

METHODOLOGY OF USING ACTIVITY GAMES IN PRIMARY CLASS PHYSICAL EDUCATION LESSONS

Nizomov Behzod Raximjonovich

Assistant, Department of Theory and Methodology of Physical
Culture Uzbek -Finnish Pedagogical Institute
bnizomov24@gmail.com

Isoqova Go'zal Odiljon qizi,

Physical Culture Direction III-Year Student
Member of the Scientific Circle "Towards A Healthy Life
"Uzbek -Finnish Pedagogical Institute

Abstract

This article will talk about the overall description of action games, the variety and the improvement of the effectiveness of assistance, which has a pedagogical value that is supported in the educational process.

Keywords: children's sports, primary class, development, healthy living, health, play method, endurance, agility, sports, action games.

Introduction

The formation of Uzbekistan as an independent state and its bold step towards independence will entail further improvement of socio-economic, political, cultural, educational spheres. Along the way, deep reforms in health, science, culture, technology, economics, education, physical education and sports, as well as other fields are proving in practice. The formation of moral qualities in schoolchildren through national action games is considered a step forward in the cultural and educational spheres of our society. The variety of physical exercises, sports and action games with a national description allows them to be used in a huge number of areas of the educational process. The purpose of physical education for primary school students is to mature in every possible way: satisfied, pure-minded, courageous, persistent, able to defend the motherland in the future. Action games include physical exercises that involve overcoming life obstacles as well as realizing various abilities.

In the process of playing games imitated by different images, children begin to develop self-control skills, active movement skills and skills. In addition, games are important not only for the physical perfection of children, but also for mental and moral upbringing. In multiplayer games, children should show their ingenuity, determination to achieve the goal, be able to feel a sense of responsibility in front of the team not only for his actions, but also for the actions of his comrades. The consideration of the environment and nature as well as man as a being that strengthens his health has been ranked among issues of great universal importance. The analysis of literature on pedagogical, psychological, sociological, ethics, methods of teaching



physical education there are different views on the issue of providing physical education to students and, at the same time, the use of the system of physical exercises and action games. The methodology for using action games in elementary grade physical education classes includes the following main aspects:

1. The importance of action games:

- Physical development: action games promote the physical development of children, increase their motor skills and strengthen general physical fitness.
- Psychological development: children promote psychological development, develop social skills, the ability to work in a team and increase self-control, self-control.
- Educational importance: through action games, children master new information in an easy and fun way.

2. Drawing up a lesson plan:

- Setting goals and objectives: it is necessary to set specific goals and objectives for each lesson, for example, the development of physical qualities, the formation of movement skills or the socialization of children.
- Selection of games: it is necessary to choose games that suit the age, level of physical fitness and interests of children. Action games should be different: running, jumping, throwing, etc.

3. Modes of action games:

- Notes and explanations: it is necessary to explain the rules of the game to children in a clear and understandable way. For this, short and clear instructions, images and examples are provided.
- Division into teams: dividing children into teams during a game contributes to their socialization. It is necessary to distribute teams in equal force.
- Control and assistance: during the game, the teacher must monitor the children, help them when they need to evaluate their actions.

4. Variety of action games:

- Dynamic games: games that involve children in more action, such as “Blind in the eye”, “Ram”, etc.
- Static games: games that help keep children's attention focused, such as “stay without moving”, among others.
- Team games: games that promote team cooperation, such as “Ball transfer”, etc.

5. Evaluation and analysis of games:

- Assessment of children's participation: it is necessary to encourage each child for their active participation, to highlight their success.
- Lesson analysis: after the lesson, the teacher must analyze the game process, assess the activities and difficulties of children, draw conclusions for future lessons.



Conclusion

The use of action games in elementary school physical education classes contributes significantly to the physical and social development of children. Through this methodology, children's interest in action increases and they strive for a healthy lifestyle. Children who regularly engage in exercise and Sports will be beautiful, handsome, healthy, strong, refreshed and cheerful, and physically active.

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