

PHYSICAL TRAINING THROUGH MOVING GAMES INCREASING EFFICIENCY

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Annotation: The following article presents an analysis of the impact and identification of national and movement games on improving the physical qualities and technical and tactical readiness of secondary school students in sports.

Keywords: action game, methodology, technique, tactics, intellectual, training, morpho-functional indicators, physical maturity, action strategy.

Today, the popularization of physical culture and sports is one of the most important directions of social policy in the world community. The achievements in this area will introduce the country to the world and make all our compatriots proud. It should be noted that the development of children's and adolescents' sports in the world involves the involvement of gifted children in sports, the development of their sports skills, assessment of their psychological state, determining the level of development of morpho-functional indicators, improving physical, technical and tactical training. A lot of research has been done on the application of tools and methods in practice, the organization of training on a scientific basis.

After gaining independence, our country has created the necessary conditions for regular physical culture and sports. Modern sports complexes have been built in cities and villages. Today, our athletes are introducing Uzbekistan to the world, achieving high results in various competitions. It is necessary to pay special attention to the development of popular sports, especially children's sports, on a scientific basis, to create its organizational basis. In particular, one of the most pressing issues in our country today is the optimization of the training process of young athletes in the initial stage of training.

Law of the Republic of Uzbekistan No. ZRU-394 of September 4, 2015 "On Physical Culture and Sports", June 3, 2017 "On measures for further development of physical culture and sports" This article to some extent serves to implement the tasks set out in the Resolution No. PQ-3031 of the Government of the Republic of Uzbekistan and other relevant regulations in this area.

We all know that from time immemorial our country has been famous for its world-famous wrestlers, amazing riders, and brave young men and women. From our great ancestor Alisher Navoi, all our writers, poets, scientists and philosophers have created wonderful and immortal works about them, written poems and epics, sang songs. Suffice it to recall the image of Alisher Navoi, a man of incomparable power in the treasury of world literature. Or the memory of the heroes of folklore, Gorogly and Alpomish, Avazkhan and Sherali, suggests that Turonzamin has long been a land of sherbilak and sheryurak.

It is no coincidence that the President highly values the health of young people. Young people are the successors of our generation, the builders of the future, our society, the foundation of the development of Uzbekistan.

The fact that the Order "For a Healthy Generation" was established for the first time in our country testifies to the bright future of physical culture and sports in our country. Because a country with a healthy population will have both healthy growth and development.

In 1999, special tests were developed to promote physical education and improve the health of young people. Alpomish and Barchinoy badges of 3 levels were established for those who successfully passed these tests. In addition, Umid Nihollari for schoolchildren, Barkamol Avlod for high school and college students, and Universiade for university students will be held every two years. Every two years, the Alpomish Games and the Tomaris Games are held in folk games and mass sports. The importance of physical education classes in upbringing is immeasurable.

Amir Temur, the great master of his time, also paid a lot of attention to physical training. In the East, the education of bravery, that is, the education of courage and bravery in the youth, is one of the main issues. From childhood, young men learned and practiced sniper, horseback riding, swimming, hunting, fencing, chess, etc. from skilled coaches. is an educational tool aimed at improving the formation of a morally healthy growing generation.

In the process of physical training, the body is improved functionally and morphologically, motor skills, physical movement qualities: agility, speed, agility, flexibility, endurance are formed with special knowledge. Therefore, it is time to increase the effectiveness of physical education classes, to use the modern pedagogical capabilities of the methods and tools used in it, to use national games in the classroom.

Today, our independent republic needs mentally mature, physically healthy and strong young men and women. From the very first days of our country's independence, special attention was paid to this important issue. Physical education and sports are one of the key factors in promoting a healthy lifestyle, especially in a market economy.

Physical maturity in the community, group, and individual is directly related to the subject of education, which is determined by the subject's need for physical maturity.

The manifestation of all-round physical maturity, physical strength and physical qualities is an individual need. Teamwork is the goal of teams to achieve high levels of productivity. The needs of the public are focused on the great task of educating and bringing up a comprehensively mature, physically healthy new generation of the Republic of Uzbekistan.

In this regard, in accordance with the Resolution of the Cabinet of Ministers No. 118 of

February 13, 2019, the formation of a new concept for the development of physical culture and mass sports in the Republic of Uzbekistan for 2019-2023 is of particular importance. The ultimate goal is to organize the development and implementation of innovative forms and mechanisms that will ensure the wide coverage of all segments of the population, especially young people with physical culture and mass sports. Achieving a high level of physical culture and quality of life in the Republic of Uzbekistan is an important condition for the implementation of the strategic task of sustainable development of the country. One of the key factors in addressing this task will be to provide the necessary conditions for the regular life of all segments of the population in the framework of the Action Strategy for the further development of the Republic of Uzbekistan.

Today, these needs are reflected in the socio-economic development plans of courts and agencies. It should be noted that the personal need for physical training is the main, on the basis of which the development of physical maturity is formed in all industries. Along with the beneficial effects of sports on the human body, plays an important role in the organization of healthy recreation, acts as a powerful tool in understanding the identity of the individual.

Sport has always attracted people's attention with its popularity. The role of the modern media in attracting spectators to sporting events is great. That is why high-performance sports are the highest level of mass sports and have always been considered a social phenomenon. they go to sports facilities, and about 80% watch sports on TV. So, sport is not only a means of physical development, but also a kind of art.

Physical education is a pedagogical process, an educational tool aimed at improving the health of the younger generation, the formation of a physically mature, socially active, morally healthy growing generation.

One of the important stages of the physical education system is physical means. They are composed of gymnastics, sports, movement games and the healing forces of nature (sun, air, water, hygienic factors).

It turns out that movement games are one of the most important aspects of the physical education system. Action games are divided into the following types in terms of content and form:

- Team games.
- Popular games
- Singles or doubles.
- Relay games.

Team games are played by two or more teams (groups). M: "White poplar, blue poplar"; "Potato planting".

In mass action games, all participants participate in the game at the same time. M: "It's raining," "It's raining, baby," and so on.

One or two participants take part in individual or pair action games: M: "Cat and mouse", "Rooster fight", "Shoulder fight and so on"

Relay games can also be team, team or individual. M: In the system of physical education there are general and special principles and methods of teaching exercises and movement games to

young people, that is, the age of the participants is determined by the physical fitness and gender. In the physical education curriculum of secondary schools, national movement games are defined according to classes (1-4,5-7,8-9,10-11). Because, as mentioned, games are taught according to the age of the children. Moving games for elementary school students will not be easy or fun for high school students. The games scheduled for the upper grades will be more difficult for the lower grades.

While this is not the case in academic lyceums, secondary special vocational colleges and universities, the games need to be adapted to their future careers. M: For future specialists in the field of agriculture and water management (livestock), as well as "infantry", "donkey riding", "shepherd", "herd ball", wrestling, walking, etc. 'pli relays and similar games would be appropriate if used.

It should be noted that special training is required for the organization and conduct of physical education classes, sports training (training), movement games in the process of various sports competitions. (This is described in the second section.) In particular, the teacher (organizer) must be well versed in the games of various sports, to use its various variants. For action games, the first thing to consider is the conditions (time, place, interest, etc.). Spacious and clean areas make it very convenient to organize mobile games on the field. In particular, there will be opportunities for participants to run, jump and perform various movements independently, to play with joy and happiness.

Extracurricular activities (large breaks, home conditions, streets, squares, etc.) are also performed by the students as mentioned above. Otherwise, children and young adults playing together can cause fights, crying, injuries, or infectious diseases.

It should be noted that the national movement games play an important role in the content of mass physical culture and sports events organized in these venues. it can be said. Even the best players in the major leagues, volleyball players and other sports, perform their own movement games in training and individually. This is because movement games serve as a special or general exercise in the writing of body muscles (razminka), entertainment (laughter, joy, etc.) and the training of physical qualities.

In the system of physical education, special attention was paid to the organization of movement games in families and kindergartens.

From the moment a child is born, the family does its best to help him grow up healthy. Sound toys and animal-shaped toys (cats, sheep, dogs, bears, various birds, cars, balls, etc.) cause children to move, crawl, and walk slowly. Playing with a ball for toddlers allows them to perform all their natural special movements in a compact and fast way. Gradually, young children (3-5) learn to play independently and play challenging and fun games independently. In general, action games learned in the family will last a long time in the lives and memories of children and improve them.

Physical education, physical education in preschool institutions (kindergartens), exercises, movement games are the most necessary and fun process.

Kindergartens have special physical education programs and play a variety of exercises depending on the age of the children (1-3, 4-6). Younger children are mainly taught to walk, play with toys, and older children are often used to play games such as balls, relays, hanging, climbing. .

The most important feature of action games is that they help young children to speak, learn new words, and improve the speech of primary school students. The content of the games will also include such qualities as moral education, love of music, improvement of mood, balance.

Regardless of the age of the children and what games are used, their content and goals are focused on the proper growth of the body, the development of motor speed, healthy growth and exercise. Such games are vital needs exercises (walking, running, jumping, throwing, hanging, swimming, etc.), many of which require creative thinking and practice.

At the same time, the analysis of lessons in a number of schools clearly shows that the integration of technical and tactical training in sports through movement games has become even more confirmed.

Students also explored elements of sports that seemed difficult to perform on their own through some action game outcomes, which national and action games increased lesson intensity and student engagement, especially activity.

In conclusion, it is safe to say that in the last two years, countries have suffered significant damage in many areas under the influence of the pandemic. That is why the head of our state Sh. Miramanovich issued a number of decrees on further strengthening and development of mass sports among the population. Therefore, I think it is necessary to make it a habit to constantly engage in sports and movement games. The practical process is that their targeted use gives effective results in ways to improve physical fitness and sports skills i. Not only in high schools, but also in a number of areas of our social life and family life, holding various fun games, serves as a great step towards a healthy lifestyle.

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