



THE ROLE OF MOVING GAMES IN IMPROVING STUDENT ACTIVITY

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ABSTRACT

The article emphasizes the important pedagogical significance of the use of national action games in the education system. Because national action games strengthen the health of students, develop such qualities as endurance, agility, speed, which in turn serve to instill in the citizen the qualities of social activism.

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Consistent measures are being taken in the country to promote physical culture and sports, promote a healthy lifestyle among the population, create the necessary conditions for the physical rehabilitation of people with disabilities and ensure the country's worthy participation in international sports arenas.

At the same time, the implementation of specific programs to promote public health in the field of physical culture and sports, the involvement of young people in sports and the selection of talented athletes, the formation of national teams with skilled athletes and coaches is an additional condition for coaches. There is a need to create conditions.

In order to form a comprehensively mature and physically healthy person with a high culture in the country, to set priorities for improving the skills and knowledge of the population in the field of physical culture and sports, to introduce innovative forms and methods in the selection process of talented athletes. January 24, Decree PF-5924 "On measures to further improve and popularize physical culture and sports in the Republic of Uzbekistan."

Although everyone consciously cares about their health, the development of society, the history of mankind shows that one of the most important values in the world is health, which realizes the socio-spiritual potential and opportunities of people and reflects the country, nation, spiritual and physical wealth.

The children of a healthy nation, a healthy people will have a healthy future.

There will be specific aspects of any society, procedures, principles of formation and development. But the tools involved in all of these processes as an important factor are numbered.

Naturally, with the change in the human mind, it is difficult to imagine one of his physical processes without the other. Because if there is no change in the mind, you will not realize how important physical activity is in life. In turn, without physical activity, without labor, no one can guarantee that there will be any change in mind. That is why from the day a person socializes as a person, he gains the opportunity to understand and educate himself through physical activity.

True, before, the terms physical education, physical culture were not concepts. But running, archery, horseback riding, wrestling, all of these existed even in the most ancient societies, and now each has been shaped as a separate sport.

The role of physical culture and sports in the preservation of a healthy generation, which ensures the continuity of a particular nation, is also enormous. A healthy generation emerges from a healthy parent. Only a healthy nation is the key to the prosperity of its nation and country. This means that the role of physical culture and sports in society, which contribute to the development of the whole nation and the country, is invaluable.

Recognizing the importance of physical education and sports in the development of society, there have been many efforts to develop it. However, they were sometimes not carried out in a scattered, consistent manner, due to the negligence of some leaders, who viewed the sport as just a pastime and did not achieve the expected effect. However, the role

of physical culture and sports in the formation of human pride and aria cannot be replaced by anything.

It is known that the use of national action games in the education system is of great pedagogical importance. Because national action games strengthen the health of students, develop such qualities as endurance, agility, agility, which in turn serve to instill in children the qualities of social activism.

Without the social activities of students, both spiritual and physical perfection cannot be achieved by controlling and strengthening their health, forming a culture of developing body parts and general working skills. Therefore, we want to consider in what ways and by what organizational and pedagogical conditions it is possible to ensure the activity of students in the process of teaching movement games in the classroom, in extracurricular activities.

In preparation for the game, each student should be assigned specific tasks, which should be age-appropriate. This creates a desire in students to do it with interest.

Usually in the organization and conduct of the game, attention is paid to the recognition and encouragement of active participation of each student, showing as much initiative as possible. When students play creatively, games develop their organizational skills and competencies. Helping a teammate to achieve a goal, coming to a decision with his or her teammate or teammate is one of his or her initiatives in the game. If students have played the game before, their activity may be even higher at this time.

Depending on how well the students are handling the game, they may be assigned assistants to officiate, referee, supervise, and assign assistants to themselves once they are organized to participate in the game.

Observations have shown that the content, function, and rules of each game need to be explained using visual aids to ensure that students are active in teaching movement games. This allows students to have a conscious attitude towards the game, to do it correctly, to understand their mistakes and successes correctly, and to analyze their actions against the actions of their peers.

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