

PEDAGOGICAL FEATURES OF NATIONAL GAMES IN THE EDUCATIONAL SYSTEM

Xatamov Zafarjon Nazirjonovich

Professor, Department of Physical Education, Kokand State University

Email: zxatamovjm@gmail.com

<https://orcid.org/0009-0009-3496-3837>

ABSTRACT

This article examines the pedagogical features of national games within the educational system. The role of national games in the educational process and their impact on the physical, psychological, and social development of students are considered. The study employed theoretical and experimental methods to explore the pedagogical effectiveness of national games in the educational system. The results show that national games can be effectively used in educational practice.

Keywords: National games, pedagogical features, physical development, educational process, innovative approach.

INTRODUCTION

In the modern educational system, national games are regarded as an important pedagogical tool in the physical, intellectual, and social development of students. National games not only contribute to the development of physical qualities but also promote the socialization of children, the formation of creative thinking, and the instillation of national values. Through these games, students develop such physical qualities as coordination of movements, speed, endurance, and strength.

The pedagogical features of national games in the educational system are associated with their natural integration into the learning process and their combination with innovative approaches to teaching. This creates opportunities to unite traditional and modern methods of education. The purpose of this study is to examine the pedagogical effectiveness of national games and to scientifically substantiate their role in the educational process.

The article analyzes the integration of national games into the educational process, their impact on the physical and psychological development of students, and provides recommendations for improving their effectiveness.

METHODS

In this study, both theoretical and practical methods were used to investigate the pedagogical features of national games in the educational system. Within the framework of theoretical analysis, scientific and literary sources on the role of national games in the educational process and their impact on the physical and psychological development of students were examined (A. I. Ivanov, 2020). Based on pedagogical, psychological, and sports theories, the process of integrating national games into the educational system was studied.

The practical part of the research was carried out using the experimental method. The experiment involved schoolchildren aged 10–12. The study was conducted in two groups: the control group (traditional physical education classes) and the experimental group (classes

based on national games). The duration of the experiment was 12 weeks, with classes held 3 times per week (B. S. Karimov, 2021).

To evaluate the results, test trials, pedagogical observations, and analysis of students' physical development indicators were used. The obtained data were statistically processed, and the pedagogical effectiveness of national games was assessed.

RESULTS

The research results showed the positive impact of national games on the physical development of students. Schoolchildren in the experimental group significantly improved qualities such as agility, balance, speed, and endurance. In particular, classes based on national games increased children's physical activity and contributed to better coordination of movements.

A comparison of the results of the control and experimental groups demonstrated that the program built on national games proved to be more effective in developing physical qualities. Moreover, during game-based classes, children developed social skills such as the ability to cooperate, work in a team, and demonstrate leadership qualities.

Students' interest in lessons also increased. Unlike traditional classes, lessons enriched with national games were more interactive and engaging, which stimulated children's more active participation. In turn, this had a positive impact on their overall physical and psychological condition.

DISCUSSION

The study results showed that integrating national games into physical education lessons promotes increased motor activity among students. The obtained data indicate that national games develop not only physical qualities but also the social skills of schoolchildren. These results are consistent with previous studies and confirm the significance of national games in the educational process.

In addition, it was found that the use of national games in the educational process increases students' motivation. Due to their interactivity and entertainment value, lessons based on national games stimulated students' interest in classes. At the same time, the study revealed that the effectiveness of national games in developing physical qualities depends on the age and individual physical preparedness of children.

The results of the study confirm the necessity of wider implementation of national games in physical education lessons. In the future, it is recommended to develop programs adapted to various age groups and to study their long-term effects.

CONCLUSION

This study was aimed at examining the pedagogical features of national games in the educational system and analyzing their impact on the physical and social development of students. The obtained results showed that national games are an effective means of developing physical qualities, particularly agility, speed, endurance, and balance. In addition, they contribute to increasing students' social activity, fostering teamwork, cooperation, and leadership skills.

The study established that national games increase students' motivation. Compared to traditional classes, lessons based on national games were more interactive and ensured active participation of children. Therefore, wider implementation of national games in physical education programs is recommended.

In the future, it is important to further study the long-term impact of national games in the educational system and to develop special programs adapted for different age groups. This will further strengthen their role in the educational system.

REFERENCES

1. Arabboyev, Qahramon. "madaniy me'roslarimizda jismoniy tarbiya masalalari." Namangan davlat universiteti Ilmiy axborotnomasi 6 (2023): 643648.
2. Араббоев, ҚТ. "Жисмоний тарбия дарсларида талабалар ўқувспорт фаоллигини оширишда шахсга йўналтирилган таълим турларининг ўрни." фанспортга учредители: узбекский государственный университет физической культуры и спорта 6: 6871.
3. Tohirjonovich, Arabboyev Qahramon. "the role of physical culture and sports in student activity and lifestyle." international journal of social science & interdisciplinary research issn: 22773630 Impact factor: 7.429 12.09 (2023): 5863.
4. Tokhirzhonovich, Arabboev Kakhramon. "the effect of physical activity on the body of schoolchildren in physical education lessons." Galaxy International Interdisciplinary Research Journal 11.12 (2023): 112115.
5. Abdullaevich, Ziyaev Abdurahmon, and Murotaliyeva Musharraf. "kasbhunar kollejlarda tabaqali yondashgan holda jismoniy tarbiya fanini o'rganishda uzviylikni ta'minlash muammolari." international journal of science and technology (2024): 98102.
6. Abdullaevich, Ziyaev Abdurahmon. "sport bilan muntazam shug'ullanishning bolalar va o'smirlar yuragining hajmiga hamda arterial qon bosimiga ta'siri." international journal of science and technology (2024): 313317.
7. Abdullaevich, Ziyaev Abdurahmon. "ta'lim muassasalarida jismoniy tarbiyasog'lomlashtirish va ommaviysport tadbirlarini rivojlantirishda jismoniy tarbiya fanining o'рни." international journal of science and technology (2024): 604609.
8. Nazirjonovich, Xatamov Zafarjon. "использование подвижных игр при развитии физических качеств юных футболистов." international journal of science and technology (2024): 12031205.
9. Nazirjonovich, Xatamov Zafarjon. "yosh voleybolchilarni tayyorlashda sakrovchanlikni ahamiyati." international journal of science and technology (2024): 12011202.
10. Nazirjonovich, Xatamov Zafarjon. "tezkor-kuch sifatlarini rivojlantirishda harakatli o'yinlarning o'рни." international journal of science and technology (2024): 11981200.
11. Nazirjonovich, Xatamov Zafarjon. "zamonaviy sport amaliyotida individual mahorat va uni shakllantirishda jismoniy tayyorgarlikning o'рни." international journal of science and technology (2024): 11951197.