

Conducting Action Games in Primary School Students by Cluster Method

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Abstract

Us this article covers the methods of carrying out the physical education of moving games - beginner snif students in a cluster way. The development of special tests of the state program "Alpomish and Barchinoy" for the healthy generation, as well as their implementation, indicate ways of further development of physical education and sports activities.

Keywords: *People's patriotic wise, wise "Alpomysh" and "Barchinoy" special tests, etc.*

It is known that Uzbek folk pedagogy, which is a rare field of folk wisdom and etiquette, covers all aspects of social and domestic-moral life, the leading directions of folk oral creativity, philology, riteology, religious and moral instruction. He clearly and wisely expresses the rich experiences of our people accumulated over the centuries, their views on socio-political physical maturity, moral, philosophical, educational, aesthetic, and spiritual conclusions.

National action games of our people have been formed for many centuries.

Uzbek scientist: R. Mavlonova said, "People's pedagogy plays an important role in the development of a child as a person." In folk pedagogy, there are no small details of education, i.e., primary and secondary, everything is taken into account, no area is left out, and at the same time, taking into account the extremely delicate and complex aspects of education, seven measures are followed. The uniqueness of folk pedagogy is that it works with today and tomorrow in mind, that is, education is carried out on the basis of not forgetting the past, appreciating the present, and hoping for the future.

In fact, the nature and direction of young people's participation in these processes is greatly influenced by their physical and mental health, at the same time, as political and economic reforms aimed at improving the development of the Motherland are implemented, the forms of participation of young people in building society will improve and increase, and this will also happen objectively. .

The national characteristics of the Uzbek people, morality, self-awareness, national feeling, national culture, national dress and behavior are reflected in the study of the national games of the people. The structure of Uzbek families is characterized by the following qualities: many children, physical training in labor, the absence of the father as the main educator in the family, kinship, living together of several generations. Therefore, the holding of spartakiades among the residents of the cities and villages of our Republic creates a ground for instilling in the young generation moral qualities such as perseverance, patience, tolerance, compassion, and kindness. Sports such as wrestling, rope pulling, stone lifting, football, and athletics are becoming popular.

Physical fitness and longevity of the population is determined by a healthy lifestyle. In this regard, the President of Uzbekistan said, "Uzbekistan's own way of achieving true independence is based

on taking the conditions into account. The main specific features of the development of the Republic. First of all, it is worth noting the comments that it originates from the national historical lifestyle and way of thinking of the people, from the traditions and customs of the people. The establishment of the Order for a Healthy Generation, the "Law on Physical Education and Sports", the "State Program for a Healthy Generation", the development of special tests "Alpomish" and "Barchinoy", as well as their implementation in life, imposes the responsibility of further development of physical education and sports activities. It is known that the words morality, behavior and attitude are Arabic and are used in the Uzbek language in the same sense. Morality is one of the forms of social consciousness, social order is a rule, and this rule performs the function of regulating people's behavior in all spheres of social life without exception. Morality actively affects our lives and minds, on behalf of human society, between good and evil, justice and injustice, love and oppression, and determines acceptable and unacceptable actions and actions in human relations. Morality is manifested in a person's relationship with society, family, and work.

The peoples of Central Asia have a rich tradition in the field of ethics. Our scholars and thinkers of the past gave a special place to the issue of morality and ethics in their works.

Qari Nizamiddin bin Mulla Hasan writes in his treatise "Scientific Ethics": "Ethical science is a science that explains the goodness of good behavior and the badness of bad behavior in order to call people to good behavior and prevent them from bad behavior." Anyone who learns and practices the knowledge of ethics will be blessed in this world and in the hereafter. Good people with good morals easily make their enemies their friends. Some of the differences between humans and animals are intelligence, knowledge, words, manners, thoughts, and ethics. That's why it is necessary for people who say "I will be a real person" to study this science and learn the ways of morality, to know what is good and what is bad. is called.

Abullah Avloni in the work "Turkish Gulistan or Morality" says that morality is a science that calls foolish people to good and turns them away from evil. A book that explains the goodness of good behavior and the badness of bad behavior with evidence and examples is called morality. He writes that people who have deeply understood the science of ethics and practice know who they are and what they are doing on earth. Oriental scholars classify ethics by dividing them into two. Awlani writes: "The science of ethics is to divide human behavior into two. If the soul is disciplined and gets into the habit of doing good deeds, it is called "good behavior" and if it grows up doing bad things without training, it is called "bad behavior". According to our scholars, morality embodies such human qualities as religion, wisdom, justice, enthusiasm, courage, knowledge, patience, discipline, conscience, love of the country, chastity, modesty, benevolence, generosity, humility, loyalty, love, and hard work. So, dynamic games are important in the physical education of elementary school students as a means of forming their moral qualities and are invisible in their behavior, belief, opinion, observation, communication. Morality is one of the forms of social consciousness and is a set of rules of conduct that regulate the attitude of people to themselves, family, friends, community members, and nature. Action games have an important effect on the growth of the level of spirituality and culture of students, as well as for them to inculcate the rules of etiquette and moral categories into their way of life. Inculcation of moral categories to students through action games.

The content of moral education in elementary school students through national games is mainly expressed in the following.

1. Cultivating love and loyalty to the motherland. This type of relationship is reflected in qualities such as patriotism, civic maturity, and internationalism. Its goals are to protect the borders of the country, grow the prosperity of the country with stability and perseverance, and become invisible in its practical work aimed at strengthening and protecting independence.
2. Education of physical qualities. These qualities serve to guide a person to maturity.
3. Cultivating a moral attitude to the cocktail. This moral attitude is expressed in the readiness for private and collective work, in the understanding of the role of work in life in the higher consciousness of the individual, which becomes invisible in the work process.
4. Ethical attitude to the members of the society to the people around them. It is a person's preference for the public interest over his personal interest.
5. Educating a person's moral attitude to his own behavior - this consists in educating the student in the spirit of conscious discipline

Many qualities of a child are formed through family upbringing. But the family alone cannot raise a perfect person. Physical education conducted in general secondary schools complements and enriches family education. In our opinion, the following main tasks are solved in the process of physical education of students. The first task is to strengthen health, to train body parts, to affect the correct development of the body and to increase its working capacity. It should be noted that it is difficult to strengthen the health of students only at the expense of physical education lessons and special events held in school conditions. Because this process is the work of the entire team of parents, educators, and pedagogues, children should be regularly engaged in health care throughout the year.

A physical education teacher should take into account the following when organizing and conducting action games:

1. To improve the health of students' physical fitness, body parts and general working ability.
2. Formation of students' skills of free movement in various conditions.
3. Formation of intellectual and volitional qualities in students that help in life activities.
4. To get students interested in various games and physical exercises to get used to following the regime.
5. To create the necessary knowledge and skills for students to independently organize and conduct action games.

The task of the teacher as an organizer and educator is very responsible when conducting action games. Games should be organized and conducted in such a way that the correct selection of games will form in children the sense of comradeship, public patriotism, and a conscious attitude to socially useful work. Action games are considered the basis of the physical education lesson. Therefore, in the school program, games have more place than other materials. The reason for this is that the various physical exercises included in the program are easier for children to understand and master through various games. Play is one of the manifestations of human activity. As a complex and interesting phenomenon, it attracts the attention of people from different professions. While games have a certain place in the lives of adults, they are important for children. Among the Uzbek folk games, "Chir ailmana", "Throwing handkerchief", "Kuzi", "Zaghizgan", "Find it if you find it", and "Toggan rumol" have not lost their importance even today. Uzbek folk games are the

manifestation of human identity and its improvement method. One of the important features of the physical education lesson is the efficient use of time. This event makes the lesson interesting. The teacher should use all opportunities for active participation of students in the lesson, as well as ensure that the tasks given to all students are the same. This can be achieved by clearly allocating time for each game and each participant. If the number of players is very large, it is necessary to form several groups or bows, reduce the time set for completing the task.

During the game, it is advisable to "punish" the students by giving them penalty points rather than throwing them out of the game.

In order not to allow the game to be divided, it is necessary to prepare well in advance the place where the game will be held and the necessary equipment.

The teacher can change the recommended games in the curriculum and make additions to them, taking into account the possibilities of the school and the level of preparation of the students.

Weather conditions should be taken into account when planning action games for the quarters of the school year. When the weather is good, games such as "Chillak", "Aqtosh", "Kaziq", "Tegizsang-minasan", "Fight for the flag" can be held on sports grounds.

A variety of physical exercise games should be planned for review sessions at the end of each quarter. Such games help to test the skills of the students, the speed of their movements and their compatibility.

It is also possible to introduce an "Opponent" player into the game, if appropriate, in order to teach some methods of the game with the aim of improving quick thinking in the game situation.

The importance of active games for children is not limited to developing certain physical qualities and improving them. Active games form in children such qualities as self-discipline, self-restraint in the team and selfless helping of comrades to fight for their honor and reputation.

In order to train students of 1-4th grade to learn the skills of walking in a rhythm with organization, it is necessary to choose games that are sung and danced in a circle.

For this purpose, public games such as "Walk to music", "Carousel", "Think of", "Who's voice", as well as. You can use national games such as "Urasan-Burasan" "Aq terakmi-kuk terak". These games are very simple and easy, and they are effectively used in physical education classes, especially at the beginning and end of the lesson.

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