

## THE ROLE OF NATIONAL FOLK GAMES IN THE EDUCATION OF YOUNG PEOPLE

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### ABSTRACT

This article provides instructions and suggestions to students of secondary schools on the use of national folk games in physical education classes and extracurricular activities and its importance in education.

**Keywords:** national folk games, physical education, student, age, sport, development, training, result, quality.

### INTRODUCTION

Folk national games, including Uzbek national games, like all folk-Elat discoveries (music, ceramics, carpet weaving tools, singing and dancing, fairy tales, etc.k.) have been "invented" and formed on the basis of distinctive ethno-and philoontogenetic features that have evolved in various socio - economic stages of human history.

While folk action games in different regions of the Republic have long evolved between different ages and layers of the population, the popularity of these games during the "White" and "red" empires was extremely limited.

When Uzbekistan achieved its independence, people's National Action Games began to be revived as the values of our nation, and nowadays not only became the favorite pastime of our people, but all educational institutions are included in the educational plans as a full-fledged subject. However, it is also necessary to note that the scientific and methodological foundations of folk national action games, their psychofunctional essence, their importance in the formation of physical qualities and sports skills, as well as the value of Khali, have hardly been studied.

Folk national games ,including the Uzbek national games, like all folk-Elat discoveries (music, pottery, carpet weaving tools, songs and dances, fairy tales, etc.).k.) were" invented " and formed on the basis of distinctive ethno-and philoontogenetic traits that developed in the various socio - economic stages of human history.

While folk action games in different regions of the Republic have long evolved between different age and population strata, the popularity of these games was very limited during the "White" and "red" Empires.

After the independence of Uzbekistan, people's National Action Games began to be revived as the values of our people, and today not only became a favorite pastime of our people, but all educational institutions were included in the educational plans as a full-fledged subject. At the same time, it should also be noted that the scientific and methodological foundations of folk national action games, their psychofunctional essence, their importance in the formation

of physical qualities and sports skills, as well as the importance of Khali, are practically not studied.

Uzbek folk games are based on the specific traditions of the people, living conditions, living climate, historical monuments, environmental conditions, and were applied according to their gender, age, health.

To date, most specialists in our Republic have not provided for, or given sufficient importance to give a separate classification (classification) and description (characteristic) to Uzbek folk games.

It is worth noting that if such a classification and description were given, Uzbek folk games and action games in general would have had a considerable achievement. Because it is only when you know the classification and description of each game that both the need and the location to use it are correctly determined.

It is known that Uzbek folk games included games aimed at developing different physical qualities in terms of movement. The folk games in particular were well preserved in the remote mountainous areas of the Forish district. Many works have been carried out here since 1985. 1987-88 Forish studies were a little sluggish. "The confrontation made people real", during which the ideas of preserving the disappearing folk ritual were further tested and intensified. Therefore, it is considered necessary to be able to distinguish them by directions. This means that their classification (classification) takes the necessary place.

It can be widely used in Uzbek folk games for the treatment of diseases and in the teaching process. It is essential to know the difference between the games used to prevent illness and the games used in a person who has fallen ill with the games. Because their physical load (nagruzkasi) is separated from each other darkor. And in the process of training, games are selected in accordance with the formation of skills and abilities.

Uzbek folk games can be divided into the following categories, referring to the above:

- games that develop action qualities;
- games used in certain parts of the lesson;
- games used in the activities of children of different ages;
- games applied according to the sex of children;
- games that develop mental emotions;
- games used in light and dark conditions;
- games that help and improve the acquisition of vital skills;
- games used in sports activities.

As a result, students of secondary schools acquire physical and spiritual-educational significance of the child through the use of national folk games in physical education classes and extracurricular activities.

**Games that form the vital necessary skills of movement: hanging and hanging:** "monkeys", "white bears"; walking, running: "chasing", "mokki"; sitting, standing: "frog", "chickens and foxes"; stop jumping: "Crow".

**Games that develop physical qualities: strength:** "gravity"; agility: "day and night"; dexterity: "fight for the ball", "lapta", "forty stones"; endurance: "chase"; flexibility: "bridge and cat".

**Games that develop mental-mental abilities:** attention: "forbidden action"; memory "minute"; emotion: "stop"; thinking: "chess"; cunning: "vandan-good"; courage: "wormwood in the pocket".

**Games that shape movement skills typical of domestic work:** "supur-supur", "melon transfer".

**Games that form professional skills and qualifications:** "eagles and Eagles", "shooting".

**Games that shape speech and pronunciation:** "who gets it", "white Poplar, blue poplar", "wet kuchuk".

**Games that shape accounting and entrepreneurial abilities:** "five stones", "lyanka", "forty stones".

**Games used in different seasons of the year:** "barrack", "rainbow", "chillak", "riddle ball", "Lyanka", "say fast", "nut".

**Day and night games:** "white bone", "lame crow".

**Water games:** "chasing in the water", "fast swimming", "scuba diving".

games played between children of different ages and adults: "chase", "waitress", "fight for the Flag", "day and night", "white poplar, blue poplar", "the nut game".

**Games between boys and girls:** "donkey rode", "five stones", "sopalak", "battle of the roosters", "rope jump", "rode", "aunt-aunt", "cooking", "hunting", "war-war", "to the rock", "do not listen", "durra", "chori-chambar".

**Games used in the preparatory part of the lesson:** "cosmonauts", "fast instead", "day and night".

In conclusion, with the use of national folk games in physical education classes and extracurricular activities for students of secondary schools, the child acquires physical and spiritual-educational significance, developing a healthy and spiritual worldview of the body at a high level.

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