

NATIONAL FOLK GAMES A MEANS OF DEVELOPMENT OF PHYSICAL ATTITUDES IN PRIMARY SCHOOL STUDENTS

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Abstract: *This article highlights the role of Uzbek folk games in the development of our youth, who are the future of our country, and the role of physical education in the formation of physical qualities in primary school students.*

Keywords: *upbringing, folk games, development, perfection, physical qualities, traditions, values.*

Introduction

Bringing up the young generation as spiritually rich, morally pure, physically fit is one of the important issues facing the education system today. Primary education plays an important role in addressing this issue. Along with the mental and moral upbringing of our youth in primary education, the role of physical education, which plays a key role in the formation and development of their organism, is invaluable. Indeed, the future of the country is closely linked with the development of our youth, who work in harmony, both mentally, spiritually and physically. The issues of physical training and physical development of schoolchildren have been studied by a number of scientists of our country.

Methods

In the research of such scientists as A.K.Atoev, F.N. Nasriddinov, R.S.Salomov, T.S.Usmonkhodjaev, M.Yu. Yunusova, E.Ya. Bondarevsky, F.Khodjaev, children's physical development and physical fitness, movement slowness of activity was detected. At the same time, the science of pedagogy always pays attention to the problems of physical education of young people, the need for and interest in physical education through regular classes.

There is no doubt that physical education plays a special role in the formation and development of a school student as a person, a perfect person. Folk physical education was one of the main tools in the formation of children and adolescents in the early stages of human development. Therefore, in today's era of understanding our national identity, physical education based on the national values of the people is of particular importance.[1.89-93]

Research has shown that the early school age is the most favorable period for the comprehensive development of physical qualities in young people, increasing their attention to national values, the formation of spiritual, moral qualities. In turn, the physical formation of a person and the dynamics of physical fitness depend on the ability of the student to work and the nature of the exercises performed consistently. Proper organization and conduct of lessons, exercises based on national and action games is the most important issue for the development of physical qualities of the primary school student.

The analysis of data on the physical development of school-age children by F.N. Nasriddinov, H.M. Makhkamjanov shows that the physical development of a 5-7-year-old child goes smoothly, and

at the age of a small school age there is an accelerated process of development. Based on this, in this article we have focused on the formation of physical qualities in primary school students through national folk games.

Discussion

The Uzbek national games are one of our spiritual riches and values, which have a long history, rich history and are passed down from ancestors to generations. From the first days of 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 youth in sports, national folk games is considered as an important factor in raising a healthy generation. Indeed, national folk games play an important role in shaping a healthy generation.

We all know that every nation on the planet has been formed as a nation, they have their own nationality, so the national customs, traditions, values and national games of the Uzbek people have improved.

This begs the natural question: why did our ancestors play games, what exactly is a "game"? Games are formed as a natural and historical need of the people, that is, each person felt the need for the game. That is why people created games based on their training, work, living conditions and social environment.

Also, the folk games reflected the life, work, upbringing and achievements of the ancestors. They are an educational tool that forms a healthy generation and an important factor in the socio-spiritual and intellectual development of the younger generation.

Folk games have long been revered as an integral part of the cultural life of our ancestors. The roots of most games are very ancient, they have served for centuries to enrich the spirituality of our people, to deepen their thinking and emotions. The games reflect the lifestyle, work and achievements of the people. Therefore, they served as a "school of life" in educating the younger generation.[4]

Folk games are considered a means of filling the gap in human life, helping to expend excess energy in the body, and to accumulate what is not enough. In addition, children prepared for life through games, learned to overcome difficulties in life, win at work and struggle.

Mahmud Kashgari in his work "Devoni lug'oti-turk" mentions about 150 types of folk games and describes 20 of them. Avesto also has a number of fireworks. Firdavsi's "Shohnoma", Amir Temur's "Temur's rules", Kaykovus's "Qobusnoma" also contain a lot of information about national games. The importance of national folk games in the upbringing of a healthy generation is considered in pedagogical, psychological, educational, physical and health-improving perspectives.

Pedagogical significance - the game enriches the feelings, imagination, worldview of each person. It also increases their knowledge by analyzing their observation, intelligence, and intelligence. Through games, young people are introduced to our culture and traditions.

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

Physical and health-improving importance - when playing national games, the body's systems - respiratory, muscular, cardiovascular - are effectively affected. When games are played outdoors, the blood is saturated with oxygen and this boosts metabolism. This has a positive effect on the body and all

the cells wake up. The person who plays the game grows up to be physically healthy and energetic.

Folk national games are related to national values, and their collection, enrichment and presentation to children is one of the important and necessary tasks in the upbringing of a healthy generation. Folk national games have been developed, improved and respected for centuries. They helped the children to learn useful exercises without idleness, to grow up healthy, to be resilient. Every practical movement of people (walking, running, jumping, lifting weights, etc.), especially when performing exercises, determines a certain degree of physical development, or this appearance, physical qualities.

Such practical movement qualities will be somewhat improved and developed as a result of training through work, exercise, sports, movement games. These aspects are also reflected in the Uzbek national games and movement games, equestrian games, some movement games ("Race", "Chillik", "Mindi", "Storm", "Shooting", "Poda top", etc.) of modern sports. can be equated, even dominated, in content, form, methods of execution, and educational aspects.

Children compete in games such as "Do not stretch your ears", "White poplar, blue poplar", "Podachi", "Charkhpalak", "Orda top", "Chigi", "Scabies goat" and find out who is agile and agile. There are also folk games such as "Ring", "Needle stabbing", "Poyondo", "Battle of the Sultans", "Needle, thread, angishovna".

If you look closely at the participants of these games, you will see that each of them has the features of agility, correct assessment of the complex situation, the ability to get out of a difficult situation. It can be concluded that national sports and folk games are important for the healthy upbringing and education of young people. In particular, their role in preserving national values and traditions is invaluable.

Results

In all types of national folk games, physical qualities and human qualities such as agility, dexterity, courage, bravery, courage are fully integrated.

Elements of national games with primary school students, as a result of the purposeful organization of action games, our national values are increasingly inculcated in their minds. As a result, national games are becoming more and more popular in educational processes. On national holidays such as "Navruz", "Independence Day", "Harvest Festival", our national games (tug of war, wrist testing, horse games, cockfighting, ram fighting) are gaining popularity. It is attracting interest even among foreigners.

Conclusion

In short, as a result of the wide attention paid to the national games in our country, we can recognize that in their content are fully embodied national values, pride, courage, diligence, friendship, mutual assistance, devotion to the motherland. It is the duty of all of us to spread these qualities, to inculcate them among the population, especially among students, as well as to restore our forgotten national games in our country.

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