

EXPERIENCE OF USING ACTIVE GAMES IN PRIMARY SCHOOL

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Abstract. *The use of national outdoor games for the effective organization of young people's free time in physical education classes and beyond is important for the health of young people. The priority and versatility of mobile games lies in the fact that they can be used throughout the year, in different conditions and with changing and differentiated content depending on the age of the participants. Taking into account these features, it was determined that from a historical and social point of view, it may be logically correct to classify folk action games as follows.*

Keywords: *Active games, national games, physical education, effective organization of youth free time, main features.*

The use of outdoor games in the lessons of physical culture and extracurricular sports activities increases the effectiveness of the development of the physical qualities of children and teaching motor skills. Babies are known to love to move freely from infancy. Such free movements are not surfing. If various toys (dolls, teddy bears, birds, airplanes, cars, tractors, etc.) are scattered in different places, crawling children will try to get the toys they like (color, type, size). Therefore, the age, gender, interests and other characteristics of children should be taken into account when organizing physical or sports activities. Sports training is a multi-stage complex pedagogical process that requires the organization of classes on a scientific basis. Physical and technical-tactical exercises used in training should be planned and applied in accordance with the age, physical and functional capabilities of the children involved. The quantity, intensity, repetition and duration of these exercises should be based on biological laws. If the physical load is too high for the child, this load can have a negative impact on the child's body. On the contrary, if the load is less than the capacity, the formation process is inevitably slowed down. Some coaches forcibly use special and specialized exercises in order to accelerate the development of physical qualities in a short period of time, to prepare a qualified athlete faster. True, in some cases, that is, if the child has genetic and individual physical capabilities, such a child can quickly become a good athlete. However, in most cases, such highly loaded activities can lead to rapid fatigue, tension, and even illness in the child. In the practice of sports, there are also cases when such regular activities fade the interest of a child who has just started playing sports, his passion for sports disappears, and in the end he stops playing sports. Therefore, the use of active games in the training of young athletes, especially at the initial stage of training, in the development of physical qualities, the formation of technical and tactical skills «in a short way», is considered a very useful and important issue. . In order to study the state of such issues, we conducted a survey of students in grades 2, 3 and 4 (table).

Scheme 1

The results of the survey conducted with the participation of students (n=3)

№	Questionnaire	Yes	No	Partially
1.	Does your PE teacher talk about the importance of action games?	6	20	4
2.	Are action games used in physical education classes?	11	7	12
3.	Are action games held during big breaks or after school hours?	12	10	8
4.	Were there action games when you were in kindergarten?	24	-	6
5.	Do you know Action games that develop physical qualities?	8	10	12

6.	Do you get together with your kids to play action games at school or in the neighborhood?	28	-	2
7.	Do you understand national folk games as a national value?	7	17	6

The results of a survey conducted with the participation of schoolchildren showed that outdoor games of different content and essence were not fully reflected in the lives of the surveyed children, including their spiritual and physical education. This can be seen from the answers to the questions below. In the questionnaire "Does your physical education teacher lead discussions about the importance of civil defense?" - only 6 respondents answered in the affirmative, «no» - 20, «partially» - 4. It is important to have sufficient theoretical knowledge about civil defense, even if they are used in physical education classes or in other conditions. «Are HOs used in the JT lesson?» 11 respondents answered «Yes», 7 answered «No» and 12 answered «Partly». In oral interviews conducted with the children, they said that they mainly play football and other sports. Unfortunately, the majority of students who took part in the survey did not engage in purposefully organized civil defense even during breaks or during extracurricular time (3 questions). 18 respondents defend the opinion «No» or «Partly». In addition, according to the results of answers to 4 questions, the majority of children (24 children) regularly participated in GO' while attending kindergarten. According to the children's answers, they cannot even clearly distinguish which significant GOs form which qualities or characteristics (see answers to question 5). Although they do not know the essence of mobile games, almost all respondents are engaged in mobile games at school or in their area. Another negative situation that can be seen from the results of the survey is the answers to 7 questions. Including «Do you understand national folk games as a national value?» - 7 children answered «Yes», 17 children answered «No», 6 children answered «Partly». It is known that outdoor games are included as an independent subject in the approved program of physical culture classes, theoretical and practical classes are planned for all classes. However, receiving such responses from children highlights the need to take this issue seriously. Both in academic studies and in extracurricular activities, the development of physical qualities, training in sports skills creates an opportunity to quickly and effectively achieve goals, which are primarily solved with the help of outdoor games.

In the emergence and development of the Uzbek people's movement, murals (Greek, Roman, Arabic-Persian manuscripts of authors, Turkic inscriptions), ancient architecture, monuments and results of archaeological excavations, as well as samples of folklore (epos, saga, narrative, myth, riddle, game) have survived to this day, dance, music, etc.) very important becomes important.

The Uzbek language is considered an integral part of the Uzbek national culture.

folk sports, physical culture, upbringing of the younger generation and sogtom occupies a special place in the formation of a healthy lifestyle.

0 to the studied scientific, methodological and special sources of information, the cultural development of our ancestors, socio-economic, is closely related to political and everyday development.

This game is the cultural and physical way of life of our people. But the historical development of the games of our ancestors is different.

culture, education, historical events in periods of social order and tradition cannot be studied separately.

Beliefs and ideas of primitive man about the knowledge of the world and related to the level of perception. In fact, according to Z. Khusainova1: "In the past, nature and natural phenomena were one and the same. It's a riddle that people don't know and can't solve. To those who did not receive it, it seemed to them a mysterious miracle. A person is one who begins to recognize the external objective world that surrounds him at that time, with some kind of things and events in him are created in an effort to understand, they began to study him through comparison, comparison and sometimes opposition.

In honor of independence in the field of physical culture and sports broad prospects open up, especially folk games and exercises, physical training in sports appears in his classes. They are permanent and regular.

The application gives good results, the student is healthy and feels good. Serves as an important factor in the upbringing of the dexterous and strong in the past, Navruz holidays, which attracted a large number of people, folk games in elections, weddings, physical education, folk games in general, could not do without sports. Unfortunately, they are completely forgotten and forgotten in the country, so look for and restore the link. Everyone who honors his people and nation must stay. Teaching in terms of physical education, implementation is the most important in education today and in the next generation

becomes one of the most pressing issues.

In this process, the Uzbek people inherited from our history by opening up more opportunities for the implementation of their mobile games given, folk education, in the family, pre-school education in institutions, schools, recreation places, various ceremonies and young people who organize it for the holidays, it is inevitable that this will have a positive impact on education. The national people mobile games have been used in folk rituals since ancient times, as an independent field in their paintings and traditions, it is widely used in competitions and competitions. Physical culture formed in the customs, customs and customs of the people, thousand developed and improved over the years. People national-Uzbek national game that has come down to us for thousands of years folk games "Running on a horse", "Chasing a girl", "Capricorn", "Bow shooting", "Chillak", "White bone", "Sokka", "Five stones" and courage, dexterity, speed, balance in other games in the development of cumulative qualities and growth to polish such qualities as education, morals, consciousness, memory, attention was the most effective tool in obtaining and, of course, strengthening health.

In recent years, thanks to the independence of the values of our people. The position of the national movements of the Uzbek people, known as their status is fully restored, they have a place in the education of youth before, on our various national holidays, celebrations and ceremonies started using. They are included in the curricula of educational institutions introduced as a science, many scientific and practical conferences are held started Festivals "Tomaris and Alpomish games" programs.

Conclusion. Active games are important not only for children, but also for the lives of adults. Games are important for children to spend their free time in a meaningful and interesting way, to have fun, improve their health and go in for sports.

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