

## IMPROVING THE EFFECTIVENESS OF WELLNESS ACTIVITIES THROUGH ACTION PLAY TOOLS IN ELEMENTARY SCHOOL STUDENTS ' PHYSICAL EDUCATION CLASSES

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**ANNOTATION:** This article covers the issues of improving the effectiveness of wellness activities in physical education classes of elementary school students through action game tools. The positive effects of action games on children's organisms, their physical qualities and their role in the formation of a healthy lifestyle have been analyzed. Also cited are the methodology and practical recommendations for the effective use of action games in the course of the lesson. According to the results of the study, gaming tools have a positive effect on the activation of the health-improving activity of students, their physical and mental development.

**KEYWORDS:** Elementary School, Physical Education, action games, wellness activities, student health, physical qualities, lesson effectiveness, pedagogical methodology, healthy lifestyle.

### INTRODUCTION

Today, in the process of education, it is important that children not only receive knowledge, but also grow up as healthy, physically fit and comprehensively developed individuals. The stage of primary education in particular is the most important period for the formation of physical, mental and mental health of children. Therefore, the formation of the attitude of students to a healthy lifestyle through physical education classes, the development of movement activity is one of the important tasks.

A special place in this process is occupied by wellness activities organized on the basis of action games. Action games are an interesting, active and natural form of training for students, which will warm up their organism, develop a culture of movement and improve their mental-emotional state. Properly selected and methodically based games shape physical qualities such as agility, agility, endurance in children while also having a health-improving effect.

This article will cover the health-improving possibilities of using action games, ways to improve their effectiveness, as well as practical recommendations in physical education classes with elementary students.

The modern educational system pays great attention to the upbringing of a healthy, physically mature and comprehensively developed generation. Physical education classes, especially those conducted with primary school students, play an important role in strengthening their health, proper physical development and the formation of movement skills.

One of the most natural and interesting ways to improve the effectiveness of wellness activities in physical education classes is the use of action games. Action games increase interest in movement in students, inflame the body, strengthen the immune system, improve breathing and cardiovascular function. Also, through such games, important social skills are formed in children, such as group work, fast thinking, responsibility.

### MAIN PART

#### 1. Role of action games in healthy development of elementary school students

Children of primary school age (7-10 years old) are very active in movement, in which high rates of motor development are observed. For this reason, wellness activities organized through action games:

- to strengthen the muscle and bone system of children,

- to temper the heart and respiratory system,
- serves to increase overall durability.

Also, through games, the emotional state of the child improves, his interest in the lesson increases, stress decreases.

## 2. Wellness functions of action games

Action games have a healing effect as well as the formation of physical qualities.

Including:

Action game type	Healing effect
Running games ("Race", "bring a flag")	Enhances heart function
Jump games ("jump on the line", "jump into the ring")	Strengthens coordination and leg muscles
Group matches ("relay", "rope pull")	Reinforces communalism and social adaptation
Calming games ("calm walk", "take the air deep")	Adjusts breathing, reduces stress

## 3. Methodology for the use of game tools in physical education lessons

To improve efficiency, the teacher must apply the games at different stages of the lesson as follows:

- **Introductory part (5-7 minutes):** Light games that prepare the organism for action (e.g.: "who quickly returns to place?", "Who reaches first?")
- **Main part (15-20 minutes):** Games that develop physical qualities and improve health ("relay", "bring a flag", "walk in a ring").
- **Final part (3-5 minutes):** Soothing, slow-motion games ("calmness in the game", "the child walking").

### Important methodological recommendations:

- Games should be appropriate for children's age and physical fitness.
- Safety precautions must be strictly taken during the game.
- Its rules are explained before each game.
- The teacher encourages children, activates passive participants.

## 4. Practical recommendations and examples

- **Example Game - "bring the relay flag":**
  - Students are divided into 2-3 groups. Each team runs up to the leading character (flag), respectively, and retrieves it and hands it over to the next player.
  - This game develops running, balance, agility, coordination.
  - Healing effect: the heart and respiratory activity are activated, the muscles are in motion.
- **Example Game - "walk calmly and breathe":**
  - Children stand in a circle. When the teacher gives a sign, everyone takes a deep breath and begins to walk slowly.
  - Health-improving effect: normalizes breathing, slows down the heart rate, helps to finish the lesson in peace.

## Features characteristic of the physical development of Primary School students

In the body of Primary School students (7-10 years old), there is an active process of growth and development. At this age, the rates of central nervous system, Movement Coordination and muscle development will be higher. At the same time, the organism of children is quickly given to fatigue, their attention and attention will be short-lived. Therefore, during this period, it is necessary that physical education classes have an interesting, easily acceptable and health-improving effect.

Action games play a very important role in meeting these needs. They satisfy the child's need for natural movement, stimulate movement activity and serve to strengthen health.

### The health-improving importance of action games

- Action games are characterized by the following main aspects in strengthening children's health:
- **Strengthens the cardiovascular system.**
- Active movements during the game increase heart rate and improve blood circulation.
- **Develops respiratory system.** Through running, jumping and other physical activities, children master correct and deep breathing.
- **Increases immunity.** Games played in natural conditions make the body warm.
- **Strengthens muscle and bone system.** Through movements, the body of children is inflated, the torso is formed correctly.
- **Improves emotional health.** In the process of play, children experience positive emotions such as joy, excitement, victory.
- In addition, action games are also psychologically useful to children, forming skills such as socialization, teamwork, compliance with rules.
- **Aspects to pay attention to in the selection and organization of games**
- The game should be appropriate for the age and physical condition of the child.
- Playing conditions must be safe.
- Each game should serve a pedagogical purpose (wellness, upbringing, development).
- Games should be diverse and fun, ensure that all children are actively involved.

### CONCLUSION

The use of action games in physical education classes of elementary school students significantly increases the effectiveness of wellness activities. Through action games, students are activated, their physical qualities develop, interest in a healthy lifestyle increases. Such games serve to strengthen the health of students, form an active lifestyle in them, and also increase the positive attitude towards other subjects at school.

Therefore, it is necessary that each elementary school physical education teacher organizes his lessons in a more interesting and useful way through the effective and purposeful use of Game Tools.

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