

FORMS AND METHODS OF DEVELOPING THE USE OF FOLK MOVEMENT GAMES IN HIGH SCHOOL STUDENTS

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Abstract: The article analyzes the role of folk movement games in the system of physical education in the comprehensive physical development of high school students and the formation of their positive moral and emotional-volitional qualities. The use of outdoor folk movement games in the process of physical education of high school students is one of the most effective means of harmonious development of a physically healthy and spiritually rich person. The priority of a child's physical development is determined by people's place in life, lifestyle, circumstances, and needs. For centuries, human labor has faced such challenges because too much physical effort has been crucial to overcoming these problems. Strength and endurance, perseverance and dexterity are highly valued among the people. Parents strive to instill these qualities in their children. In addition, people have realized that physical education is inseparable from other factors in shaping a person.

Keywords: physical education, outdoor games, high school students, folk action games.

INTRODUCTION

Games have a positive effect on the formation of personality at different stages of childhood. As a social phenomenon, folk games have attracted the attention of scientists in various fields of knowledge - pedagogy, psychology, philosophy, art history and medicine. Despite the different concepts of play

activities, the researchers concluded that games are associated with children's spiritual and spiritual development and excitement and are recognized as a remarkable cultural phenomenon.

In the theory and practice of modern school education, great attention is paid to the optimal combination of different forms, methods and means of teaching and education, which allows to effectively solving the problems of existing programs. And in this regard, one of the important means of physical education of school-age children is action games, which comprehensively nurture the physical and emotional-volitional qualities of school students, as well as improve the formed skills and abilities.

MATERIALS AND METHODS

The purpose of the article is to analyze the importance of folk movement games in the process of physical education of high school children at school.

In many cases, high school sports activities take the lead in high school students, which is due to several important aspects: Adolescents prefer to show results in the early stages of adult life than other types of activities; it is these games that determine the learner's readiness to develop other types of activities (communication, work, study) and satisfy the need for a new formation of personality for all ages.

Research and analysis of scientific works. Raising children through folk games S. Rusova, Suxomlinskiy, O. Usova, Ushinsky and other educators have been positively evaluated by scholars. N. Androshchuk, A. Volchinskiy, V. Zavatskiy, S. Mexonishin, L. Ponomarenko et al. Made many interesting observations on the development of the theory and practice of using national games in the open air, the impact of folk games on the body of school-age children and their peculiarities in the educational process and the family of school-age children.

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The scientific nature of the article. The tasks and content of play activities for high school students are determined by the main component of general education in the Republic of Uzbekistan and the current programs of development, teaching and upbringing of school-age children.

For centuries, folk pedagogy has set priorities for their health and physical development in educating children as a future nation. The treasures of our national traditions and science have been rich in recommendations and statements, such as: "There is no happiness without health!", "Healthy body - healthy mind!" and others. Immediately after the birth of the baby, the parents diligently performed their first and most important duty, taking care that the child would grow up healthy and ready for active labor in the future.

The priority of a child's physical development is determined by people's place in life, lifestyle, circumstances, and needs. For centuries, human labor has faced such challenges because too much physical effort has been crucial to overcoming these problems. Strength and endurance, perseverance and dexterity are highly valued among the people. Parents strive to instill these qualities in their children. In addition, people have realized that physical education is inseparable from other factors in shaping a person.

Taking care of the upbringing of a healthy generation, the Uzbek people have created a unique national physical culture. In Uzbek folk pedagogy there is an integral system of means of physical education, which fully corresponds to the national characteristics of our people and is most optimally used in the physically developed development of children.

Because folk action games and the methods of organizing them are constantly changing, they are used equally in the educational process, combining the development of modern game traditions that have been known since ancient times.

According to the author, it would be expedient to use the elements of folk games as a separate group in the process of various sports games used by physical education teachers in working with high school students without overloading the curriculum.

RESULT AND DISCUSSION

Games have been created by the people for many centuries and aim to develop the physical qualities of children, as well as the formation and development of such qualities as their independence, tenacity, cohesiveness, intelligence, honesty, friendliness and caring attitude to each other. Folk action games are an effective means of comprehensive education of children and contribute to the expansion of their ideas about the world around them, because the performance of play activities gives aesthetic pleasure, harmonizes relationships, strengthens motor skills and creates the necessary conditions for physical development.

Uzbek folk movement games include seasonal ceremonial games, daily folk games, fun games and entertainment games. The movement games of our people have been created by our great ancestors for many centuries, and they have contributed to the development of the physical qualities of the younger generation - speed, agility, strength. In the present conditions, many open-air folk games, which continue to form moral and volitional qualities in children, have survived to our time. In physical education classes and extracurricular activities, they are used to increase emotionality and ensure proper physical and spiritual development, strengthening the health of students.

Widespread use of folk movement games in pedagogical practice involves their classification, grouping, that is, the purposeful selection of certain pedagogical problems according to certain criteria. According to different criteria,

action games are divided into individual (individual) and team (group). Folk action games, like any outdoor game, have their own content, form (team building) and method logical features. The content of an active game includes the plot (figurative or conditional plan), the rules, and the moving actions in the game and how they are aimed at achieving the goal. The form of action play involves the organization of actions, which allows a wide choice of ways to achieve a set goal and is related to its content.

Folk action games are very important for developing the ability to regulate the emotional state of schoolchildren of different ages. Provided that the process of raising school-age children in general and their play activities in particular is properly organized, the teacher contributes to the formation of a stable emotional state of each child and the formation of moral and volitional qualities in children. The meaning of games is not limited to the emergence of new activity motives and tasks in the child. It is very important that a new psychological form of motives emerges in the game. Play is also very important for forming a friendly team, fostering independence, a positive attitude to work, correcting deviations in the behavior of individual children, which is the result of the impact of play on the child's mental development and his formation as a person. Play activity is a special field of human activity that does not pursue any goals other than the manifestation of one's physical and spiritual strengths.

For each folk action game, children are encouraged to choose interesting and convenient information to acquaint them with the history of its appearance and use in a certain period of the ceremonial calendar. Telling children interesting legends, beliefs, sayings about the history and customs of the origin of the game, broadening the child's worldview, helps the teacher to arouse his interest in the situation with folk games.

During folk movement games, it is advisable for the physical education teacher to use specific puzzles, stories, and pieces of folk tales. The teacher's use of folk songs, various counting rhymes to select the main role in the game, folk

proverbs and parables to summarize the results of the game, as well as acquaintance with specific folk attributes have a great impact on the formation of children's national outlook during their participation in outdoor games.

The positive effect of outdoor folk games on the child's body is achieved only through their proper pedagogical guidance. The maximum impact of open games as a means of harmonious personal development in preschool education depends on the pedagogical conditions created for their organization:

- regularity of games during the day;
- the optimal combination of techniques and methods of pedagogical guidance in the preparation, basic and final parts of the game;
- use pedagogical methods that correspond to the meaning of each of the stages of game management.

CONCLUSION

Thus, Uzbek folk games have important educational opportunities, which are determined by their cultural and historical origins and social functions in the children's environment. Open-air games, combined with physical education and other means, ensure the physical development of preschoolers and enrich their spiritual culture by learning about the cultural heritage of the Uzbek people and the traditions and ceremonies of the Uzbek people in ancient times. They should not be allowed to remain the same during the conduct of moving games and relays. Otherwise, students' interest in the game will decrease. Moving games, loads are gradually increased. It is a good idea to discuss the games with the students after they have been played, and then assign the management role to the most active students as these games are repeated.

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