



WAYS TO DEVELOP PHYSICAL QUALITIES OF CHILDREN THROUGH UZBEK FOLK GAMES

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Annotation. Folk games are a kind of genre of folk creativity and have a centuries-old history. They reflect social events, characteristic of one stage or another of the development of society. This article mainly covers the pedagogical significance of folk games in the development of physical qualities of children in the preschool education system.

Keywords: physical qualities, folk games, development, skill, agility, decision making, analysis.

Introduction

Uzbek folk games arose in ancient times, in the period up to our era. This is also confirmed by archaeological excavations and ethnographic documents of the ancient Roman writer Elianus. Because they have information that play-by-play is very common and that they are a favorite custom of the people. The records of the Greek historian Pomney Trog (1st century AD) record that the tribes that once inhabited the territory of present-day Uzbekistan were skilled warriors, Horsemen, snipers, spearmen and archers, that is, masters of military affairs. In ancient times, the territory of present-day Uzbekistan was inhabited mainly by nomadic, semi-nomadic and grazier tribes. Cattle ranching was the primary occupation of the nomadic and semi-nomadic tribes. The grazing tribes, on the other hand, farmed and made extensive use of livestock. Farmers used cattle to plow land, mow wheat, draw water from rivers and Wells.

The cattle were also used by artisans and merchants.

The history of the origin of a number of folk games, such as "White Wolf and sheep", "goats and shepherds", "white camel", "The Wolf has arrived", is based on these sources.

At each stage of the development of Uzbek folk games, most folk games, which performed various social tasks that changed in content, passed from ancestors to children and grandchildren.

In the Uzbek people, very interesting dances on the theme of animals and birds were widely rasm, such as "Pigeon game", "Horse game", etc. Also popular among Uzbeks were "trumpet - surneille", "Rooster and hen", "The Bird came", "white Poplar blue Poplar".

Discussion and result

Uzbek folk games originated in the fields hundreds of years ago as an ancient spectacle. They embodied the best traditions of folk celebrations and performances, incredibly enriched national culture with unique originality and features, embodied the folk traditions of their descendants. Previously, among the population, sayils were held on the days of "Ramadan Eid", "Kurban Eid". It was customary to hold public performances each year in spring and autumn. It was during these festivals that games, sports games, competitions, puppets, dorbos Games, wrestling competitions were held.

Drumbeats curiously narrate the narratives of the birth of their art. The tradition says that the Prophet Ali always fought against enemies in the Land of Haybar. Their fortified stronghold at Haybar was not conquered by anyone. The surroundings of the castle are surrounded by cliffs and water, which makes it extremely difficult to pass through. Ali began to lead his troops and did not know the entrance to the Fort. Then dor built and drew ropes for him, and all his Warriors passed through these ropes to the fortress. Ali had overpowered the enemies and conquered Haybar, and welcomed the dor facility and the dorboz in celebration of this victory. Nowadays, in our country, pharmacists are treated with special respect. There is a saying in the legends that the arrival of the medicine men in the cities causes tranquility, and the arrival in the countryside causes a rich harvest. The woodpecker game was once common in Uzbekistan. The woodpeckers performed spectacularly by running, jumping, dancing, and performing tunes on National Instruments, trumpets, surneys, etc. There are many references to these in the "Beaver".

In Khorezm, the game "Stick" is common. Uzbek folk games can be classified according to their content as follows:

- Dramatized plays:
 - a) vital (historical-vital, cultural, professional life);
 - b) Funny Games;
 - d) singing and dancing games.
- Meaningful-role-playing games:

- (a) meaningful action;
- b) sports games.
- Creative games.

Analyzing the historical origin of Uzbek folk games, it can be concluded that dramatized games arose on the basis of the art of “playing dolls”, which became the basis of Uzbek puppet theater.

The doll, which represents a certain artistic image, reflects the historical life events in the life of the country and people, represented cultural domestic changes, the work carried out by people, their beauty and shortcomings.

Dramatized plays are often performed in musical accompaniment and with the dancing of the characters. Children watched the lives of adults, labor activity, natural phenomena, the behavior of people, animals and birds, and participated in folk performances, depicting what they saw in their games. The accidental reflection of life was the basis for the origin of meaningful-role-playing, meaningful-action sports games.

The dramatized games are based on Uzbek folk tales and legends. The purpose of such games is to play fairy tales and legends, and dramatized games will be very bright in their content. And those who participate in them are characters who embody all the features of an artistic image, be it an animal or a bird or a person. In this, the animal world will also have human characteristics. The content of the fairy tale, the struggle between the participating individuals, interests the child and frames his soul.

Funny Games are games that rely on skillfully highlighting character and character over certain negative behaviors in people. Such games are organized with the aim of “punishing” the guilty and at the same time introducing unexpected and random elements.

They reflect the history of the culture of the Uzbek people, in which ascicians and clowns gained widespread fame.

Song and dance games are based on a specific genre of folk culture, folklore as a promoter of the National Oral, theatrical and musical traditions of the Uzbek people. They represent the spiritual wealth, aesthetic taste of the Uzbek people.

Action, sports competition games are based on the movement activity of children and develop their muscles, movement organs, and also form their senses. Meaningful role-playing and meaningful-action games are attractive and engaging in

their own right, with excellent content as well as varied action. These games introduce children to the qualities of the surrounding world, nature, some things.

Creative games include:

- children themselves Uzbek folk tales and legends

games that you create on the basis of;

- a poem that activates the creative abilities of children

games in which weaving, singing, dancing, gestures, imitation, etc. are performed;

- games related to visual creativity, the performance of what you need for games.

In the current conditions, Uzbek folk games have become special. Basically, their purpose has changed, the content has been updated, stable rules have arisen.

New types and variants of Indigenous Games have appeared.

Shaklan national and content modern Uzbek games are considered one of the main factors in the upbringing and comprehensive maturation of the younger generation.

Educating the younger generation as physically healthy, energetic, having matured in every possible way, is one of the most important tasks of our time. Therefore, from the very first youth of our future children, it is permissible to seriously engage in their physical growth and upbringing, to make good use of educational methods and Vasilas.

Uzbek folk national action games are considered one of the sub-genres of children's folklore. Folk oral creativity like other genres national action games have come down to us through a long history. The longevity of National Action Games itself suggests that national action games have a powerful educational power. The Uzbek people, by playing national action games, introduce children to their khalqinitp life, past style, culture, profession, the intelligence of our ancestors.

Hence, games are a resource that introduces children to the rich national traditions, traditions, living conditions, spiritual moods, spiritual appearance, linguistic features of their people.

Uzbek folk national action games delight children with their image, simplicity, clarity and fluency.

In the process of playing the game, children perform the actions necessary for various basic lives. Games are very important in raising children as owners of truly human qualities such as correctness, honesty, mutual assistance, independence and organization, in addition to physical cultivation, conditioning, development. Children independently achieve skills and competencies such as organizing games, distributing roles, assessing the behavior of their comrades. Also, agility, agility, agility, strength will be found in them.

Games meet all the interests of children, that's why children play games repeatedly with great interest.

The holding of action games is planned on a walk in the first and second half of the day according to the kindergarten agenda. The Uzbek national games are played on an open wide field at the kindergarten field. The game requires preliminary preparation of the appropriate equipment. As equipment: balls, ropes, chamber axes, masks and the like can be used. Games last 10-15 minutes in small groups, 25-30 minutes in large and preparatory groups.

The organization and fun of the games depends largely on the educator. In small and medium-sized groups, mainly games with a simple rule plot are held. For example, "White Poplar-blue Poplar", "Chitti flower", "Run baby bird came". In these groups, the educator performs the main role himself.

In large and preparatory groups, the educator offers children to fulfill the main role in the game. Children start the game with the beginning-choruses. Choruses are the most convenient method of organizing an action game, in which children call each other to the game by singing.

They represent the experiences that children call to play depending on the concrete situation and always act as a call to play, a call:

If you are a child, kelaver,

Play and play,

Kelho, kel

Kelho, kel.

Organized on the basis of dividing the two opposing sides of the game

in games where they want to reach, such as "White Poplar, blue Poplar", the limit is said. Restriction usually occurs on the basis of the "horse-laying" of two children who secretly agree with each other and do not make their own by writing a

language. This circumstance ensures the mystery of the questions and answers they do with their mother. Restrictions in most cases begin with an appeal to onaboshi:

- Mati, mati,
- whose turn?
- Mine, one of their mothers.
- Do you get a crown tillo cock? Yo
- Chala mullo chicken?
- Crown tillo cock!
- Fire to me!

Such restrictions consist of an appeal and a question

although, the question is decisive. Children do not even forget to describe his appearance in his address to the mother.

Mom, Mom,

Boys ' pencil case,

What do you eat? What do you get?

Slurry? Pilaf soup?

Determine who is standing in line when organizing a children's game

if they feel the need, they say a number and mark the one who remains in the goal.

Sanamas are one of the common types of gameboards

in advance of the start of the game, the determination of the stand in the queue serves as the designation of the rest in the goal.

The counting tone on the dates is complemented by hand or foot movements and is confirmed. Onaboshi can refer to every word or

standing up to the phrase with a noise in accordance with the rhythm of the count, in each rhythmic tactic, the hand alternately goes to the chest of the participants in the game, on this basis, exaggerating the rhythm of the count and emphasizing the child with a touching hand goes out of the circle. The most recent word remains in that queue whoever gets to the check.

In dates, the numbers are not simply mentioned, but weighted with the intention of organizing a rhythmic basis.

One, two, sixteen,

Who said Sixteen?

Sixteen I said.

Count if you don't believe:

One,

Two,

Three,

Run...!

Many of the games started with saying counting, sanama is used as a queuing method among children. In various age groups, especially large and preparatory groups, the educator teaches children to organize games independently.

The educator monitors the non-violation of the rules of the game, the complete observance of it by all children. The words in the game teach the execution of rhyming rhythms and the execution of monand movements to the rhythm. For example: in the game "Chittigul", children standing opposite while saying the words "CHittigulo chitti gul" kick their hands at each other while playing the bat, Hayu chittigul, ha-yu becomes a children's bar by saying chittigul. In games such as white terracotta – blue Poplar, "Tapur-tupur qayrağoch", both the word rhythm movements are used without tone. It is also necessary that the educator pays special attention to the variator of games, because when games are variatorized, children try to achieve the goal, not performing excessive efforts to save their energy: master the methods of getting out of difficult situations. Another valuable aspect of making games more child-optional is that they try to overcome the challenges encountered on the way to completing tasks that are more difficult for them. During the game, children also face complex tasks. To solve them, the educator should attract children who will have enough strength, taking into account the physical development of children, to what extent they have acquired the skills of movement. Game jara-the fact that the caregiver controls the fact that children are not overloaded, the tired, frustrated children are considered desirable to relieve their tasks, to stand up, replacing the rapid movement with a calm state.

During the organization and leadership of national action games, the educator uses different methods of Education – explanation, display, recommendation, approval of children's action, assessment of the game. During the game, the educator should be able to create an emotional-uplifting mood in children and keep it until the end of the game.

Sports games include volleyball, basketball, Ball, badminton, lapta, table tennis, football, hockey. In kindergarten, sports games can be held in large and preschool preparatory groups. They are gradually introduced when the elements of children's competition, game relay play existing action games in an organized manner and form an action game independently. Sports games require greater self-control, organization, observability, possession of a certain movement technique, a quick reaction of movement than in action games.

The unity of wellness, educational and educational tasks, the emotional upheaval generated by them, the possibility of improving actions, is a sign that unites one or another of these games. However, if in action games children use different actions with positive initiative, there is a slight limitation of actions in sports games, which is determined by the peculiarity of this game and the accuracy of the technique of action activity. The number of participants in sports games is clearly defined, their tasks are distributed, the duration of the game will be limited. The conditions for holding games require a specially prepared space, a designated area, appropriate equipment and inventory.

In the above games, children acquire the right skills that meet the general requirements of the technique of sports games. These skills often preclude re-learning of games and are important for school preparation. In order for children to play sports games (basketball, volleyball, tennis), it is important that they have the skills to freely master the ball. Develops the necessary skills such as moving with the ball, catching, hook and holding, marking the direction of the ball, correct aiming in space.

Basketball

Teaching children to the elements of a basketball game involves taking possession of a ball in a standing position and movement, passing it to each other, carrying it, throwing it into a basket. Using game exercises, it is necessary to bring children to a basketball game, which is played with simple rules.

The game is played in a field ranging in size from 5x10 to 7x13 m. Field boundaries are marked with lines. Wooden fences measuring 120x80 CM are installed on the opposite side of the square. The fence is fastened to the column. The most convenient option is a form (which is attached to a metal structure), in which

the fence is fixed to the edge of the square. The fence will look as if it hangs over it. This makes the game much safer. The standard size basketball hoop is reinforced 20 cm from the lower border of the fence, 1.7-2 meters above the ground. At a distance of 1 meter from the boundaries of the square, there should be no bench, column, etc. 1.5 metres from the fence, penalty ball throwing lines are drawn inside the pitch. Children play basketball with balls that return well when hit on the ground (40x50 CM in circumference). The object of the game is to throw as many balls as possible into the basket of the other team during the time allotted for the game, carrying the ball and increasing it to its team mates. The team consists of up to 5 people. The game is played two times in 3-5 minutes. The basket is awarded 2 points for the ball being dropped. It is impossible to take more than 3 steps with a ball in the hand. The ball can be kicked back from the field and moved with the ball. Players cannot be pushed, grabbed by their clothes and hands, played. For violation of the rule, the ball is withdrawn and inserted into the game from the sideline by another team player. For gross violations of the rules of the game, the player is sent off for 1-3 minutes. But in doing so, another player can play in the fall instead. Badminton Badminton is played on a field measuring, 3.5×8 to 5×10 m. A set (or draw) is pulled from the middle of the square at a height of 130 cm. The players alternately beat and repel vol Ann from the set. If a flywheel is hit by an in-Game error, i.e. (unable to pass the flywheel through its field, pushing it out of its partner's field, or hitting the set, hitting it with a racket flange) the other player enters it into the game. If the defenseman makes a mistake, a point is written to the player who entered the flywheel into the game. The game will last up to 5, 7 or 10 points as agreed. The game can be played from a birnecha party. The game can be played as one double or as a multiple team. But in this, a zone is drawn to each player so as not to interfere with others, he should not go beyond this zone.

In order for children to feel the dynamics of the movement of the flywheel in space, teaching the game of badminton begins with shooting the flywheel up and increasing it from one to the other. Then it is practiced to hit the flywheel with a racket where it stands and during movement. After that, the children learn to beat and return a hand-thrown flywheel. Gradually, the introduction of the flywheel into the game is mastered. The next stage – playing in pairs on the court-is played first without a set, and then with simpler rules over the set. Standard rackets and flywheels are used for training.

Table tennis is played on a table measuring 230x100 to 250x130 CM. The height of the table is 65, 68 cm. Tables that can vary in height are comfortable. The surface of the table is made of a sheet made of wood scrap or moisture-resistant plywood 8, 10 thick and painted in a muffled blue color. A 3 cm wide white line is

drawn on the edges of the table. The bur - chaks of the table should be rounded. It is also possible to use regular tables for training with balls and rackets. Standard rackets weigh a little on children, so it is necessary to shorten its handle by 2 cm, and reduce the diameter by 0, CM. To teach, every child needs to have a ball and a racket. Some exercises can be performed not only on walks, but also independently in the building.

At the beginning of training, exercises are given that are performed with a table tennis ball.

The consistency of these exercises is approximately such:

- throw the ball up and hook it with two and one support;
- shoot and get hooked after touching the field;
- hit the ball against the wall and get hooked after touching the pitch and returning;
- to throw the ball together and to hook it with one and two supports; - just as it is, but to hook the ball after touching the pitch;
- increase the ball together after touching the table and returning.

The above exercises begin to be practiced with a racket, especially after the exercise is learned, which is closer to the next game, or in parallel with them:

- learning to hold a racket;
 - imitation as if hitting a ball with a racket;
 - moving the rollers forward, to the side, moving the ball carry it on the racket, not dropping it from the racket.
- Where it originally stood, then hit the ball with a racket during movement:
- high throw and hook the ball with a racket;
 - to return the ball returned by touching the table by hitting it with a racket;
 - hit back the ball with a racket, which returned by touching the wall and the floor;
 - learning to include the ball in the game;
 - beat back the ball that the partner threw on the table with his hand;
 - it is necessary to return the ball so that it touches again;

- playing at the table without a set in pairs;
- playing on a table with a set drawn in pairs.

Children can master the game only with the result of constant training with a racket. During the exercises, children are divided into groups; some play at the table, others perform the movements in pairs or engage individually, and then switch places. It is necessary to perform all exercises with both the left and right hands. During the game, the children enter the ball into the game for birnecha times in a row (5). If an error is made (the ball does not land on the table if the receiver does not qi - Lin), the other player is awarded a point.

Conclusion

Holding action games in the family. The game is considered to be the favorite activity of children. Through play, children get acquainted with tevarak-surroundings, receive knowledge, get used to Labor. Through rule action games, children take over life movements (running, walking, jumping, etc.k.) develop and improve movements. In a room setting, the caregiver takes the children through games aimed at capturing various moves through rule action games, given their interest in the game. Spoken National Games with younger children, (White Poplar, blue Poplar, White Rabbit flame, chitti gulim) six; action games with sports elements with seven-year-olds. For example; it is possible to play basketball, table tennis, badminton. Through these games, children move quickly, get used to leisurely use a flywheel, racket.

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