



WAYS OF TRAINING STUDENTS BY PHYSICAL AND SPIRITUAL DEVELOPMENT USING FOLK GAMES

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Article history:	Abstract:
Received: October 20 th 2021	The following article folk games as one of the most important factors in physical education and sport education, national samples of games recommended for use in classes and explain.
Accepted: November 20 th 2021	
Published: December 28 th 2021	

Keywords: Physical education and sports education, national games, "medium", "darkness" folk, spiritual, mental, spiritual, physical and cultural attributes.

INTRODUCTION

The formation of Uzbekistan as an independent state and its bold move towards independence require further improvement in the socio-economic, political, cultural and educational spheres. Along the way, deep reforms are being carried out in the field of physical culture and sports.

From this point of view, the widespread movement of the Healthy Generation Program in our country, the radical reform of the education system on the basis of the "National Training Program" is an important step towards the realization of this glorious task.

LITERATURE ANALYSIS AND METHODOLOGY

One of the important tasks in this direction is to prepare students for a healthy lifestyle through physical culture and sports through national folk games. After all, such games and sports have long embodied the life of our people, its cultural, economic, social and everyday aspects. These games, which have been passed down through the centuries, in turn, serve as one of the main means of educating young people. Using folk games in the learning process and teaching them to perform them independently will increase students' interest in the lesson. Students feel creatively excited. At the same time, they get acquainted with our cultural treasures, learn our ancient terms and phrases. In particular, "Durra", "Shooting", "Three balls", "Hakkalakam condition", "Otambakala-Qoqbosh", "Two stones", "Chopik potter", "My ball", "My shirt", "Rotation noise", "Turgay chuldiraganda", "Konak polvon" games are the criteria of mental, moral and aesthetic perfection, traditional folk sports ("Ball race", "Hunters and ducks", "Circle", "Shooting", "Clear target", "A rope in motion", "Pull a stick", "Cotton swab") and others are the key to the strength and maturity of children. The main purpose of folk games is to prepare students for sports games. Because these games "set many

important tasks, such as restoring and strengthening the health of students, the formation of a healthy lifestyle, the physical defense of our youth and serve as an important factor in solving them" [2].

The concept of 'moving play' encompasses many different forms of folk play, each of which ultimately contributes to the physical, psychological and mental development of children in all respects. Moving folk game is a kind of folklore game, the main content of which is aimed at increasing the effectiveness of the activities of the movement. [4]

Therefore, the use of national folk games in classroom and extracurricular physical education classes and sports in secondary schools is a key factor in educating students both physically and mentally. These games come first:

- Increases students' interest in the national values and rich culture of our people;
- patriotism, constant readiness for the interests of the people, devotion to the country;
- increased sense of responsibility in serving the public interest;
- physical education and sports skills are formed and developed in students, etc.

The organization of such folk games in physical education classes, as well as in extracurricular activities, gives the expected results. Folk games can also be attended by one or more students, depending on their characteristics. It turns out that folk games can be played individually or in groups, and most importantly, there is an opportunity to play them independently at home, to prepare for lessons.

Throughout the lesson, the teacher prepares students for sports games that range from simple to complex, increasing their interest in physical education and sports by teaching them movement games, including folk games. Because students need to be ready for sports both physically, mentally and spiritually.



RESULTS AND DISCUSSION

While the main purpose of using folk games is to teach students a healthy lifestyle, to adapt them to everyday life, it is necessary to organize national movement games in a coherent, interrelated form with other disciplines. Because the student should be able to effectively engage in these folk games in any situation: both in the school process and at home. Exercises learned during class and in extracurricular activities should be a solid foundation for the student to do at home. The practical exercises started in the sessions should continue and be repeated at home. In this case, the teacher is required to organize folk games, not forcing the student, but selecting the most interesting of them, and the student is able to independently repeat and practice with interest in their own home.

To do this, the content of physical education classes must be organized consistently. It is known that classes are held in the hall, on the playground, in the hallway. However, holding various folk games with students in extracurricular activities in the bosom of nature makes students more active. In physical education classes, students are in sports uniform. If a teacher engages students in choosing clothes in accordance with the spirit of national folk games, they will develop the ability to express our thinking, creativity, in relation to our national and cultural values. Because in the folk practical games, which have long been one of the traditions, the costumes of the participants also played a special role.

The choice of folk games requires a careful approach of the teacher. Because the folk games intended for training, first of all, need to physically strengthen the students, to gradually prepare them for the complex sports games they will perform in the future.

Of course, such tasks, such as educational tasks, need to be performed sequentially in each lesson. It is clear from the requirements of the DTS that physical education classes have the functions of education, training and rehabilitation. Some folk games are not enough to fully teach students and bring them to a level where they can practice, and for some, a lesson may be enough. For example, the popular game "Podachi" requires the participation of two sides - the defensive and attacking groups. In the first lesson, the conditions of the game, the places occupied by the participants, the sticks in their hands, the requirements for the use of balls, the prohibited actions are explained, in the second hour the game is started and the game skills are mastered.

Given this need, one of the main tasks of teachers and coaches is to increase the importance and effectiveness of national folk games in the classroom. With this in mind, it is important to use not only state educational standards, but also national folk games in the curriculum, but also to promote a healthy lifestyle by introducing games that are played among the people but are not included in the lessons. has

One of such games played in the Fergana Valley is "Introduction". This game can be named differently depending on how it is played in different places. It will be attended by three students. Boys and girls can play together.

Conversion mode. The two participants stand face to face along a line at a distance of about ten meters. One has a soft, injury-free, compact, fast-flying ball that hits the target quickly and accurately. In the middle, one participant has to leave this ball. The two face-to-face participants target the player in the middle and shoot the balls at each other. The player in the middle has to leave the ball quickly and try not to touch it. If he can't escape the ball, that is, if the ball hits him, he will exchange places with the participant who hit him.

Another such game, typical of the Fergana Valley, is "Zim-ziyo", which means that the eyes are covered with a black cloth, so everyone turns into zimziyo-dark.

Procedure: Those around the blindfolded participant suddenly arrive, push, and run away. The pushed passers-by must be caught by the blindfolded participant, looking inside the circle. Those who push it and run away should not get out of the circle. The game goes on like this. The captured participant is blindfolded and tries to catch the rest.

It should be noted that the above games are equally interesting for young people. movement skills are formed.

CONCLUSION

It should be concluded from the above that through the national folk games:

- Spiritual-enlightenment, mental-spiritual, physical-cultural qualities of students are formed and improved;

- There are universal qualities in students, such as mutual tolerance, putting the interests of the community before their own interests, activism and initiative towards specific goals;

- The pedagogical goals set in physical culture and sports are fully achieved.



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