

DEVELOPING PHYSICAL QUALITIES IN ELEMENTARY STUDENTS THROUGH ACTION GAMES

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ANNOTATION: This article covers the pedagogical and methodological foundations of the development of physical qualities of elementary students through action games. The educational, educational and health-improving importance of action games has been analyzed, showing their positive effects on the children's organism. Ways to shape physical qualities such as agility, agility, endurance, balance, and strength are also covered through action games, and recommendations are made for the correct inclusion of games in the course process.

KEYWORDS: elementary education, physical qualities, action games, agility, endurance, agility, balance, physical education, game technologies.

INTRODUCTION

The stage of primary education is the period when the main physical, mental and mental potential is formed in children. Especially through physical education classes, the correct Organization of students ' movement activities takes an important place in the creation of the foundations of their healthy and active lifestyle. In this context, action games are one of the most effective means of developing physical qualities (endurance, agility, agility, strength, balance) in young children.

Today, one of the main tasks of the educational process is to educate a healthy, comprehensively developed, physically energetic young generation. The stage of primary education in particular is an important period in the comprehensive formation of the child, including the development of his physical qualities. The basics of physical education given at this stage act as the foundation for the further development of the child.

Action games are one of the most effective tools for increasing the physical activity of young students, developing their qualities such as speed, dexterity, endurance, balance. Through games, children learn to control their actions, maintain balance, work in a team and follow the rules. Such training provides not only physical development, but also the socialization, emotional stability and mental activity of children.

Therefore, educators working with elementary school students need to develop their physical qualities in a purposeful and systematic way through the effective use of action games.

MAIN PART

1. Definition and advantages of action games

Action games are activities that take place in the form of a game, based on physical actions of children, with established rules. Such games develop not only the body of the child, but also his thinking, reaction, social skills.

- **Advantages:**
- A fun and natural form of training for children.
- Through movements, all muscle groups are launched.
- In children, skills of group work, discipline and leadership are formed.
- The ability to think creatively and make independent decisions develops.

2. Role of action games in the development of physical qualities

- Each action game serves to develop certain physical qualities:
- **Agility:** "Who's agile?", "Race", Chase " games where children learn to move quickly.
- **Agility:** Through games such as " passing the ring", " passing through obstacles", the child's coordination increases.
- **Durability:** Long-running action Games (marathon Games, relay) chin the child's cardiovascular system.
- **Power:** Through " rope pulling", " load-raising Game", children develop muscle strength.
- **Balance:** Through games such as " jumping on one leg", " walking on a line", the ability to maintain balance increases.

3. Methodology for using games in training sessions

- Action games can be included in different parts of the lesson:
- **In the introduction** — moderate intensity games for body warm-up.
- **In the main part** — games aimed at developing basic physical quality.
- **In final** — soothing, slow-paced, games that bring children back to peace of mind.
- When choosing a game, it is necessary to pay attention to the following factors:
- Age and physical fitness of children.
- Implementation of security rules.
- Educational value of game content.

Features of physical development:**1. Features of physical development of Primary School students**

Elementary students (7-10 years old) are in an active stage of physical and psychological development. Their movement activity is high and they quickly master new movements, but are also prone to fatigue. Therefore, physical education classes should be organized in the form of fun, play, appropriate for the age of children.

- At this age, the following physical qualities are considered the most favorable period for their formation:

- **Agility**
- **Agility**
- **Durability**
- **Balance**
- **Power**

A suitable system of exercises and action games will be needed to develop each quality.

2. Definition and educational significance of action games

Action games are games that are played according to established rules, based on the action activity of children. Through them, not only physical qualities develop, but also qualities such as socialization, group work, friendship, culture of treatment, adherence to rules are formed in children.

- The main advantages of action games:
- Causes interest in children.
- Increases physical activity.
- Teaches to harmonize movements.
- Improves emotional mood.
- Forms a solid Health Foundation.

3. Types of action games that develop physical qualities

a) Games that develop speediness:

- *"Who's agile?" - teaches agile movement.*
- *"Bring the flag" - increases the speed of movement.*
- *"Chase" – develops the ability to react and move quickly.*

b) Games that develop agility:

- *"Crossing obstacles" – develops coordination.*
- *"Ring transfer" - increases accuracy and movement flexibility.*
- *"Throw and hold the bag" - helps accuracy and Quick Fit.*

c) Endurance shaping games:

- *A "relay" is a protracted collective action.*
- *"Marathon running" -chin the cardiovascular and respiratory system.*

d) Balance-promoting games:

- *"Walking on the line" - teaches to control the body.*
- *"Jumping on one leg" – increases the ability to maintain balance.*

e) Power-forming games:

- *"Rope pull" - strengthens team strength and muscles.*
- *"Lift weight" (light variants) – muscle twitching.*

4. Methodology for applying action games in the course of the lesson

- Action games can be used in all three stages of a physical education lesson:
- **In the introduction** — body warming light Games (5-7 minutes).
- **In the main part** — games that develop targeted physical quality (15-20 minutes).
- **In final** — soothing, slow-paced games (5 minutes).

Methodological recommendations:

- Games should be appropriate for the age and level of preparation of the child.
- Safety rules must be strictly observed.
- It is important to give support and motivation to children during the game.
- Each game should have educational significance.

CONCLUSION

Action games are an invaluable tool in the comprehensive development of the physical qualities of elementary students. They serve the healthy development of students, the formation of skills of activity, discipline, friendship and socialization. The correct and systematic introduction of these games by teachers into the educational process is important in the growth of students into adulthood as a healthy generation.

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