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***Pedagogical Effects Of Moving (National) Game On The Process Of Physical  
Training And Education***

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**ABSTRACT**

The article argues that the pedagogical impact of mobile (national) play on physical education and learning process is that mobile games are a very effective tool in the process of physical education to bring up children in a healthy, active way through mobile games

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**Introduction**

In order to fulfill the tasks set for physical education, all educational institutions must provide physical education and sports training in order to bring up the younger generation in the education system in the spirit of physical strength, agility, will, patriotism. National Training Program and the Law "On measures to develop physical culture and sports in Uzbekistan", the Law of the First President of the Republic of Uzbekistan dated October 24, 2002 No. PF-31-54 It is appropriate to organize and conduct the meeting in a new way, based on the decree "On the establishment of the army" and the measures for its implementation. For this work to be effective, it is possible to "build a foundation" for children's physical well-being from an early age through national action thinking.

## Main Part

The role of movement games in the spiritual, physical and functional formation of students since school is invaluable. Performing a standard task, instruction, or work and exercise can be exhausting. However, performing such actions on the basis of national games has a positive effect on the psyche and delays the period of fatigue. Games are divided into different categories due to their universality, versatility and wide range of effects. These include games that develop physical qualities, punctuation, pronunciation, sniper skills, entrepreneurship, arithmetic, and more. But whatever the game, there will be an element of action or a set of actions.

It is known that action games represent the customs, traditions, customs and ethnogenetic features of different peoples and nations. That is why such action games are often called folk games. Ancient thinkers, scholars, and educators acknowledged that it is through national games that a person has the opportunity to cultivate such qualities as generosity, honesty, patriotism, hyprmatism, and respect for nature. In this regard, especially the Uzbek folk movement games have the power to form a variety of vital habits, skills and abilities. Folk dances are the invention of this people. Therefore, these games play an active role in his mind, in household chores, in the upbringing of the family and the community.

Moving games, including folk games, were revived as a unique value only after the independence of our country, and today they are gaining wide and rapid popularity among the population, especially among students.

People's movement games are becoming more and more important as a scientific object. Numerous scientific publications have been published proving that movement games are a very effective tool in the formation of motor skills and physical qualities in the process of physical education (LV Byleeva, IM Korotkov, 1982; IMKorotkov, 1988; MS Bril, 1980; TSUsmankhodjaev, F .X.Khojaev, 1990, 1992; AILisista 1991; TSUsmankhodjaev, X.A. Meliev, 2000; VV Kuzin, SA Polievskiy, 2000; F. Kerimov, N. YUsupov, 200Z).

According to IM Karotkov (1982), the more and skillfully the use of game techniques in the formation of physical qualities, technical and tactical skills in modern sports, the higher the level of skills and abilities of athletes. At first glance, sports games are games in themselves, and the use of different games seems to be "overloaded". However, this notion is completely wrong. This is because the use of traditional specialized and standard exercises in the development of physical qualities, technical and tactical skills and other abilities based on scientific data in pedagogy, physiology and

psychology, especially in the process of initial training, leads to rapid fatigue of young learners. leads to a decrease. Action games, on the other hand, have a positive effect on the emotional state of the child, the onset of symptoms of fatigue is "delayed", and most importantly, the child's hereditary (genetic) abilities and new motor skills may emerge (IM Korotkov, 1971 ; 1979; AI Lisystina, TS Usmankhodjaev, 1985; MN Zhukov, 2003; I. Vlasyuk, 2005 and others). If volleyball-friendly action games are selected and these games are played with a volleyball, the effect will be even higher (M.A. Kurbanova, 2003). Such games include, for example, "Pass the ball - sit", "Pass the ball and run the relay", "Obstruct the ball" and so on.

The importance and advantages of movement games in the formation of physical and technical fitness of athletes have been noted in a number of scientific and methodological literature [20].

According to A.I. Lisista (1991), action games are not only able to successfully form physical qualities, but can also effectively develop qualities such as clear targeting, precise movement, and attention.

There are specialized games that, as a result of regular use, make it much easier for young athletes to develop special physical qualities and technical training. Leading specialists in mobile games in Uzbekistan T. Usmankhodjaev and F. Khodjaev (1992) made a number of recommendations on the organization and conduct of mobile games in various fields. In particular, in their opinion, it is necessary to pay attention to a number of issues in the organization and conduct of action games.

1. To help students to improve their physical fitness, health, fitness, body parts and general ability to work;
2. Formation of knowledge and vital movement skills that will allow to move freely;
3. Development of mental, intellectual, professional and volitional qualities;
4. Education of general and special physical qualities;
5. Development of courage, resourcefulness, ingenuity, entrepreneurship.

The authors selected games that were suitable for students of different grades, played at different times of the year, during the day and in the evening, and were able to highlight their essence. Most importantly, experts recommend the use of games such as "Cat and Mouse", "Space", "Pile", "Wolf in the ditch" in school sports sections, including for children engaged in sports. emphasize.

The above-mentioned scientific and methodological literature proves the importance of developing physical fitness from an early age, not only in training children, strengthening their health, but also in increasing their interest in sports, technical and tactical skills in sports. showed that they allow them to assimilate faster. In turn, he revealed that movement games are a very effective tool in the effective

formation of physical qualities of young children. However, it is clear from the reviews of these publications that little information has been established to shed light on which physical qualities are appropriate to use in which action games.

Both the people and the society are interested in the young generation to be physically fit, healthy, ready to defend the Motherland, to grow up in a strong way. they must master the art of using yin. This is a love of work, diligence, which began from the first day of school, in connection with such important tasks as strengthening the attention to the upbringing of young people, educating them in the spirit of duty to their people, independent state and society. completing the work allows the formation of stability properties. Along with all the modern means of physical education, there are a lot of national games of the Uzbek people, because these games can take all the aspects of the spiritual, physical and spiritual upbringing of children. After all, educating the future of the nation as a healthy, mature and perfect person will serve to strengthen the foundation of the future of our independent country.

We have already mentioned above that the national folk movement games and national sports have changed significantly in the course of historical development, and each economic system has left its own rules and traces. The names and rules of some games are still in place. In the use of such games, in addition to physical education, it is important not to harm the educational impact on children, but to use them creatively. For example, the game of "Capricorn" is an ancient game of kupkari, which is usually played on horseback, where riders fight for a real kid. The children's game "Capricorn" is held without a horse, the players fight for a stuffed ball with a piece of goat skin. Some aspects of the rules of the game are similar to the rest. This game, which cultivates speed, agility and strength, has a great educational value, with an emphasis on mutual respect, sincerity, not to be rude. Folk games play an important role in the development of children's physical qualities. It stimulates the interest of boys, gives them pleasure and allows them to recover faster. The game allows children to forget about fatigue and try to do the exercises carefully. All national movement ideas have the power to have a holistic effect on children's bodies. That's why it's important to look at the quality of the exercises that have a general physical effect on the games. There is no game that should not be considered as an exercise that develops certain physical qualities. For example, "Who wins the doppia?" in the national game he must not only be agile, but also agile and sensitive.

The sole purpose of all the branches and stages of physical education is to prepare a person for a healthy and proper life. The school defines the tasks of physical education for schoolchildren, taking into account the age-specific characteristics of children, but does not overlook the general purpose of

physical education.

The school is designed to provide health, education and parenting responsibilities for students in physical education.

## Conclusion

In short, the theoretical considerations specific to the above-mentioned action games determine their potential in physical education and sports. This means that the importance of movement games, including national games, in the training of young athletes is immeasurable. National folk movement games expand students' understanding of the nation's cultural riches to a certain extent, helping them to integrate it into modern life. Because national action games are one of the most effective means of physical education, they are an important tool for the successful implementation of mental, moral and intellectual education of students together. Therefore, it is necessary to pay attention to such aspects of children's games as spirit, nature, character, behavior of the participants.

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