

THE IMPORTANCE OF MOVING GAMES IN THE PHYSICAL AND MORAL DEVELOPMENT OF CHILDREN

Shodmonova Sanobar Chorievna

Head Teacher, Termez Branch of the Tashkent Medical Academy

ANNOTATION

In this article, you will learn about the importance of movement games in the physical and moral development of children and the theoretical, practical, developmental and role of play in the formation of children's psyche.

Keywords: movement games, children, physical development, play, role play, educational tool, play activities.

INTRODUCTION

Play is one of the means of education and recreation. Throughout human history, the game has been associated with religious ceremonies, sports, military and other exercises, as well as art, especially its forms of performance.

N.M. Aksarina, who has studied the conditions in the child's mind that improve the variety of play activities about the reality that surrounds him, states that play does not arise spontaneously, there must be at least three conditions for this:

- a) the composition of impressions;
- b) The availability of toys and educational devices of various kinds;
- c) frequent interaction and communication of children with adults. The direct influence of adults on the child plays a decisive role in this.

In his research, D.B. Elkonin writes that in addition to the plot of the role-playing game, there is also its content. According to him, the content of the game is a clearer reflection of the main aspects of the child's adult activities. According to A.R. Usova's research, the role of role-playing players expands with age, depending on gender differences:

- a) three-year-olds can join 2-3 groups and play together for 3-5 minutes;
- b) A group of 4-5 years old consists of 2-3 participants, their joint activity lasts 40-50 minutes, and the number of participants increases during the game;
- c) 6-7 year olds have a desire to play role-playing games as a group or a team, as a result of which the roles are first distributed, the rules and conditions of the game are explained (during the game children strictly control each other's movements).

LITERATURE REVIEW AND METHODOLOGY

Play is a way of expressing oneself and improving oneself. While play has a special place in the lives of adults, it is especially important for children. It is accepted to call him a "childhood companion." It is the main content of the lives of preschool children. It is seen as a leading activity in close connection with work and education. Most of the serious activities that a child does are in the form of games. The game activates all the existing aspects of the personality: the child moves, speaks, comprehends, thinks. Play is an important educational tool.

From ancient times the game has attracted the attention of educators, psychologists, philosophers, ethnographers, art historians, and in the life of society after work and defines its content. The tribes of the primitive community reflected on hunting, war, and farming. For example, in some tribes at that time, the process of sprinkling rice was celebrated with games. Play is the main activity of preschool children, through which the child is formed as an individual. Play determines a child's future education, work, and attitude toward people. Play plays an important role in the physical development of children, in the educational work of preschool education, in the mental, moral, labor and aesthetic upbringing of children. Summarizing the role of play in the lives of preschool children, we can draw the following conclusions:

1. Play is an independent activity of children, in which the child's psyche is reflected. From the age of one, a child needs to know his surroundings. Children's games, with all their diversity, allow him to learn something new, to express his attitude to the content of the game.
2. Play is a way of organizing the lives of preschool children. Science-based games are especially important as a form of organizing children's lives and activities in preschool. The educator must take the lead in this process, first of all, he must be able to clearly imagine what tasks can be successfully solved in education through play.
3. Play is one of the tools of comprehensive education of children. The science of pedagogy considers play as the main means of educating the child's personality. Through play, children gain adult work experience, knowledge, skills and competencies. methods of action, norms and rules of ethics, reasoning and discussion.
4. Play is a method and way of educating children. In the process of play, children's knowledge and imagination are enriched and deepened. play strengthens knowledge and imagination in children. At the same time, under the correct guidance of the teacher, his understanding expands. rhinitis occurs. The fact that play plays an important role in a child's mental development or general development is reflected in this very fact.

DISCUSSION

As the child prepares for school in play activities, he or she will begin to find clear forms of mental activity. Role-playing is important not only for the individual mental process, but also for the formation of personality traits and qualities in the child. Therefore, choosing and performing the role of an adult is inextricably linked to the child's emotional stimuli. Because during play, the child develops different desires and wishes, which are born out of the external signs of other things, because of their attraction and, against the will of the child, under the influence of peers.

Raising children in the spirit of collectivism, hard work and a sense of duty to society is one of the most important issues today. From the first day a child enters school, they need to be instilled with a love of work, organization, diligence, and the ability to complete the work they have begun.

It is important to use all means of education, including children's favorite games. Games involve a variety of physical activities related to overcoming obstacles in life and developing

different qualities and abilities. In addition, the elements of the competition, which children usually love to play and give them joy, also include action games.

It is well-known that the games of preschool children are imitative in nature.

The child observes the world around him, puts some things in it into his game, and through this game he learns about the world around him, so he develops a certain attitude towards the events of life.

As the student plays by imitating natural phenomena in life, in the field of labor, and various things in the life of animals, he understands the meaning of these phenomena and actions, gradually gains life experience, learns to overcome difficulties, in which movement skills is formed and the imagination becomes richer and richer.

Games, such as walking, running, jumping, throwing or throwing, and climbing, play an important role in developing and improving a child's movements.

Along with the improvement of movements, physical ability also develops, the activity of the heart and respiratory system improves.

In addition, games are important not only for the physical development of children, but also for their mental and moral development. In multiplayer games, children need to show ingenuity, entrepreneurship, determination, and a sense of responsibility to the community in order to achieve their goals.

Educators and physical education teachers are the organizers and leaders of action games.

Action games help children to grow physically, improve their health, exercise, and strengthen their bodies and general functioning.

It is necessary to provide children with the necessary knowledge and the necessary movement skills that will allow them to move freely in different conditions of movement activities.

It is necessary to cultivate in them the mental and volitional qualities that will help them in their life activities. In addition, children should be interested in various gymnastic exercises, physical exercises, as well as adherence to the agenda, to develop the necessary skills to independently organize and conduct movement games.

In the process of physical education it is necessary to ensure the formation of moral norms in students, as well as the fulfillment of aesthetic and labor education tasks, the role of the educator, the teacher in the organization of educational games is very responsible.

CONCLUSION

The process of learning the game should be organized in such a way that they learn to be friendly, to have the right attitude to collectivism, patriotism, socially useful mech. It is important to choose the right game and have fun with the children. But not all choices are educational. It is important to organize action games and have an educational value.

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