



PEDAGOGICAL SIGNIFICANCE OF ACTION GAMES

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| Article history: | Abstract: |
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| Received: 7 th October 2023 Accepted: 7 th November 2023 Published: 8 th December 2023 | Pedagogical and educational importance of action games. Some approaches to movement games have been researched, the age difference of students, the content of movement games, the pedagogical value of education with dance and movement houses, speed, dexterity, strength, endurance, flexibility, while physical quality develops comprehensively in movement games. |
| Keywords: speed, dexterity, strength, endurance, quickness, analytical, educational, educational, pedagogical value of action games. | |

INTRODUCTION. The practice of educating the young generation growing up in our country testifies to the fact that the formation of high moral and physical qualities in children and adolescents is considered one of the most important means. They play a very important role in the physical education of preschool and school-age children, because they facilitate the maintenance and strengthening of health and the comprehensive improvement of movement skills for normal physical development.

Importance of hygienic and health promotion of active games.

The main content of action games is the movement of the players and the movement of the field. When it is managed correctly, they have an effective effect on other systems of the body and respiratory, muscular, and cardiovascular systems.

Active games increase functional activity, engage various large and small muscles in the body, and increase joint mobility.

It is especially valuable from the point of view of health. Active games in the open air and in winter and summer are especially valuable from the point of view of health, because when moving in the open air, by increasing the supply of oxygen, the metabolism is slightly increased, which has a positive effect on the whole body.

Used in the game, under the influence of physical exercise, the metabolism is activated in every way (carbohydrate, protein, fat and minerals). Muscle work enhances the functions of endocrine glands. Taking into account the physical fitness and age characteristics of the participants, it is possible to have a hygienic and health-improving value, which such active games help, only when the training is done correctly.

It should be taken into account that movement games have a limited ability to accurately distribute the load, because there is no possibility to take into account the

possibilities of each player's movement in advance. The constantly changing situation in the game, high-intensity interaction, does not allow precise regulation of the size and direction of the load if the content of the exercise is not included in the program.

Therefore, it is necessary to monitor the physical load to be optimal. In the case of regular playing, the load can be especially intense, because the children's body must gradually adapt to it.

The game should have an effective effect on the nervous system of the participants. This is achieved by providing an optimal load, as well as the organization of the game in such a way that it creates positive mental experiences in the players. will cause damage.

The rule of action games regulates the interaction of the participants of the game, eliminates unnecessary excitement. Clear and impartial judging of the rules of the game creates positive mental delays in the players.

Its regular use of action games helps to develop a dynamic stereotype in the nervous processes, which makes it easier to perform the action, making it more economical.

The fact that the game is played outdoors in the summer and in the winter (taking into account the bad weather) helps to keep the children active.

In our current time, increasing flow of information, increasing the time of training sessions, demonstration of movement, and the need to exert muscle force decrease the activity of the movement.

The extensive use of active play helps to reduce hypodynamia, as it compensates for the lack of movement activity.

An active game can be an active rest after a long period of mental activity. It is used for this purpose during the school break after the end of the lesson, during a walk on the playground (in a group with an extended day), at home after returning from school, and after preparing the lesson.



At school, in small classes, it is necessary to spend as much as possible during the lesson in the form of a physical break, because 7-8-year-old children are stressed for 45 minutes, especially in the last lessons of the school day, which is very difficult. A short movement game played with children at the desk changes the work of the nerve centers, allows them to relax (inhibits the excitation of the nerve centers) and activates muscle activity.

When children's physical development lags behind, it is necessary to use mobile games, because it helps to make the body healthy, increases the general level of physical development.

Action games are used in sanatoriums and hospitals for the purpose of special treatment in order to restore the health of sick children. It helps to increase the functional and energetic spirit that occurs in children during the game.

EDUCATIONAL IMPORTANCE OF ACTION GAMES. The first activity includes play, which plays a major role in personality formation.

It is reflected in the experiences accumulated in children's games, and it strengthens and deepens their self-image about the events of life. Children, like adults, learn about the world in the process of their activities.

The pedagogues of our country note the great educational importance of mobile games in preparing the young generation for life, because the child develops in the game.

Playing the game enriches the participants' feelings, imagination, and understanding.

The game in the hands of our pedagogues helps the development of the child. They expand the concepts of his imagination, develop observation, intelligence, mental sharpness, ability to analyze, share and popularize what he sees, on the basis of which he draws conclusions from the phenomena observed among those around him.

Some sports are similar in terms of movement structure (sports games, athletics, gymnastics, wrestling, swimming, etc.), and the game has educational significance. Such games are aimed at consolidating and improving skills and previously learned technical and tactical methods in one or another sport.

Develops the ability to correctly assess space (place) and time relations in an action game and quickly and correctly responds to the impact of the often changing situation in the game.

Action games are very important to train the correct stereotyped action, because it is very difficult to correct it later.

Action games held in places in summer and winter conditions have a great educational value: in children's camps, on trips in recreation areas, when going for a walk.

On-site games help tourists, explorers, and explorers acquire the necessary educational skills.

Carrying out movement games with non-kata objects (small balls, bags, gymnastic sticks, flags) increases skin and muscle-motor sensitivity, helps to improve hand and finger motor functions, which is especially necessary for children of small school age and preschool age.

In our country, introducing students to national folk games is of great educational importance. They introduce children to the culture of our nation and their customs.

In action games, players have to perform different roles (head coach, scorer, referee, assistant referee, match organizer, etc.). It helps them develop organizational skills.

introduce participants to the organization of the competition and the rules of the game. This knowledge and skills will help children to compete independently.

If the pedagogue, educator, leader pays enough attention to this, then the educational aspect of the game will be sufficient.

THE EDUCATIONAL VALUE OF THE ACTION GAME

Movement games are very important in training physical qualities: speed, dexterity, strength, endurance, flexibility, at the same time, physical quality develops comprehensively in movement games. Most action games require speed from the players (quick escape, chase, sound, visual signal response). The constantly changing situation in the game, which requires players to move quickly from one action to another, helps to develop agility. Fast-paced games build strength.

Games that involve the expenditure of more effort and energy than a vigorous effort develop endurance.

Games help to develop flexibility, which is related to frequent changes of direction.

Action games are very important in the spiritual upbringing of a child. Action games are called team-based, and at the same time, they teach children about teamwork. The game develops a sense of camaraderie in children, using each other and making friends responsible for each other's actions. A child takes part in a team game and sacrifices himself for the benefit of the team: giving the ball to a friend who is in good condition, trying to save a friend who has been "captured" and so on. In the game, they



gradually learn to use each other's movements and a sense of friendship. From preschool children to children of junior school age, the game requires only their own actions to be coordinated with the actions of their friends. Later in the game, the use of each other will appear to help a friend. And finally, the game will appear with the actions of their team, their interest and obedience.

A unique move in the game is one player vs. one team vs. another team. In connection with this, various tasks arise in front of the players, which require timely solutions. For this, it is necessary to choose a different action and perform it in a short period of time. It helps the player to know his own strength.

Most games with the general character of clear interaction between players, competition, fighting, not only mutual cooperation, psychological adaptation. It is determined by the nature of the actions, the speed of execution and the general large or small tension, and the sharpness of some experiences.

The rules of the game help to train conscious discipline, self-control, to know how to "capture oneself" after a strong arousal, one's sudden impulse to take possession.

Action games also help to educate children in art and creativity. The first manifestation of creativity in children is accepted in the form of play. In children's play, especially in children of preschool and junior school age, creative imagination takes a large place: a simple stick can be a horse, a bicycle, a gun and a sword. It encourages the imagination of games in the form of balls and organized action games with plot content.

The impact of the environment around the game, the role of individual people in the children's imagination, the understanding of the performance of events with the distribution of roles, children include their creative imagination in its implementation. In the process of such games, creative imagination develops and improves. They help to develop perception and perception, teach to accept the appearance of surrounding objects and all their interactions, to know the surrounding environment and create new impressions for children, teach observation and logical thinking.

Musical games develop children's musical abilities. The pedagogue uses the game method to educate children's musical ability: games with movement to the sounds of music help to master musical forms and characters.

In choral and musical games, the child shows his first ability to dance.

The child learns all his personal qualities and characteristics in the game. The manifestation of

individual characteristics during the game helps to know each child well and influences us to develop in the right direction. Only one activity, like a game, does not fully reveal the student's personal character traits. He will find out that the child is addicted to the game or interested in his character. A child who does not interfere with other children in his class shows himself completely differently in the game. Since all this is extremely important, children need to be properly approached individually. Action games help to improve one or another quality and skills necessary for passing the "Alpomish" and "Barchinov" test standards.

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