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KNOWLEDGE OF USING ACTIVE GAMES IN PRIMARY SCHOOL.

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Abstract. The utilize of national open air recreations for the successful organization of youthful people's free time in physical instruction classes and past is vital for the wellbeing of youthful individuals. The need and flexibility of portable diversions lies within the reality that they can be used throughout the year, in numerous conditions and with changing and differentiated substance depending on the age of the members. Taking into consideration these highlights, it was decided that from a verifiable and social point of see, it may be coherently redressed to classify people activity recreations as takes after.

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

The utilize of open-air diversions within the lessons of physical culture and extracurricular sports exercises increments the adequacy of the improvement of the physical qualities of children and instructing engine abilities. Babies are known to cherish to move openly from earliest stages. Such free developments are not surfing. In case different toys (dolls, teddy bears, fowls, airplanes, cars, tractors, etc.) are scattered totally different places, slithering children will attempt to urge the toys they like (color, type, estimate). Subsequently, the age, sex, interface and other characteristics of children ought to be taken into consideration when organizing physical or sports exercises. Sports preparing may be a multi-stage complex educational prepare that requires the organization of classes on a logical premise.

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.

Genuine, in a few cases, that's, on the off chance that the child has hereditary and person physical capabilities, such a child can rapidly get to be a great competitor. Be that as it may, in most cases, such profoundly stacked exercises can lead to rapid weariness, pressure, and even ailment within the child. Within the hone of sports, there are too cases when such customary exercises blur the intrigued of a child who has just begun playing sports, his enthusiasm for sports vanishes, and within the conclusion he stops playing sports. Subsequently, the utilize of active games within the preparing of youthful competitors, particularly at the starting organize of preparing, within the advancement of physical qualities, the arrangement of specialized and strategic abilities «in a brief way», is considered an awfully valuable and imperative issue. 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

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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. Beneath the unused Educational programs for Brilliance, instructors at schools over Scotland are empowered to utilize constructivist learning approaches that advance challenge and delight in learning. One of them is through the utilize of games-based learning advances in classroom instruction, where the understudies are not as it were anticipated to memorize by playing computer diversions, but moreover making computer diversions. Two educator studies were conducted over essential schools in two partitioned locales within the West of Scotland to recognize how GBL is being actualized inside essential schools. The comes about appeared that the utilize, particularly the amusement making approach, was exceptionally restricted. Taking after the overviews, a few school-based field works were conducted to distinguish and compare the learning encounter and results from the teachers' and students' viewpoints when utilizing approaches. This paper summarizes the result of one case ponder conducted at one essential school in Scotland. The members were the educator and her understudies in Essential 4 level. They were uncovered to learning times tables utilizing two distinctive approaches, one utilizing computer diversions and the other one without the utilize of computer recreations. The discoveries have appeared that the learning result is somewhat superior when utilizing computer diversions. In any case, in terms of the learning involvement, the teacher's academic fashion includes a awesome impact on the students' inclinations and delight in learning for both approaches. In general, the discoveries have fortified the reality that utilizing computer recreations does not dispose of the part of the instructor. To maximize the potential of a GBL approach, more preparing and presentation required to assist the instructors increment their understanding and capacity in utilizing this approach. With appropriate bolster from the instructor can make learning more locks in, give superior learning results and make the method of learning less dull.

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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