

National Movement Games Transition Methodology

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Annotation

As the first President of the Republic IA Karimov said: Wrestlers, who are the heroes and defenders of our time, have always cared for and nurtured children. Today, national sports are being revived everywhere. The people of Uzbekistan are showing courage in the sports community. Many wise men, heroes and warriors have grown up among our wise people. As our children grow up to be physically strong and mature, children's folklore games, which are on a par with traditional children's medicine, are bright and vibrant in the future. The roots of Uzbek children's folklore games go back to ancient times. that is, it dates back to the millennia.

Key words: sports, national, health, people, game, movement, life, struggle, purpose, spiritual-enlightenment.

As the first President of the Republic IA Karimov said: <<It is necessary to restore the traditional value of health and put it in the honor of the family. The wrestlers, who are the heroes and defenders of our time, have always cared for and nurtured their children. Today, national sports are being revived everywhere. The people of Uzbekistan are showing courage in the sports community. Among our wise people there are many heroes, heroines and wrestlers. As our children grow up to be physically strong and mature, children's folklore games, which are on par with traditional folk medicine, are bright today and bright in the future. The roots of Uzbek children's folklore go back to ancient times, to the millennium BC. Mahmud Ishqari's "Devonu lug'otit-turk", didactic work "Forty letters written in the IX century" and other sources contain notes on children's folklore, including children's folklore games. What is the reason for the active survival of traditional folk children's

games, one of the main games in the field of education? Why do kids, even adults, hate games and can't imagine their lives without games? This is due, firstly, to the fact that 'games are very interesting and entertaining, secondly, they are extremely emotional, thirdly, they are aimed at increasing taste, thinking, as well as physical strength, and fourthly, , understanding of the events around them, familiarity with the world, spiritual-enlightenment and moral education. Children's games, as well as the fact that your game in general has a deep national, as well as inter-ethnic features, are very impressive and exciting, uplifting and captivating. songs, especially folklore games, bring joy and happiness to everyone, including the child, lead to an extraordinarily interesting world of action and intellect, allowing one to forget oneself and indulge in play; cultivates tafiakur, didfarosat, and intellect. The environment helps to communicate with people, promotes mental and physical development. economic and political demands. Children's games, like the art of hunting in general, are created in the process of cypress work. So, the basis of your game is hard work. The creators were the adults and the children themselves. The ingenuity, creativity and wisdom of our people are reflected in the games. At the same time, the games are a symbolic expression of the people's life, aspirations, struggles, dreams, goals, their philosophy, worldview, ethical and aesthetic views. There are many Uzbek children's folklore games. has a centuries-old history. They are 'formed on the basis of socio-political, economic-cultural and spiritual-enlightenment, life observations, experiences, interactions, spiritual-spiritual relations, dialogues and discussions of our people over the centuries and in practical action. has come down to us from a living tradition. Undoubtedly, children's games are one of the unique golden heritages of our people. Our wise forefathers, wise grandmothers, children and grandchildren of the ulama passed it on to each other,

took care of us like the apple of their eye and passed it on to us. There is a wise saying in Uzbekistan, "Look at your child's play, look at his growth, you can tell who a child is and what he is interested in from the game he plays." It is important to understand that based on your child's play, you can know their character, interests, aspirations, goals, habits, behavior. The school curriculum for physical education is designed to conduct active play in physical education classes in all classes. Moving games in the classroom are combined with other means of physical education - gymnastics, athletics, sports games, cross-country training. It is used to improve general physical fitness, as well as to improve the physical qualities and movement skills required for this or that sport. their task is to help the child's physical development, their active recreation. Teachers try to introduce acceptable games into your child's daily life and promote their popularity in out-of-school organizations (pioneer camps, playgrounds, etc.). The content of the game depends on the method of organizing and conducting it, the order of your activities, the form of activities with children (lessons, breaks, sections, holidays). In physical education games, movement games have a special place among other means of physical education, especially in small classes. In the middle and senior classes, movement games give way to gymnastics. Educational tasks include: running, jumping, throwing and other movements, strengthening and improving natural skills, as well as skills acquired in gymnastics, athletics, sports and cross-country training. Educational tasks include: Includes: education of physical qualities (speed, agility, endurance, strength, flexibility), public, honesty and other moral and volitional qualities. The choice is the pedagogue who puts the teacher in front of the dais depends on the function of the mouth. For example, if the task of the lesson is to improve the skills of running and long jump in young school-age children, then the game "Wolf in the ditch" can be used. To strengthen the skill of throwing the ball from the chest and holding it with both hands from above, you can use the "Did you pass the ball - sit" or "Opposite" relay game. It is also intended to improve the physical quality and influence the physical development of the student in the

community. Educational and pedagogical task are closely interrelated. In the same way, for example, in the development of high jump skills, students are taught confidence, courage and bravery. Therefore, in setting the task, different aspects of the educational process are taken into account. corridor), depending on the equipment. A variety of games can be used to solve the pedagogical task, depending on the working conditions. You can use the games "Jesus on the playground or in the gym" or "Quick place" (if the exercise is held in the hallway or in the gym). If the goal is to improve the ability to shoot and catch the ball, the lessons for grades 3-4 will be "Have you sat down", "Hunters and ducks", "Don't throw the ball at the beginning of the game" For grades 5-6, you can use the games "Ball in the middle", "Shoot", "Fight for the ball". Complicating the game, such as complicating the interaction of players. Each game requires certain qualities, skills and abilities from the participants. For example, if students are given a 'catch the ball' game, they will be able to throw and catch the ball, carry the ball, speed up their movements, and collect the ball when they collide with an opponent. very necessary.

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