

## Technology for Strengthening the Health of Women and Girls through National Activity Games

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### *Abstract*

*This problem, which allows to educate young people to be physically strong in all aspects, and is aimed at the development of physical qualities of students, makes it necessary to consider the physical education of students of general education schools as a whole, which connects them together with organizational and pedagogical processes. we would like to emphasize that the role of the national people's action games is great.*

**Keywords:** *National games, students, physical education, mental education, moral education, Primary class, organism development.*

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It is our goal to search, develop and implement ways to carefully preserve the national games of our people, which have been passed down from century to century, to the next generation.

National action games to a certain extent expand students' imaginations about the ancient traditions of the people, help to assimilate them into modern life.<sup>1</sup>

Because national movement games are one of the most effective methods of physical education and are an important tool for the successful implementation of mental, moral and intellectual education of students. Therefore, it is necessary to pay attention to aspects such as the type, nature, character, and behavior of the participants of children's games.

The same features should be taken into account when using some of the national games that we recommend in order to make the physical education of elementary school students interesting and useful.

Instilling love for values, teaching to preserve national traditions in physical education classes of elementary school students depends to a large extent on the ability to effectively use national movement games.

Because, on the one hand, the child acquires physical knowledge through national movement games, and on the other hand, it is important to interest him in physical education and thereby values.

In front of physical education, to introduce sports more into the life of our people; in raising young people in the spirit of independence, there are great tasks such as the wide use of all forms of physical education, including the national movement games of the people, improving the health of young people, and preparing them for the defense of the Motherland.

The national movement games of our people are one of the important physical education and sports tools that are widely used for this purpose. Therefore, the need to increase attention to the national movement games of the people is more clearly felt.

Both the people and the society are interested in the young generation being physically fit, healthy, ready to defend the Motherland, growing up energetically. they need to master the skill of using yin.

This is related to the extremely important tasks of increasing attention to the education of the young generation, raising them in the spirit of feeling their duty to their nation, independent state and society. it will be possible to complete the work, to form the characteristics of stability.

Along with all the modern means of physical education, the national movement games of the Uzbek people are very useful, because these games can include all aspects of raising children mentally, physically, and spiritually. After all, educating young people, who are the future of the nation, to be healthy, mature and perfect people will serve to strengthen the foundation of the future of our independent country.

We mentioned above that national sports and national sports have changed significantly in the course of historical development, and each economic system has left its own mark on their content and rules. The names and rules of some games have been preserved for now. When using such games, it is necessary not to lose sight of the fact that they have an educational effect on

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<sup>1</sup> Nasriddinov F.N., Qosimov A.SH. O'zbek xalq milliy o'yinlari. I-to'plam T.: 1998. -27 b.

children in addition to their physical effects, and to coordinate their creative use.

For example, the game "Uloq" refers to the ancient game of kopkari, usually played with a horse, where riders fight for the real goat. The children's game "Capricorn" is played without a horse, players fight to get a stuffed ball with a piece of goat skin attached to it. Some aspects of the game rules are similar to those of adults. This game, which trains speed, agility and strength, has a great educational value, in which mutual respect, cordiality, and non-rudeness are emphasized.

People's national movement games play an important role in the development of children's physical qualities. The game increases the child's interest, gives him pleasure, and ensures faster recovery of working ability. Thanks to the game, children forget about fatigue and try to do the exercises carefully. All national folk games have the power to have a holistic effect on children's bodies.

That is why games should be considered as an exercise that has a general physical effect. There is no game that cannot be considered as a means of developing certain physical qualities. For example, "Who is the winner in wearing a hat?" in the national game, it is encouraged not only to be agile, but also to be dexterous and sensitive.

The one and only goal of all areas and stages in the physical education system is to prepare a person for a healthy and proper life. The tasks of physical education of elementary school students are determined taking into account the characteristics of children's age, but the general goal of physical education is not overlooked.

In the physical education of elementary school students, the school provides health care, education and training tasks. Through the people's national action games, there are more opportunities to fulfill these tasks as a whole.

1. **Sanitation tasks.** The main task of physical education of elementary school students is to protect the child's life and strengthen his health, by training his organism, to increase his self-defense and resistance to various diseases, to withstand unfavorable conditions of the external environment. is to teach. In addition, it is very important to increase the ability to work in children.

Since the development of the child's organism has its own characteristics, its tasks are expressed in a much more precise form: the safe and timely hardening of the child's bones, the formation of curved areas in the back spine, the good development of the heel surface, the ripening of the ligaments. help is provided (games such as "Kim chaqqon", "Trap"); it is possible for the parts of the body to develop in the right relationship with each other (games such as "Goalkeeper", "Space"); all muscle groups are developed.

2. **Teaching duties.** It is also important to perform educational tasks in the process of conducting national folk action games with students of I-IV grades. These tasks are: formation of movement skills and abilities, development of physical qualities (agility, quickness, endurance, balance, dexterity, flexibility, endurance), proper body posture, assimilation of knowledge about physical education.

Correct performance of the selected national movement games has an effective effect on the development of the child's muscles, tendons, joints, and bone system. With the practical application of well-formed movement skills, it allows the child to save his energy while playing and to focus his attention on various tasks that happen accidentally during the game.

Knowledge directly related to physical education (useful side of games, importance and technical performance of physical training, methods of performing them, origin and rules of national movement games, etc.) is provided to primary school students. ) is of great importance. The deeper the knowledge acquired by the students, the more intelligently they can use mobile games, the more effectively they can engage in them, and they can use physical education tools independently in the school and family environment.

3. **Educational tasks.** To instill in children the habit of following the established order in physical education, and if possible, to regularly engage in folk games every day, to develop the ability to use these games independently at school and at home, It is necessary to teach to organize and play games in groups of children younger than themselves. It is possible to cultivate in students a feeling of love for the people's national sports games, interest in the results of these games, and a feeling of envy for the victories achieved by athletes.

In the process of teaching national folk movement games, there are great opportunities for moral, intellectual, aesthetic and labor education. When performing folk movement games, positive (cooperation, discipline, modesty, kindness) and moral qualities (honesty, justice, sense of friendship, cooperation, ability to work with the times) in children's movement. the best conditions and opportunities will be created for educating (responsibly performing tasks), as well as for showing willpower (courage, determination, confidence in one's own strength, steadfastly overcoming difficulties, endurance, etc.).

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