

Organization and Method of Outdoor Games for Physical Development Children of School to Adult

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Abstract

The article reveals the importance of action games as a means of preparing preschoolers for life, highlights the relationship between the content of action games and the level of development of industrial relations in society.

Keywords: *outdoor play, preparation for life, preschool children, content of outdoor games, industrial relations, spirituality.*

To further improve and strengthen the preschool education system, increase the number of qualified teachers of preschool education, to radically improve the level of their training, introduce modern educational technologies into the educational process of preschool children, create conditions for the development of comprehensively developed, intellectual, moral, aesthetic and physical development of children preschool age, Resolutions of the President of the Republic of Uzbekistan dated December 29, 2016 No. PP-2707 “On measures to further improve the preschool education system for 2017 - 2021” were adopted; dated September 15, 2017 No. PK-3276 “On measures for the further development of activities for the provision of non-state educational services.”

dated 09.09.2017 No. PP-3261 “On measures to radically improve the preschool education system”, dated 09.30.17 No. PP-3305, “On organizing the activities of the Ministry of Preschool Education of the Republic of Uzbekistan”, as well as Decree of the President of the Republic of Uzbekistan dated 30.09.17 No. UP-5198 “On measures to radically improve the management of the preschool education system.”

Relevance. Play occupies an important place in a child’s life and is therefore considered by teachers as one of the main means of education. In the practice of preschool education, various types of games are widely used: role-playing games, didactic games, construction games, movement games, round dance games, etc.

However, among the variety of games, it would be more advisable to choose active games in which all players are involved in active motor actions.

Purpose of the work: to give students an idea of the content of national and Uzbek folk dances.

The use of national outdoor games during learning is of great interest to children, which has a positive effect on their mood and other mental qualities [1,2,3].

From the moment a child is born, his freedom is limited by the conditions of the society where he was born and will live. Restricting a child’s freedom of action leads to ill health. To achieve health, it is necessary to help him adapt to the world around him and be in harmony with it. The development of the child’s physical culture, psychophysical capabilities, spirituality and creativity ensures a state of relative health.

Physical culture is a broad concept closely related to physical education.

Physical education is a pedagogical process aimed at developing motor skills, psychophysical qualities, and achieving physical perfection.

It not only plays a crucial role in the formation of a child's physical culture, but also conveys to him both universal (universal) and national-cultural values. The basics of physical education are acquired by the child and are successfully developed and improved under the influence of upbringing. Physical education contributes to the harmonious development of the child's personality.

An active game with rules is a conscious, active activity of a child, characterized by the accurate and timely completion of tasks related to the rules that are mandatory for all players. According to P.F. Lesgaft's definition, outdoor play is an exercise through which a child prepares for life. The exciting content and emotional richness of the game encourage the child to make certain mental and physical efforts.

The specificity of outdoor play is the child's lightning-fast, instant response to the signal "Catch!", "Run!", "Stop!" and etc.

Outdoor play is an indispensable means of replenishing a child's knowledge and ideas about the world around him, developing thinking, ingenuity, dexterity, and valuable moral and volitional qualities. When conducting outdoor play, there are unlimited possibilities for the integrated use of various methods aimed at shaping the child's personality. During the game, not only the exercise of existing skills occurs, their consolidation, improvement, but also the formation of new personality qualities.

Many scientists have been searching for ways to harmoniously develop children. So in the created P.F. According to Lesgaft, the principle of harmonious development was fundamental to the system of physical education, and the physical and spiritual forces of a person were considered as qualitatively different aspects of a single life process, allowing the formation of people of the "ideally normal type." According to P.F. Lesgaft, harmonious development is possible only with a scientifically based system of physical education and upbringing, in which the principle of awareness prevails.

Awareness of movements provides the opportunity to use them rationally and economically, to perform them with the least expenditure of effort and with the greatest effect, and also contributes to the spiritual development of a person.

Numerous studies have proven that a person's character, thoughts, and feelings are reflected in the form of a "muscular armor" on the body (M. Alexander, V. Reich, M. Feldenkrais, etc.), therefore, in order to achieve the goals of the harmonious development of children, it is important to understand how "works." our body. The teacher must teach children to move naturally, gracefully, in accordance with the constitution of their body and individual abilities.

Harmonious development occurs with a holistic, comprehensive, balanced realization of all a person's potential capabilities, and one-sided development is detrimental to the individual, often bordering on psychological or physical illness.

Creating wider opportunities for the implementation of Uzbek national games inherited from our history, giving them a mass character, organizing them in the family, pre-school educational institutions, schools, recreation areas, at various celebrations and holidays will undoubtedly have a

positive impact on the education of growing youth. Since time immemorial, national folk games, as an independent branch of folk rituals and customs, have been widely used in competitions, developed and improved over thousands of years.

As the organs of the individual's body transform into organs of human vital activity, personality emerges as "an individual set of human functional organs." In this sense, the emergence of personality is a process of transformation of biologically given material by the forces of social reality, existing outside and completely independently of this material [3, p.33].

Thus, man as a biosocial being is the only living creature that cognizes and transforms not only the environment, but also itself. Experimental proof by I.M. Sechenov and I.P. Pavlov that mental activity does not occur spontaneously, but in close dependence on bodily activity and on the surrounding conditions of the external world, allowed I.M. Sechenov to assert that all external manifestations of human brain activity can really be reduced to muscle movement.

According to psychological theory, action is the quintessence of an active approach to personality development [4]. The importance of purposeful work on developing and improving one's own movements was also pointed out by such scientists as A.A. Ukhtomsky, N.A. Bernstein, A.V. Zaporozhets, A.N. Leontyev, S.L. Rubinstein.

Folk national games Uzbek folk games that have come down to us over thousands of years, such as "horse running", "chasing a girl", "Capricorn", "archery", "cock fighting", "five stones", "Sapalak", "Jambalak Khola", "Kurash wrestling", "Who turns around quickly", "Chillak" and others, contribute to the development of qualities such as agility, dexterity, maintaining balance, as well as the formation of a strong physique, morality, intelligence, memory, attention, this was the most effective means of treatment and, of course, health promotion [8].

National games of peoples, including the national games of Uzbekistan, as well as the discoveries of all nationalities (music, ceramics, instruments for carpet weaving, singing and dancing, etc.), were created and formed on the basis of self-developed ethno- and philo-ontogenetic characteristics of various social- economic stages of human history.

The teacher's mastery of the methods of guiding the game process is the main condition for the successful conduct of games. Selection and planning of outdoor games is carried out in accordance with the program. At the same time, the working conditions of each age group are taken into account, since the general level of physical and mental development of children is determined by the development of motor skills, the state of health of each child, his characteristics, time of year, daily routine, place of play, as well as the characteristics of children's interests. Outdoor games gradually become more complex in accordance with the requirements of the program, changing the consciousness of children taking into account their growth, their accumulated movement experience, and the need to prepare for school. Thus, outdoor play is an indispensable means of replenishing a child's knowledge and ideas about the world around him, developing thinking, ingenuity, dexterity, dexterity, and valuable moral and volitional qualities. When conducting outdoor play, there are unlimited possibilities for the integrated use of various methods aimed at shaping the child's personality. During the game, not only the exercise of existing skills occurs, their consolidation and improvement, but also the formation of new mental processes, new personality traits of the child.

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