

DEVELOPMENT OF PHYSICAL QUALITIES IN PRIMARY CLASS STUDENTS THROUGH NATIONAL FOLK GAMES

N.I. Davronov

Associate Professor of the
“Physical Culture Theory and Methodology”
Department of BSPI

ABSTRACT

This article highlights the importance of Uzbek folk games in the development of our youth, who are the future of our country, as well-rounded individuals, and shows their role in the formation of physical qualities in elementary school students.

Keywords: education, folk games, development, perfection, physical qualities, tradition, value.

In the education system, researching socio-pedagogical characteristics, ethno-pedagogical and ethno-psychological aspects of the development of physical qualities of young students, and determining physical qualities with the help of various programmed digital technologies are of urgent importance. In the process of education, scientific research is being conducted aimed at cultivating a positive attitude to values by using innovative educational technologies. In the conditions of globalization, the study of the development of physical qualities in young people based on a valuable approach from a pedagogical point of view is of great importance due to the essence of a comprehensive perception of reality.

There is no doubt that physical education is of special importance in the formation and development of a school student as a person, a perfect person. People's physical education was one of the main tools in the formation of children and adolescents in the early stages of human development. Therefore, physical education based on the national values of the people is gaining special importance in the period when we are realizing our national identity.

The conducted studies have shown that the junior school age is the most favorable period for the comprehensive development of physical qualities in young people, increasing their attention to national values, and forming spiritual and moral qualities. In turn, the physical formation of a person and the dynamics of physical training depend on the student's ability to work and the nature of consistently performed physical exercises. The most important issue is the proper organization and

conduct of lessons and exercises based on national and action games for the development of physical qualities of a primary school student.

According to the analysis of the data obtained by F.N. Nasriddinov, H.M. Makhkamjonov on the physical development of school-age children, the physical development of a 5-7-year-old child goes on the same level, and by the time of junior school age, the process of development accelerates. Based on this, in this article, we focused on the formation of physical qualities in elementary school students through national folk games.

The national games of the Uzbek people, which have a long past and a rich history, are considered one of our spiritual wealth and values, which are passed down from ancestors to generations. Since the first days of our country's independence, great attention has been paid to the restoration of our national values, traditions and customs, including folk games.

Today, in our country, the issue of wide involvement of young people in sports and national folk games is considered as an important factor in raising a healthy generation. Indeed, national folk games play an important role in the formation of a healthy generation.

As we all know, every nation on the whole earth has been formed as a nation, they have their own nationality, therefore, the national customs, traditions, values and national games of the Uzbek people have been improving.

At this point, a natural question arises: why did our ancestors play games, and what exactly is a "game"? Games were formed as a natural and historical need of the people, that is, every person felt a need for the game. Therefore, people created games based on their training, work, living conditions and social environment. Also, folk games reflected the life, work, education and achievements of ancestors. They are considered a means of education that forms a healthy generation and an important factor that serves the socio-spiritual and mental development of the young generation.

Folk games have been revered as an integral part of the cultural life of our ancestors since time immemorial. The roots of most of the games are very ancient, and they served to enrich the spirituality of our people, to deepen their thinking and feelings for centuries. The lifestyle, work and achievements of the people are reflected in the games. Therefore, they served as "school of life" in educating young generations.

Folk games were considered a tool that fills the void in a person's life, helps to use up excess energy in the body, and to accumulate what is insufficient. In addition, the children prepared for life through games, learned to overcome difficulties in life, win in work and struggle.

Pedagogical value - the game enriches the feelings, imagination, worldview of every person. He also analyzes their observation, intelligence and intelligence and increases their knowledge. Our culture and traditions are introduced to young people through games.

Psychological importance - games serve to raise the morale and mood of a person. Its educational significance is that it educates young people to be strong-willed, patient, able to overcome life's difficulties, striving to win, agile, dexterous, and brave.

Physical and health-giving importance - when playing national games, it effectively affects the body systems - breathing, muscles, heart and blood vessels. When games are played outdoors, the blood is saturated with oxygen and this increases the metabolism. This has a positive effect on the body and all cells wake up. A person who plays the game grows up physically healthy and strong.

People's national games encourage people's values, and collecting them, enriching them and presenting them to children is one of the important and necessary tasks in the way of raising a healthy generation. People's national games have been developed, improved and honored for centuries. They helped the children to learn useful activities, to grow up healthy, and to be persistent. In every practical movement of people (walking, running, jumping, lifting, etc.), especially in performing physical exercises, physical development or its appearance determines physical qualities to a certain extent. Such practical movement qualities are somewhat improved and developed as a result of training through work, physical exercises, sports, and active games. These aspects are embodied in Uzbek national games and action games, horse games, some action games ("Race", "Chillik", "Mindy", "Boron", "Shooting", "Herd ball", etc.) can be equal to the content, form, performance methods and educational aspects of modern sports, and can even dominate. Children play games such as "Kulok Cho'zma", "White Poplar, Blue Poplar", "Podachi", "Charkhpalak", "Horde Top", "Chigi", "Kotir Ekki". They compete with each other and find out who is agile and who is agile. Also, folk games such as "Getting a Ring", "Pricking a Needle", "Poyondo", "Battle of the Sultans", "Needle, Thread, Angishovna" have reached us over the years. If you look carefully at the participants of these games, you will be sure that each of them has the qualities of determination, correct assessment of a difficult situation, and the ability to get out of a difficult situation. It can be concluded from this that national sports and folk games are important in bringing young people to a healthy adulthood and providing them with education. In particular, their role in preserving national values and traditions is incomparable.

Physical qualities and human qualities such as agility, dexterity, bravery, bravery, bravery are fully embodied in all types of national folk games.

As a result of the purposeful organization of elements of national games and action games with elementary school students, our national values will be more and more embedded in their minds. As a result, national games are more and more embedded in educational processes, and opportunities for wide use are being created. Our national games (tug-of-war, wrist strength test, horse games, cock and ram fighting) are becoming more and more popular on national holidays such as Navroz, Independence Day, and Harvest Festival. Even foreigners are interested in it.

In short, as a result of the wide attention paid to the national games in our country, their content includes such feelings as national values, pride, courage, hard work, friendship, mutual aid, loyalty to the motherland, we can admit that the virtues are fully embodied. It is the duty of all of us to spread these qualities widely, to deeply inculcate them among the population, especially among students, as well as to restore our forgotten national games in our country.

REFERENCES:

1. Р.Йўлдошева. «Ўзбек халқ ўйинларининг тарбиявий аҳамияти». Тошкент, «Ўқитувчи» нашриёти, 1992 йил.
2. Махмуд Саттор. «Ўзбек удумлари». Тошкент, «Фан» нашриёти, 1993 йил.
3. Б.Мелиқулова. Миллий ўйинлар – халқ маънавияти кўзгуси. <http://www.uza.uz/oz/society/mi-iinlar-khal-manaviyati-kzgusi-13.03.2014-31244>.
4. Davronov N. I. THE CONCEPT OF PHYSICAL EDUCATION AND PHYSICAL CULTURE //УЧЕНЬИЙ ХХИ ВЕКА. – С. 91.
5. Давронов Н. И. «Авеста» как ценность и источник по физическому воспитанию молодежи //Педагогическое образование и наука. – 2020. – №. 1. – С. 87-91.
6. Давронов Н. И. ПРЕДОТВРАЩЕНИЯ ВРЕДНЫХ ПРИВЫЧЕК У ПОДРОСТКОВ НА ОСНОВЕ ФИЗИЧЕСКОЙ КУЛЬТУРЫ И СПОРТА //EUROPEAN RESEARCH. – 2018. – С. 132-134.
7. Husniddin N. N. E. N. N. et al. HOW TO EAT PROPERLY WITH INSULIN RESISTANCE AND EXERCISE THERAPY //Journal of Modern Educational Achievements. – 2023. – Т. 9. – №. 9. – С. 40-44.
8. Nazarova N. E., Ergashev D. E. Formation of motivation for physical exercise and sports for people with disabilities. – 2022.