Pedagogical Features of the use of National Movement Games in Physical Education Trainings on the Example of Primary School Students

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Abstract
This article discusses the pedagogical features of the use of national movement games in physical education classes on the example of primary school students and discusses several recommendations.

Keywords: national action games, sports, harmoniously developed generation, physical culture, play

Introduction
The purpose of the Uzbek people's movement games is to bring up the younger generation as strong and courageous ancestors, which can be achieved by mastering the external games of the people, in addition to the development and awakening of national games in children and youth. Interest in and respect for the history, culture and traditions of the Uzbek national games. Sport is a decisive force in creating a healthy environment, educating a harmoniously developed generation and developing spiritual heights.

We are still evolving, we still have important educational challenges to solve. If we pay attention to the emergence and formation of mobile national mobile games, then its roots go back to a long past, a long history.

The main manifestations of national physical culture are personal games, fights, legends, heroic epics, its own expressions created in dance and music.

The material and spiritual heritage left by our ancestors testifies to the history of the emergence of national games.

Discussion. The history of the emergence of national movement games is the first stage in the development of historical and archaeological society and the emergence of folk games in ethnographic sources, and we also find interesting information about the development of national Uzbek outdoor sports games. By studying the history of folk games, young people will definitely read the books of our great ancestors, so he will get acquainted not only with the history of the development and emergence of these games, but also with historical, scientific and artistic literature. I think this has a huge impact on the spiritual and religious development of our youth.

While studying the history of the games, he or she gets acquainted with the works of our great ancestors. The impact of games on physical development and their pedagogical features in educating a healthy and intelligent generation can be considered in the example of several national open games.

Nowadays, physical education teachers of general education schools should pay more attention to primary school students, in the use of national movement games, pedagogical aspects and teaching methods.

National outdoor games such as “Goat and Seven Kids,” “Pulling the Rope,” “Rabbit Without Holes,” and “Fast and Accurate” are often used in physical education classes. "Goat and Seven Children" national open games. Course of the game: 7-10 students, a goat and seven students...
children will take part in the game. The goat stands in the middle of the circle formed by the children. The children hold hands and turn around the goat, one child comes running and asks for food, the goat mother demands that you be patient, she is not ready yet. Then another comes running and says the goat is ready to eat and go wash the dishes and get ready to eat. The child breaks all the dishes and all the children run away. The goat starts to catch the kids, he catches the goat first, so the game continues.

**Results.** Pedagogical feature of the game: the game develops students' attention, sensitivity skills. The game develops students’ agility, dexterity, endurance, and coordination of movements.

Physiological feature of the game: children work several muscle groups at the same time, which ensures active blood circulation, improves blood flow and it works so that the mother does not catch the goat, makes plans and learns the tactics of catching the goat children quickly. The vital capacity of the lungs, active attention develops. "Pulling the rope." The game is also a group game. The teacher hangs the ball behind each team, with the teams lined up facing each other; a rope is thrown between them. The team that reaches the ball first with its head is considered the winner. The last member of the team must touch the head of the ball that pulls behind the team. The pedagogical feature of the game: the game enhances attention in students, teamwork, mutual support, friendship. Physiological feature of the game: develops the musculoskeletal system, strength, activity of the limbs, increases the range of motion, normalizes respiratory rate.

**Students must pay attention to the following standards:**
1. Move the ball to the right or left in turn:
2. Bending and changing direction to drive the ball with a strong blow;
3. In place, drive the ball around the circle;
4. Drive the ball around the circle in a straight line;
5. Change the direction to drive the ball over the pins in a row.
During the performance of the standard, the teacher shines and commands to reach the ball, to occupy the mink, by running the ball straight. A person who does not run properly and does not have time to occupy the hole will receive a penalty point. The winner is the one with the lowest score.

Pedagogical feature of the game: the game helps to cultivate attention, courage, intelligence. Helps to develop strength, speed, endurance, coordination of movements.

Physiological feature of the game: develops all muscle groups, active attention, hearing, endurance, coordination of movements, circular active movements develop the activity of the vestibular apparatus. Muscle contraction, ankle strain, belt support muscles, improves the speed of sports movement tactics. "Fast and clear." This active sports game is held on both basketball and volleyball fields, in the gym. The teacher draws a circle with a diameter of 2 m, one team is formed in the second half of the second group. In the middle of the ring will be two participants, one of each team. Each team is given one ball, which participants in turn must knock down a member of the opposing team in a circle. Whoever hits him with the ball gets points, which team has more points and he wins. Pedagogical feature of the game: the game helps to develop agility, speed, sensitivity, courage, endurance.

**Conclusion.** A distinctive feature of the game; movement, running, precision.
Physiological feature of the game: develops all muscle groups, tactics, muscle contraction rate, finger sensation, blood circulation, active attention, direction, conditioned reflexes of movement.

There are a large number of such national open games with and without attributes, which have both pedagogical, physical and physiological significance for the upbringing of a healthy, moderate, talented young generation.

References: