

IN THE FORMATION OF HEALTHY AND HARMONIOUS IN THE EDUCATIONAL SYSTEM ACHAMISM OF ACTION GAMES

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ABSTRACT

This article covers the role of Physical Culture in the development of healthy and harmonious in all layers of the educational system, changes in the field of physical education and sports of the present day, involvement of student youth in a healthy lifestyle.

Keywords: Healthy, harmonious, educational system, school, physical culture, gymnastics exercises, development, physical qualities.

INTRODUCTION

In our country, special attention is paid to the development of sports. Physical education and sproti are one of the areas in Uzbekistan that are rapidly developing and gaining wide importance. In this area, large-scale work is being carried out in our republic, all this work is aimed at educating young people who are mature, spiritually and physically healthy in all respects, able to create a bright future for our Uzbekistan. In order to mature such young people, however, it is necessary to promote a healthy lifestyle, ensure that children have a meaningful free time, and increase their interest in physical education classes and sports. It is the responsibility of the specialists working in the field of physical education and sports and, in particular, physical education teachers in the effective solution of this urgent task.

In our country, all conditions have been created for the upbringing of children in a healthy and harmonious way. Many sports complexes, stadiums, sports schools, water sports palaces, gymnastics schools have been built for them, and these facilities have all the conditions for meaningful leisure of children. It serves to further increase the interest of schoolchildren in sports in our republic, to sort out talented athletes from among them.

The role of physical education lessons in the formation of students as healthy and harmonious is incomparable, since Physical Culture is the only educational science in students that shapes the conscious attitude towards oneself, one's own body, the need to strengthen health, and educates volitional and moral qualities. But the formation of a good attitude towards physical culture and sports in students largely depends on the effective organization of the educational process and clearly laid pedagogical tasks.

Physical education occupies a special place in the educational system, since at this age children play action games, which is an irreplaceable tool in the physical development and upbringing of their students. At this age, the future physical and moral foundations of the individual are improved. Play for children—the way towards knowing and changing the world in which they live. Action play is an important tool for the mental and physical development of the child and has great educational and educational value. Games help children to understand universal values. Nurtures kindness, truthfulness, elegance and other moral qualities and, of course, provides tremendous opportunities in the formation of movement skills.

While highlighting the importance of the game in raising a healthy child, many experts argue that action games are an excellent foundation for the harmonious development and strengthening of children's health. It should be noted that action games are the best medicine for children from motion deficit – hypodynamics. An important feature of action games is that they include types of natural movements of people: walking, running, jumping, throwing, moving, exercises with objects. Therefore, they are recognized as the most universal tool in the physical education of children.

The first-level task of physical education teachers is to involve children and adolescents in constant physical culture and sports activities, to develop strength, speed, endurance, agility and other physical qualities in them. Action games are considered an excellent tool of physical education.

Action games are an emotion-rich type of activity, suitable for children of all ages. Games promote the development of physical, moral, volitional qualities. In gaming activities, the child acquires such vital qualities as Independence, determination, purposefulness. The game is considered a means of upbringing and education, with the help of game activities, children realize the importance of interaction. In the game, each of them tests their abilities, knowledge, realizes their strength. In other words, the game develops thought, perception processes, creative capabilities. The game helps to form and strengthen the acquired knowledge and skills, in the game the child learns the rules of communication between people. Without play, its full-fledged development cannot be achieved, an individual cannot be brought up as a perfect person.

The uniqueness of action games lies in the fact that their content is rich in emotions and fun, requiring certain mental and physical actions from a schoolboy. As an emotional activity, the game also has great value in the educational work of children. They are based on certain realities and are aimed at overcoming various obstacles and difficulties on the way to achieving the goal of the game. Many experts say that action games are a means of complementing a child's knowledge, his perception of the world, developing such characteristics as his thinking, agility, cheerfulness, moral-volitional qualities. When conducting action games, there are great opportunities for the complex application of various methods aimed at the formation of a child's personality.

In the process of playing, it happens not only to test the acquired knowledge, but also to consolidate, improve them, educate new qualities of the individual. The healing effect of action games is such that the content of these games includes the variety of actions that the child performs. Actions in the game process activate breathing, blood circulation, improve exchange processes. When action games are played in the fresh air, their wellness effect increases even more. And holding games at different times and times of the year will help to keep children up at the same time.

The healing effect is also directly related to positive sensations that have a good effect on the child's psyche. Emotional uplifting is expressed in the correct execution of actions, improving the more accurate acquisition of the target in game situations, a clear understanding of tasks and quick thinking. This, in turn, leads to the development of the field of Will, since during the game the child will overcome all kinds of difficulties. The educational significance of action

games is that they ensure the assimilation of systematized knowledge, help to form knowledge and skills that are vital, develop movement skills.

The role of action games in the mental education of a child is known to everyone: children learn to follow the rules and act consciously. In the games, they realize the universe around them. In the process of play, memory is activated, thinking and imagination develop. Children learn to analyze their actions and those of their comrades in the game. Games with songs, poems, numbers complement children's vocabulary, enrich their speech, bring it closer to national culture.

Therefore, the importance that we enrich the lessons of physical education with all kinds of action games and develop ways to use them more effectively and that action games educate students as mature, healthy, perfect people in every possible way is incomparable. Only a healthy child will have a healthy mind, will not waste his time, will walk away from all sorts of harmful vices, and will be able to mature and achieve great goals as a person who benefits society.

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