

THE IMPORTANCE OF NATIONAL MOVEMENT GAMES IN THE PHYSICAL DEVELOPMENT OF YOUTH

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Annotation: This article highlights the important aspects of the national movement folk games in keeping young people physically active and healthy in all respects.

Keywords: physical education, national movement game, speed, strength, endurance.

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. This puts a great responsibility on physical education, which brings up the younger generation in a healthy and harmonious way. An important task is to collect national games that will allow the younger generation to be physically strong, to develop their physical qualities, to apply them to life and school, to reconsider the ways and means of development. This task also places a great responsibility on the physical education of the younger generation, which will bring them up in a healthy and harmonious way. This problem, which allows young people to be physically strong in all respects and is aimed at developing the physical qualities of students, should be considered in conjunction with secondary school teachers. It is worth noting that the role of national folk games in solving this problem is great. That is why our goal is to carefully seek, develop and implement ways to pass on the centuries-old national games of our people to the next generation.

The national folk games to a certain extent expand the perception of our people's many years of cultural riches, helping to enrich the ways in which they are incorporated into modern life. National action games are one of the most effective methods of physical education and are an important tool in the successful implementation of mental, moral and intellectual education in students. Therefore, it is important to pay attention to the spirit, nature, level of children's games, as well as the behavior of the participants.

The use of national movement games of the Uzbek people, formed over many years and inherited from their descendants, is very important today, after gaining independence. Scientific research of the Uzbek national movement, their inclusion in school and kindergarten curricula, raising the level of socially important sports to the level of sports has become one of the most pressing issues in the field of physical education. rsatadi.

The goal of physical education is a long-term, organized pedagogical process of educating students who are healthy, cheerful, well-rounded, ready to work and defend the homeland. The following main tasks are solved in the process of physical training: a) strengthening health, strengthening the body and increasing the level of physical development and ability to work; (b) The acquisition of life skills, including practical skills; d) fostering the spiritual and volitional qualities of the individual; e) development of physical qualities (speed, strength, agility, endurance); f) mastering the technique of performing special sports exercises.

The majority of teachers in physical education classes at the school are not yet fully familiar with the methods of conducting national movement games. In addition, social reality, pedagogical practice and theory are born among the general public, the effective application of the best achievements of advanced folk pedagogy, thinking based on the ideas of folk pedagogy is the key to the success of educational work. factors. Everyone needs to understand the need for physical culture and sports in order to train themselves physically, and to shape their health based on a specific system of physical activity that they enjoy. The comprehensive development of the physical abilities of the children of our people is carried out in the process of physical education, which is an integral part of education.

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1. Speed games. Exercises should be done as much as possible to cultivate speed. Games that require speed response to a signal to perform many movements in a given unit of time, as well as the ability of the whole body or part of it to move rapidly in space, develop the quality of agility in students. It is important to focus on games that lead to more active competition between the two groups. Games that cultivate a reaction to a moving object work best here. These games include "Who wins when wearing a doppia?", "Four horns", "Space", "Who plays faster".

2. Strength games. In doing so, the teacher should choose games that have a positive effect on the development of the desired muscle groups. In strength training games, students overcome their own body weight, any external weight, or opponent's weight (resistance). The following games are recommended to develop strength: "Rooster-

rooster" game, "Capricorn", "Overturning from a horse", "Lame wolf and sheep", "Drop into the pit" .

3. Agility games. Agility should be well developed in national games that require clear action and changing performance conditions. Based on this, we can recommend games such as "Alternate Steps", "Resurrection", "Run", "Olacha Chicken", "Who is Faster" to develop agility.

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