekistan can be divided into the following groups: 1. Mental workers. creators, publishers, engineers, doctors, teachers, computer workers. 2. Workers. runners, seamstresses, weavers, car drivers, etc. 3. Heavy physical labor. builders (housing, roads, etc.), field workers, factory workers, shepherds, etc. It should be noted that the activities and actions of this group of workers and employees may have different conditions. In general, every worker, creator, scientist, manager must know their mobility consciously and scientifically, theoretically and practically. This will increase your productivity, stay healthy, and achieve mental and physical well-being. Exercise and movement games, which combine a variety of movements, play an important role in this. For this reason, everyone.

The owner of the profession, first of all, must clearly define the order of exercise, play, taking into account his health, living conditions, leisure time, and strictly follow it. To perform this procedure, it is recommended to use the following routines: 1. Morning gymnastics and appropriate, enjoyable games. 2. Exercise, play during work (every 2-3 hours for 5-10 minutes) and in your



free time (home environment, nearby areas, training camps, etc.). When using the national movement games on home, living and working conditions and occupations, it is recommended to pay attention to the following: Mental workers: - hand and body movements in walking and running, as well as one-legged and double-legged jumping, jumping; - hanging, pulling, hanging on a tree or special devices; - Walking in the alleys, shady places, take 10-15 deep breaths and exhale; - Play ball games with colleagues, peers and family members, play "Touch", "Third plus", "Hook", "Trap", "Cat"; - Washing after training, swimming in the summer (in the pool or bath). The above measures are also suitable for those who work hard. It is also advisable to use their favorite exercises, sports elements and movement games, and most importantly, to participate in fitness centers (gyms). Equipment, factory workers: - morning gymnastics, light sports; - light exercises for 5-10 minutes during work, sitting wrist tests, short walks, swimming in the summer (in the pool or shower); - dominoes, backgammon, cards, chess; - can play shoulder games, donkey rides, push-ups. Depending on the conditions and opportunities, health, age and mood (desire, desire) of field workers (cotton, cereals, melons, pastoralists, etc.), engage in the following games Women and girls can: - "Your back burned", "Nine stones", "Find what I have", "Riddles", "The third is superfluous", "Jump rope" and other yinlar; - ditches, canals, swimming pools, swimming and other water games; - lie down in the shade and rest, singing enigmatic songs, etc. men and boys: - play elements of volleyball, football; - Wrist tests, shoulder fights, tug-of-war; - playing ball in ditches, canals, pools; - Donkey, horse, camel riding, overturning games; - Rooster, ram, sparrow, quail fighting games; Training of falcons (falcons), eagles, hawks, etc. There are many types and numbers of physical exercises, movement games. Knowledge of ulama and its application in social (living and working conditions) should be integrated into the life of every person. Socio-spiritual life can be said to be an integral part of a healthy lifestyle. Because in it, many activities, jobs, behaviors, such as human life, mchnati, family relationships, dress, interest in the art of speech, physical education and sports, will be interconnected. Social life and culture are accustomed to: - selective consumption of nutritious food, fruits; - going to the theater, cinema, concerts, football, weddings on weekends, leisure and holidays ; - season y and dress



according to the environment (wedding, various ceremonies, hospitality, etc.); - Regular family visits to the playground, playing active games such as tennis, badminton, football; - Entertainment, recreation, swimming in reservoirs, parks; - to receive information from close relatives and friends, to invite the scholar to hospitality; - close contact with the community, neighbors; - do gymnastics every morning, play various games, etc. To lead a healthy lifestyle nowadays more and more people are aspiring. They encourage those around them and their families to do sports, morning and evening gymnastics, as well as fun movement games. The purposeful use of action games in the context of social and spiritual life, it is necessary to collect the available game collections (books). The fact that all members of each family play sports together, play various national movement games, strengthen their positive qualities such as harmony, kindness, mutual respect, as well as their physical health, vigor. They even provide exercise. Therefore, it is necessary to make it a habit to engage in movement games (jumping rope, blindfold, hide-and-seek, ball relay, etc.) and elements of sports. Most importantly, it is clear that the repetition of exercises in the TV games "Cheerful Starts", watching various action games at Navruz, Independence Day and other public and cultural sports events, as well as the practical application of the ulama will give good results. On the other hand, some creators, artists, publishers and bankers are actively participating in the exciting sports competitions they have organized as a result of their regular participation in this or that sport. Some of them even provide financial support to the community, children's sports and other foundations. It is noteworthy that the program of sports competitions, such as women's spartakiads, "Heroes of our neighborhood", "Little wrestlers", mainly includes the national movement. The use of wrestling, football, fencing, oriental wrestling and a number of other forms of play in theatrical productions created during the years of independence (theater, cinema, open-air performances, etc.) is a sign of new changes in our socio-cultural life. This means that the national action games are becoming more and more intertwined with the elements of the sport.

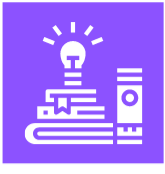
They are deeply ingrained in our social culture. This is an area that students need to study carefully. In the theory and practice of physical education, physical culture, sports movement and physical education tools are used as a set of special systems. J is one of the important stages of the system of physical



education in physical means. Their components include gymnastics, sports, movement games and the healing forces of nature (sun, air, water, hygienic factors). It turns out that movement games are one of the most important aspects of the physical education system. Moving games are divided into the following types in terms of content and form: 1. Team games. 2. Popular (most often played together) oyajiar. 3. Games played individually or in pairs. 4. Relay games. Team games are played by two or more teams. For example, "White poplar, blue poplar"; Potato Planting Games. In mass action games, all participants are allowed to participate in the game. For example, "Rain", "Kalkhat kel kach holam", etc. One or two participants in action games, played individually or in pairs: for example, "cockfight", "shoulder fight", etc. Relay games can also be team, team or individual. For example, in the system of physical education, there are general and specific principles and methods that teach young people to exercise and play games, that is, the range of games is determined by the age, physical fitness and gender of the user. In the physical education programs of your secondary school, national movement games are defined according to classes (1-4, 5-7 (27 8-9)), because, as mentioned, games are taught according to the age of the children. Action games designed for high school students will not be easy or fun for high school students. Games designed for high school students will be difficult for low school students. Although not used in secondary special vocational colleges and universities, the games should be adapted to the future professions of the link. For example, for future specialists in the field of agriculture and water management (animal husbandry) "Pedestrian Co." pkari »,« Donkey ride »,« Shepherd »,« Podatop », wrestling, foot race, ball relays and so on similar games would be appropriate. It should be noted that special training is provided for the organization and conduct of physical education classes, sports (training), movement games in the process of various sports competitions. In particular, the teacher must have a good knowledge of various sports, games, and be able to use different options. For action games, first of all, it is necessary to take into account the conditions (time, place, interest). Spacious and clean places, mobile playgrounds make it much easier. These are places where you can run, jump and do things independently, have fun and be happy. Extracurricular activities (large breaks, home, street, field, etc.) are also performed by the above-mentioned students. Otherwise, your little one and your older child will mix



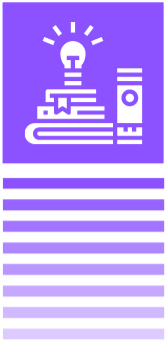
and kiss! Ultrasound can lead to a variety of disagreements, quarrels, ulcerative colitis, or the spread of infectious diseases. There are so many types of physical education and sports to choose from! These include physical education activities in residential areas, parks, summer camps, student summer sports facilities, sanatoriums and sanatoriums. Admittedly, the national movement games play an important role in the organization of mass physical culture and sports events in these venues. It is safe to say that without sports, there would be no sports. Even the best players in the major leagues, volleyball players and other sports, perform their own movement games in training and individually. This is because movement games do XI / mat as a special or general exercise in writing body exercises (razminka), entertaining (having fun, being happy, etc.) and training physical hlfnnliir. In the system of physical education, special attention is paid to the organization of active play in the family and kindergartens. From the moment a child is born, the family has every opportunity to grow up healthy. Sound toys and animal-shaped toys (cats, sheep, dogs, bears, various birds, cars, balls, etc.) can cause your child to move, crawl, and walk slowly. ladi. When a toddler is playing with a ball, all of their natural special movements are compact and fast. Gradually, young children (3-5 years old) are able to independently perform complex movement and fun games that they have learned and played in the streets. In general, the learning games that are learned in the family environment last a long time in children's lives, and they improve these games. In the system of physical education, physical education, exercise, movement games in preschool institutions (kindergartens) are the most necessary and interesting process. Kindergartens have special programs for physical education, in which different exercises are played as games, depending on the age of your child (1-3, 4-6 years). For young children, it is mainly activities with walks, toys, and for older kindergarten children there are a lot of games such as balls, relays, hanging, climbing. is used. One of the most important features of your active play is that it helps your youngest child to speak, learn new words, and improve the speech of elementary school students. The content of the games also includes many aspects and qualities, such as moral education, love of music, improvement of mood, balance. Regardless of your child's age and the type of games they use, their content and goals focus on proper growth, agility, speed, health, and exercise. Such games are life-long exercises (walking, running, jumping,



throwing, hanging, swimming, etc.), many of which require creative thinking and practice. Practical and professional physical education also plays an important role in the system of physical education.

General and special physical training is an important factor in the lives of firefighters, military personnel (their composition and network is wide), ambulance crews. In their professional, physical, and work activities, movement games (in the form of competitions) play a major role. For example, training in special movements, such as watering, fire extinguishers, ladders and other necessary technical equipment, access to multi-storey buildings, is carried out, first of all, in the form of competitions (relay races). . Special training is also provided in the form of games and competitions to train border guards on horseback, crossing mountains, swimming in the river, jumping from a plane. As far as possible, there is no area where physical education and its basic tools, as well as movement games, are not used. 0 During the years of independence of Uzbekistan, the fields of physical culture and sports have become much stronger. This can be seen in the example of physical education classes (trainers) for people with disabilities, medical institutions and health centers. The content of the link includes special sports, various exercises, massages and other activities, as well as action games, which are used for their intended purpose. In short, action games are a practical process in the system of physical education in the form of competitions, which have their own socio-educational and scientific-pedagogical research. Targeted use of them gives effective results in improving physical fitness and sports skills.

The key to education is the pedagogical process. In this regard, the wise saying of bin Rasul Miimzatov, one of the representatives of world poetry, "Do not knock on the door, if you turn the key, it will open" is very appropriate for education. High culture is formed, developed and improved in the process of education. One of the most important stages of pedagogical education is physical education, which is based on a variety of exercises, sports, travel, physical games in the context of the healing factors of nature (sun, water, air baths, and hygienic requirements). As mentioned at the beginning, the natural movements of man are nurtured through special exercises and national movement games, which contribute to their development and improvement. In particular, these games are an important factor in the development of physical condition and human qualities. Almost all action games are connected



with mental, aesthetic, labor and moral education. On this basis, it is important to develop children's myths, expand their language skills, develop mental and emotional well-being (intelligence, cheerfulness, joy, happiness, etc.). There are many games to use in terms of content and purpose in the development of the senses such as consciousness, sight, hearing and feeling. For example, in the moonlight at night, the game "White Bone" is played by a mixture of young and old. It requires the eyes to be closed and to hear and feel the bone being thrown to the ground. It takes speed, agility, and strength to find and deliver a bone.

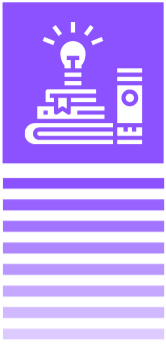
Because the bone can be pulled by rivals. "Hunters", "Geese", "Potato Planting", actions in various relay games: running, falling, dropping and catching the ball will increase the pleasure of your player. It makes the audience laugh. Singing songs and poems in games such as "White Terkami, Blue Poplar", "Geese" has a special educational value in the development of speech and hardening of the breath in the players. The most important and priority aspect of your mobile game is that the playing fields are demarcated and you have to follow the rules of the game. Violation of the rules of the game unknowingly is punishable by a fine or probation. The role of the teacher and the active student is very important in making the lesson orderly, meaningful and interesting. Judges (active students or physically challenged children) should be fair in controlling the conduct of 0 games. The pedagogical aspects of this can be considered as one of the exemplary activities in the pedagogical process of the national movement game. Demonstrative, that is, didactic principles and methods are widely used in the study of action games. It is important to draw the field or playing field, to express the rules in words, to draw the technical movements of the players (drawings). Using tables, charts, slides, videos, and other technical tools, the performance of animated games is fully reflected. Future physical education teachers need to be consistent and well-rounded. The semantic study and analysis of the socio-pedagogical features of the games, their organization among pupils, students and adults, defines this goal. For this reason, it is advisable for students to study the national movement in more depth in the preparation of course, diploma (graduation) works, to pay attention to their educational aspects. Our folk pedagogy and spiritual-enlightenment culture clearly define the ways of spiritual and physical development of students.



It should be noted that the State Education Standards, the National Training Program, the State Program for a Healthy Generation and a number of other official sources have paved the way. It is a well-known fact that most physical education teachers consider movement to be secondary. As a result, in sports, gymnastics, athletics, and wrestling, they are organized only in the name of superficiality. An hour dedicated to "action games" is also added to other types. They also do not provide enough information about the socio-pedagogical features of national action games, and some do not even remember them. Based on the results of observations, interviews and official appeals, it can be said that the Uzbek national games are not used enough in secondary schools, academic lyceums, vocational colleges and universities. Because a collection of pure national games has not yet been developed or prepared for publication. Existing "Moving Games" collections (see bibliography) focus on games that are specific to other nations, but are not systematized and presented in a mixed way. It should be noted that, although the content of action games embodies all the physical qualities, there are general considerations in the division of the ulama into categories. For this reason, in future editions of the collection, national action games should be distinguished according to each physical quality (speed, agility, strength, endurance, flexibility, etc.). This, in turn, makes it easier to adapt the games to the types of lessons (gymnastics, athletics, wrestling, sports) and the content of sports activities (training). At the same time, there are opportunities to organize games depending on the physical condition of students.

Another important aspect is the training and retraining courses in districts, cities and regions, a wide range of explanations of the socio-pedagogical features of the national action game in the institutes, the preparation of listeners to write new games and publish them. activities. The importance of national action games in society and the state, the need to further improve the physical fitness of the population, increase the physical fitness of schoolchildren and students, and other areas will need to be widely promoted in the field. At the same time, it is necessary to make extensive and targeted use of the following opportunities: lighting; - to give wide coverage to the types, forms, and content of national games on district and city radios; - coverage of the content of regional and central newspapers, sentences, official collections, national action games on television and radio; I - to publish a large





number of collections of national games in cooperation with the relevant agencies; / - to give a special place to national games in the programs of national and international scientific conferences; ! - Researchers, masters, postgraduates and students should be given a topical issue related to the national action games. In conclusion, the socio-pedagogical features of the national action game and the problems of further improving the ulama require in-depth study of scientific theories. And life itself requires the dissemination of their results through the press and publishing products.

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