

Outdoor Games as an Effective Means of Physical Education for Primary School Children

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ABSTRACT

Outdoor games are one of the main forms of primary use at physical education lessons for children of primary school age.

KEYWORDS: *outdoor games, dynamics, physical fitness.*

Main part: Scientific research has shown the high efficiency of the predominant use of game means at physical education lessons in increasing the level of physical fitness of primary schoolchildren. The use of these tools contributes to an increase in the density of the lesson, the activity of children in the process of lessons, a deeper introduction of games into independent activities of children during leisure hours and during summer holidays. All this contributes to a higher growth of physical readiness indices in the experimental group in comparison with the control group, where time for playing means at physical culture lessons was allocated in the amount of 75-80%.

Analysis of the results of the dynamics of physical readiness of children in the experimental and control groups shows that the predominant use of outdoor games in physical culture lessons has a positive effect on the growth of results in the experimental group during the academic year. The same trend was observed as a result of examining children after the summer holidays. The observed shifts in the results of physical fitness of children in the experimental group are not less, and in a number of indicators even higher than for the entire year of study. This tendency in the growth of the results of children in the experimental group confirms the action of the mechanism of the cumulative effect of the use of outdoor games in the development of indicators of motor readiness of children at physical education lessons in the lower grades.

Comparative analysis of these rates of increase in the results of physical fitness in children of the experimental and control groups showed that the former surpass the latter not only in absolute numerical data, but also in growth rates, which is confirmed by the earlier onset of a critical period in the development of a particular indicator. This allows us to assert about the manifestation of the advanced effect of the predominant use of game means at physical education lessons in the lower grades.

Experts note that the main features of schoolchildren's outdoor games are their competitive, creative, collective nature. They demonstrate the ability to act for the team in a continuously changing environment. The importance of outdoor games in moral education is great. They develop a sense of comradely solidarity, mutual assistance, responsibility for each other's actions.

Outdoor games help not only in solving a number of special problems, but also (bearing in mind the nature of play activity) always meet with a good reception from those involved, a new interest in

training sessions. The game is the impetus for sports. Play a game or relay race, i.e. to turn on the “emotional” lever for the practitioners to continue the training with desire and interest. Games are widely used in sports, the main content of which is to promote the development of strength, speed, dexterity, and other qualities.

The diverse motor activity characteristic of outdoor games, which carries the embryos of sports competition, turns out to be extremely useful and even necessary for proper development the motor-psychological sphere, and the education of personal qualities. Therefore, games are not only a means of full-fledged development of the body, but also a wide-open gateway to the world of physical culture and sports.

Conclusions: The most important feature of outdoor games is that they represent a universal type of physical exercise. Playing games have an impact on both the motor and mental spheres of those involved. The choice of behavior in the constantly changing conditions of the game predetermines the wide inclusion of the mechanisms of consciousness in the processes of control and regulation. As a result, the strength and mobility of nervous processes increase, the functions of regulation of the activity of all body systems by the cerebral cortex and the central nervous system are improved. Through outdoor games in physical education lessons, we solve the problems of developing physical education, since it is necessary for children in their lives. By participating in games, children learn the correct concepts of objects and natural phenomena, practically consolidate some of the knowledge gained in the lessons on understanding the world, mathematics, and reading. This, in turn, contributes to the upbringing of the desire for a healthy lifestyle in children, as well as the upbringing of a sense of collectivism, camaraderie, and mutual assistance. We know that children grow up not only in the process of learning, but also in the process of playing, they learn about life.

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