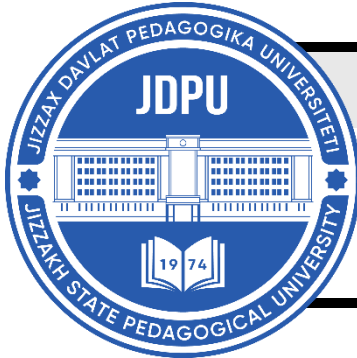


**MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**THE ROLE OF PHYSICAL EDUCATION AND SPORTS EVENTS IN
IMMIGRATION OF EMOTIONS BASED ON NATIONAL AND GENERAL HUMAN
VALUES TO PRIMARY CLASS STUDENTS****Shodiyor Orolovich Atamurodov**

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ABOUT ARTICLE

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Abstract: In the process of physical education and sports activities organized and conducted with students, the relevant teaching aids are effectively used. National action games are the main method and tool in organizing and conducting physical education and sports events with primary school students. Through games, students develop physical qualities and instill feelings of national and universal values

INTRODUCTION

In our ongoing research work, we aim to develop the scientific methodical basis for the formation and improvement of the main directions of instilling feelings based on national and universal values to primary school students through physical education and sports activities.

R.Abdumalikov, T.S.Usmonkhoyev, R.S.Salomov, O'.Ibragimov, A.Atayev, K.A.Meliyev in the scientific study and promotion of instilling national and universal values into the minds of students through physical education and sports activities by the scientists of our country, Sh.Khonkeldiyev, A.Abdullaev, K.Makhkamjonov, Kh.T.Rafiyev, K.D.Yarashev, R.K.Qudratov, T.Kh.Kholdorov, F.Khojyev, K.Yusupov should be highlighted. Academician J. Tulenov, professors M. Murodov, U.

Karaboyev, I. Jabborov, N. Bekmurodov, T. Javliyev, etc., among scientists, should be highlighted in the scientific study and promotion of national and universal values.

MATERIALS AND METHODS

Professors Kh. Khomidov, O. Musurmonova, S. Nishonova, M. Inomova, M. Davletshin, A. Atoyev, F. Nasriddinov, T. Usmonkhojayev, Kh. Rafiyev, about the educational significance of national and universal human values. The articles, pamphlets, methodological manuals, monographs and dissertations written by them for scientific degrees of O'.

It is planned to carry out scientific research works in order to further improve the pedagogical technologies of inculcating emotions based on national and universal values through physical education and sports activities to elementary school students, after studying the research works carried out by the above scientists in a scientific, theoretical and analytical way.

During the research, first of all, the types of physical education and sports activities conducted with schoolchildren were studied and analyzed. In the process of analysis, it was determined that physical education and sports activities conducted with general secondary school students are mainly conducted in the following directions:

- physical education classes.
- extracurricular physical education activities:
 - gymnastics exercises before class;
 - minutes of physical education;
 - action games organized during big breaks;
 - public physical education and sports holidays;
 - "Alpomish" and "Barchinoy" special test standards.
- extracurricular physical education activities:
 - sports clubs of sports school for children and teenagers;
 - physical culture in the family includes activities organized in the place of residence. [page 1.12-15]

We tried to rely on a number of parameters in the organization of physical education and sport activities. These are the names of physical education and sports events, the purpose of their use, the use of tools, methods, methods and equipment necessary for organizing games during the events. All this allows students to have a general idea about the process of physical education and sports events. In addition, special attention is paid to instilling feelings based on pedagogically important national and universal values. Here, as an instruction, we focused on the implementation of a) in the course of the lesson, b) in extracurricular physical education activities, and c) in extracurricular physical education activities. The above-mentioned parameters are of particular importance in the organization of these events. We organized physical education and sports events to inculcate national and universal

values in students. First of all, through physical education and sports events, we paid attention to inculcating human feelings such as harmony, teamwork, thoughtfulness, courage, tenacity, patience, and self-confidence among students. [page 4.45-47]

RESULTS AND DISCUSSIONS

In the process of physical education and sports activities organized and conducted with students, the relevant teaching tools are effectively used. National action games are the main method and tool for organizing and holding physical education and sports events with primary classes. Through games, physical qualities of students are developed and feelings characteristic of national and universal values are inculcated.

For example: "Tug-of-war", "Fight of the Roosters", "White Poplar, Blue Poplar", "Long Ear", "Riders", "Night and Night" plays as a team. Their forces should be almost equal. In team games, only one team will definitely win, and the defeated teams will definitely wait patiently and confidently to win the next game. In this game, children test their strength and show their abilities. Our main goal is to inculcate human feelings such as harmony, teamwork, concern, courage, tenacity, patience, and self-confidence. [Page 2.38-41]

There are a number of pedagogical advantages in inculcating and improving national and universal values to students through physical education and sports activities. The effectiveness of the process of physical education and sports activities is ensured by the opportunities created in it. Active movements of students can be shown during such opportunities. The importance of movement is pedagogically well-grounded and evaluated.

The important educational value of physical education and sports events for students is that physical education and sports events raise the mood of students, encourage them to be energetic, encourage them to be cheerful, enjoy life, and create a sense of overcoming difficulties. All these are the main means of instilling in students feelings based on national and universal values.

First of all, such events serve to create pleasant experiences for students.

Our observations show that during the events, the selection of stories, expositions, interviews, explanations, discussions, assignments and instructions, demonstrations, short videos, meetings with famous athletes, exercises, experiments, games and competitions, has a positive effect on instilling feelings based on national and universal values.

Teachers are required to adhere to the following when formulating the goals and objectives of the events. In addition to formulating the purpose and rules of the event, the teacher also introduces students to the procedure for conducting it. The time used during the event ensures that students focus on the content of the training, and guarantees the success of the process of completing the tasks. Strict adherence to the time of the event is one of the important requirements for students during the event.

Demonstration of materials and tools used in the process of physical education and sports events is one of the important requirements that the teacher follows. Such tools can include stories, demonstrations, interviews, explanations, discussions, assignments and instructions, demonstrations, short videos, meetings with famous athletes, exercises, experiments, games and competitions. The teacher shows and explains to students the principles of working with these tools. In addition, the teacher explains to them how to use these tools, their importance and specific aspects. Only then will the event process begin. [Page 3.65-70]

CONCLUSION

The stage of implementation of physical education and sports activities is combined with the active activities of the teacher and the actions of students aimed at active independent learning. Due to this situation, the teacher's actions are directed to monitoring the students' activities, giving them the necessary advice and assistance.

In fact, the tools used in the course of physical education and sports activities serve in the comprehensive development and improvement of elementary school students. Of course, any educational and educational activities conducted with schoolchildren require to be conducted based on pedagogical laws and teaching tools.

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