

FEATURES OF USING NATIONAL MOVEMENT GAMES IN DEVELOPING MOVEMENT QUALITY IN PRIMARY SCHOOL STUDENTS

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Abstract: This article analyzes the specific aspects of the use of national movement games in the process of developing the quality of movement in primary school students. The positive impact of national games on the physical development of children, increasing coordination skills and the formation of motor activity is considered on a scientific basis. As part of the research, the influence of national games on the quality of movement of students was studied using an experimental method and the results were analyzed. The article also provides recommendations for the effective use of national movement games in the process of primary education.

Keywords: primary school, movement quality, national movement games, physical education, child development, motor skills, coordination skills, pedagogical technologies, game methodology, educational process, sports and physical education.

1. Introduction. In the modern education system, the development of the quality of movement of primary school students is one of the important directions. The physical development of children directly affects not only their health, but also their intellectual and social activity. Therefore, the effective organization of physical education classes in the process of primary education, especially the use of games that serve to form the quality of movement, is considered one of the urgent issues. National movement games, with their interesting, action-packed and developing features, play an important role in increasing the physical activity of children. Such games not only help develop movement qualities - such abilities as speed, agility, balance, endurance, but also form the social skills of students, serve to develop such qualities as teamwork, discipline and leadership. At the same time, through national games, children become closely acquainted with the cultural heritage of their people, which has a positive effect on the process of their awareness of national identity.

The main purpose of this study is to analyze and evaluate the effectiveness of using national movement games in developing the quality of movement in primary school students. In the course of the study, the use of national games in physical education classes, their impact on the motor activity, coordination skills and general physical development of students will be studied. As a result of this article, scientific and practical recommendations will be developed for the more effective use of national movement games in the primary education system.

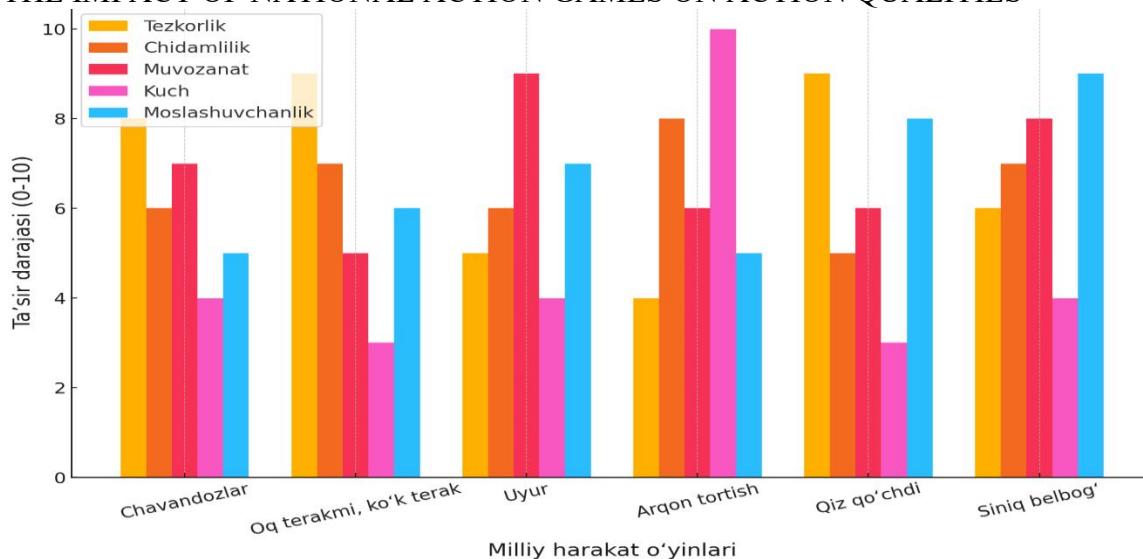
2. Scientific methods used in the article (Methods) : This study involved primary school students. The participants were children aged 7-9 years, who were randomly divided into two groups - experimental and control groups. The experimental group was trained on the basis of national movement games, while the control group continued its usual physical education classes.

Methods of using national movement games in the educational process. **In the experimental group, classes were planned and conducted based on a program that included national movement games. The games were selected in accordance with the age characteristics of children and were introduced into the lesson process using the following methods:**

- Before the training - national movement games as warm-up exercises (for example, the games "White poplar, blue poplar", "Squirrel", "Crow and sparrow").
- The main part includes games aimed at developing coordination of movements, speed and balance ("Tug of war", "Boychchak", "Who is more agile?", etc.).
- At the end of the session, calming and concentration games were used, along with breathing exercises.

Figure 1

THE IMPACT OF NATIONAL ACTION GAMES ON ACTION QUALITIES



Comparison method based on experimental and control groups.

During the study, a comparative method was used to determine the differences between the experimental and control groups. In the experimental group, national movement games were regularly included in physical education classes, while the control group was engaged in the traditional method. Data every two in the group initial and final tests through compared.

Research methods:

- Tracking - students physical actions and activity directly observation through their development level evaluation.
- Questionnaire - students and their teachers between national action games interest and motivation the impact determination for the purpose questionnaires was held.
- Tests - movement qualities measurement for special physical tests (speed, balance, agility, endurance) tests) were conducted.
- Statistical analysis - collected information analysis to do and the results reliability in terms of assessment for mathematical-statistician methods was applied.

Research results national action games elementary class the quality of the students' actions positive impact to show possible scientific in terms of to justify service does.

3. Results of the study during from national action games use elementary class the quality of the students' actions to develop how impact to show analysis The differences between the

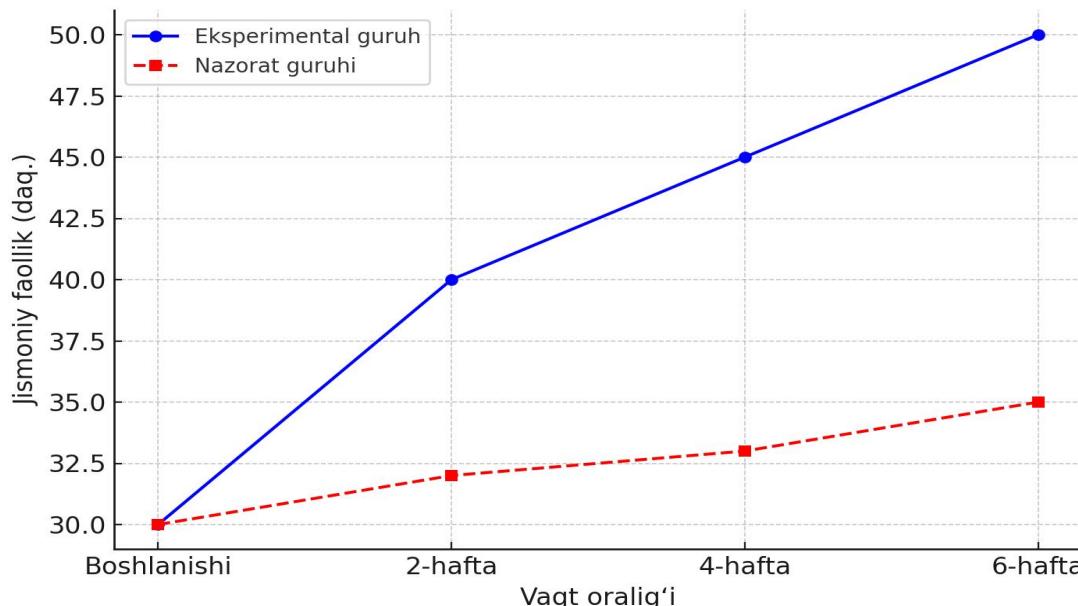
experimental group and the control group were clearly identified. Results of the experiment on the development of movement quality: At the end of the experiment, it was observed that the movement quality of the students in the experimental group had significantly improved. The following results were determined:

- Speed – students running and reflex movements to perform 15-20 % faster result showed;
- Coordination abilities – actions clearer and more harmonious done began, especially the balance storage with related in exercises improvement record was done;
- Endurance – far continue provider in actions and exercises students 10-15 minutes ago then tired if, experiment in the end this indicator up to 20-25 minutes prolonged observed.

Experimental and control groups between the differences show for movement of quality to develop circle results:

Figure 2

STUDENTS PHYSICAL ACTIVITY ACCORDING TO CHANGES



Above in the diagram experimental and control groups physical activity (per day) to act moderately time) by changes illustrated.

- Blue line (Experimental group) - National Action Games used group, physical activity noticeable at the level increased.
- Red line (Control group) - Normal physical upbringing training past group, physical activity less increased.

Control in the group and this indicators relatively stable become remained and noticeable changes not observed. From games of use physical activity and psychomotor to skills impact. National Action Games regular application students' physical activity increased. Experimental in the group :

- Physical activity level increased, children during classes and breaks during further active it has been;
- Psychomotor skills, that is of hands and feet one at the time adapted movement improved;
- Sense of space and time ability increased, that is students actions between coordination faster complete started.

Changes in student interest and motivation. **The introduction of national movement games into the classroom helped increase students' interest in physical exercise:**

- It was noted that 85% of students in the experimental group showed increased interest in physical education classes;
- More than 70% of students reported that they started playing games at home and with friends;
- It was observed that students' activity in the lesson process and their level of socialization increased.

Overall, the use of national movement games had a significant positive impact on improving movement quality, increasing physical activity, and increasing motivation in primary school students.

4. Discussion. Analysis of the results obtained and comparison with scientific literature. The results of the study showed that national movement games are an effective tool for developing the quality of movement of primary school students. These results are consistent with previous studies and confirm that movement games play a major role in increasing children's physical activity and developing psychomotor skills. For example, according to the research of scientists such as VA Sukharev and NI Ponomarev, the use of game technologies is important in the formation of skills such as agility, balance and endurance in children.

Our study results showed that students who used national movement games achieved significantly higher movement quality scores than students in the control group. In particular, children's agility, coordination, and endurance skills increased, indicating that national movement games are more effective than general physical education classes.

Advantages of national movement games compared to other physical education methods. **While traditional physical education is usually carried out according to a strict schedule, national movement games provide children with freedom of movement and support their natural motor activity. National of games following advantages separate show possible:**

- Interesting and stimulating environment -game shaped training children's enthusiasm and interest increases, this and their active participation to reach reason will be;
- Socialization and teamwork work - national games often team become is played, this and in children cooperation to do, communication and social skills develops;
- Cultural inheritance absorption - national movement games through children own of the people cultural values with get to know them and absorbs;
- Many edged physical development - national action games only strength and speed not, maybe It also develops balance, flexibility, reflexes, and thinking.

These are the advantages national action games not only physical upbringing in training, maybe elementary of education other also apply in directions the necessity shows.

Practical recommendations: teachers and education system for recommendations. **National Action Games physical upbringing to the lessons integration to do through elementary class the quality of the students' actions develops further effective to be possible. This because of following recommendations working output :**

- Teachers for methodical manuals working exit -national movement their games education to the process effective add for special textbook and methodical materials create;
- Physical upbringing in their classes game methods wide use - any one lesson during at least one national movement from the game use recommendation is being done;
- Students interest in consideration to take - lesson in the process which games children by more interest wake up call identify them lesson to the plan adaptation;

- Parents attraction to raise - children physical development improves for national movement games house under the circumstances also use according to recommendations to give;
- Scientific - practical research continue national movement of games various young to groups the secret of the effect further deep to study and new pedagogical methods working exit

These recommendations national movement from games use expansion and their start drinking education in the system instead to strengthen service does.

5. Conclusion and recommendations (Conclusion). This research starts drinking class in his student's movement quality in development national movement of games efficiency to study . The garden has been developed. Experimental and control groups compared to national movement from games use children's speed, balance, endurance and coordination such as physical skills noticeable at the level developed It was also determined that the national movement games of the student's physical activity increase, socialization improve and own national legacy understanding to the process positive effect showed.

Research results this showed that the national movement games not only physical of upbringing effective tool, maybe children's general to develop also assistant important is a factor. This games children's motivation increases, they have to sports was interest wakes up and collective work skills develops. Research results national movement of games start drinking education in the process importance confirmed without, in the future this in the direction further wider research take to go the necessity shows the following. in directions scientific research continue to hold recommendation is being done:

- Different age groups for national action games the impact learning - games not only elementary class students, maybe middle and high to classes analyse the impact to do;
- National Action Games other education sciences with integration to do -them mathematics, mother language and other sciences with tie through education process further effective to do;
- With digital technologies unification - national movement games interactive games and digital education to platforms integration to do;
- Parents and society attraction to do - national action games family sports events and school outside to training input;
- Physical upbringing programs improvement - national movement games are included in school textbooks and physical education upbringing to programs official accordingly input according to recommendations working exit

This research national action games education in the system instead to strengthen and children physical and spiritual to develop further big contribution to add service does.

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