

Methods of Education the Physical Quality of Agility of Students Aged 7-10 on the Basis of National Movements Games

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Abstract

This article provides detailed information on the importance of physical education and sports, the role and benefits of physical culture in the upbringing of children.

Keywords: *Physical education, sports, physical culture, national games, physical qualities, perfection, physical training.*

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One of the most important issues today is to collect and study the creative wealth of the Uzbek people created over thousands of years, passed down from generation to generation, to educate the younger generation on the basis of these rich treasures. Especially after the independence of Uzbekistan, the attention to our national values and traditions will increase. It began to manifest itself in all walks of life at various levels, including physical culture, one of the main parts of upbringing. This puts a great responsibility on the physical culture that educates the younger generation to be healthy and harmonious. It is necessary to nationalize the physical culture, which allows to bring up the younger generation physically strong, to develop their physical qualities, to collect the forgotten national games of our people, to apply them to life and school, to reconsider the ways and means of development.

Scientific research of the Uzbek people's national movement games, their inclusion in school and kindergarten curricula, raising the level of socio-educational sports to the level of sports has become one of the most pressing issues in the field of physical culture. 'rsatadi. From this point of view, the relevance and importance of the chosen topic is obvious. The majority of teachers in physical education classes at the school are not yet fully familiar with the methods of conducting national movement games. In addition, social reality, pedagogical practice and theory are born among the general public, the effective use of the best achievements of advanced folk pedagogy, thinking based on the ideas of folk pedagogy is the key to the success of educational work. factors. Therefore, the research results can be widely used in practice. Theoretical significance of the work The main and important role in it is played by experimental research, analysis. based direction is created. One of the main tasks of modern pedagogy is the application and skillful use of national treasures in the system of humane pedagogical education, the transformation of this invaluable, popular, spiritual wealth into the daily educational work of teachers. Accordingly, in the system of education of the younger generation, the experience of folk pedagogy is considered to be the main force, the means of controlling the character and consciousness of young people. Therefore, the aim of the study is to identify and develop ways to improve the physical qualities of 7-10 year old students through the use of folk movement games in physical education classes at school, to determine the effectiveness of enhancing the role of national games.

With these goals in mind, we set the following objectives for the study.

- to show the connection of physical culture with folk traditions, to clarify the connection between the Uzbek folk games and various aspects of the social life of the republic;
- to determine the physical fitness of 7-10-year-old students of secondary schools through the use of national action games and to draw certain conclusions by observing the development process;
- identify effective methods, forms and ways of cultivating physical qualities in children through the use of Uzbek folk games in physical education classes;

The object of the study is the Uzbek national games, the process of physical development of schoolchildren, physical education classes based on national movement games for children aged 7-10 in secondary schools.

Everyone needs to understand the need for physical culture and sports in order to be physically fit, and to shape their health based on a specific system of physical activity that they are passionate about. The comprehensive development of the physical abilities of the children of our people is carried out in the process of physical culture, which is an integral part of education.

The goal of physical culture is a long-term, organized pedagogical process of educating the builders of society who are healthy, cheerful, physically developed in all respects, ready to work and defend the Motherland.

The following main tasks are solved in the process of physical culture:

- a) strengthening health, strengthening the body and increasing the level of physical development and ability to work;
- b) Acquisition of life skills, including practical skills;
- c) fostering the spiritual and volitional qualities of the individual;
- d) development of physical qualities (speed, strength, agility, endurance);
- e) mastering the technique of performing special sports exercises. At the same time, the collection of Uzbek national games and their implementation, their rational use is an important task facing us today, both theoretically and practically. This task also places a great responsibility on the physical culture, which educates the younger generation in a healthy and harmonious way.

This problem, which allows to educate young people in all respects physically strong, aimed at developing the physical qualities of students, makes it necessary to consider the physical culture of secondary school students in the context of organizational and pedagogical processes. We would like to emphasize again and again that the role of national folk games in this is great. Therefore, our goal is to carefully seek, develop and implement ways to pass on to the next generation the centuries-old national games of our people.

The national folk games to a certain extent expand the perception of our people's multi-year cultural heritage, helping to enrich the ways in which they are incorporated into modern life. National action games are one of the most effective methods of physical education and are an important tool in the successful implementation of mental, moral and intellectual education in students. Therefore, it is important to pay attention to the spirit, nature, level of children's games, as well as the behavior of the participants. The same features should be considered when using some of the national games we recommend to make the physical education of primary school students fun and rewarding. Education has always played an important role in society and has changed over time in terms of its goals and objectives, content, form and methods of education, which have carried out communication and inheritance between different generations of people. These changes are closely linked to human relationships. Therefore, in education it is necessary to pay attention to the formation of a mature person who is ready to defend the Motherland, to work, to social activities, to life. In order to successfully solve these tasks in the process of physical culture education, it is necessary to understand the content, means, forms and methods of education, which are interconnected. It is necessary to take into account these peculiarities in the development of physical qualities of primary school students in the Uzbek national games, which are the object of our research.

Of the age periods accepted in pedagogy, the most important for us is the small school age. Each age group has a certain level of physical and mental development. Features of small school age. Studying at an early school age changes a child's whole lifestyle and sets new requirements for him. Because in kindergarten, children are mainly focused on the development of speech, the formation of moral norms. Specially organized play activities play an important role in their upbringing. Didactic educational and teamwork games are used for the child's development.

At a young school age, against the background of the general maturation of the organism, the sphere of movement of children develops rapidly. This period is very favorable for active participation in sports and physical culture. In this sense, the use of national folk games, which develop exactly these characteristics of the child, accelerates the achievement of educational goals.

The pace of physical development requires rapid growth of the skeleton, the formation of curvature of the spine, the developmental characteristics of the cardiovascular system, etc. The child is rationally organized and the whole life cycle.

The development and transformation of the psyche of children of different genders of different ages, the factors that positively affect their moral and physical development, knowledge of the conditions, their effective use today is very important for teachers, physical culture specialists.

Influencing the minds and spirits of students by conducting physical education classes, taking into account the mental characteristics of each student's age, creates a timely self-awareness. The sooner a child wakes up with a sense of self-awareness, the sooner a personal perspective, a sense of self-worth, and an assessment of their mental and physical capabilities will emerge. A child's beliefs, behavior, communication, the formation of independent behavior, initiative and the desire to overcome obstacles can be nurtured in physical culture through national folk games, which give them a mental stimulus based on the characteristics of youth psychology

Awakening the love of values in primary school students, teaching them to care for folk traditions, in many respects, depends on the effective use of the Uzbek national games. Because through national games, on the one hand, the child acquires physical knowledge, on the other hand, it is important to be interested in physical culture. Much work has been done to study the socio-pedagogical features of national folk games. Factors that help to increase the physical activity of children and adolescents are: national movement games, elements of national exercises, competitions and sports, ways to use traditional means of physical education. In conclusion, when using and using national folk games, it should be taken into account that children of this age are more prone to broad, strong movements than to small movements that require precision. This was once noted by the great educator YA Comenius, who developed the youth of children. In general, children at this age are very active. Mobility, on the other hand, requires special, rational organization, and the correctness of the behavioral patterns that move. inaydi.

The Uzbek national games are loved and played by young people, especially schoolchildren. Such games are played not only in physical education classes, but also during leisure time in the courtyards and gardens. The material for general developmental and specific exercises designed to develop important qualities is presented in a more playful way, but is performed continuously in small doses with short pauses to explain the exercises and active rest. After a play exercise, relaxation, slow-moving exercises, or attention-enhancing exercises should be given.

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