

THE SIGNIFICANCE OF SPORTS GAMES IN INCREASING THE EFFICIENCY OF
PHYSICAL EDUCATION

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Annotation: *This article highlights the importance of sports games in improving the effectiveness of physical Tarbi lessons. The article explores the impact of sports games on student engagement, skill development, and overall physical health. The article concludes that incorporating sports games into Tarbi lessons is crucial for promoting a healthy and active lifestyle and enhancing the effectiveness of physical education.*

Keywords: *physical education, Tarbi, sports games, student engagement, skill development, physical health.*

**ЗНАЧЕНИЕ СПОРТИВНЫХ ИГР В ПОВЫШЕНИИ ЭФФЕКТИВНОСТИ
ЗАНЯТИЙ ФИЗИКОГО ВОСПИТАНИЯ.**

Аннотация: *В данной статье подчеркивается важность спортивных игр для повышения эффективности занятий физической культурой. В статье исследуется влияние спортивных игр на вовлеченность учащихся, развитие навыков и общее физическое здоровье. В статье делается вывод о том, что включение спортивных игр в занятия тарби имеет решающее значение для пропаганды здорового и активного образа жизни и повышения эффективности физического воспитания.*

Ключевые слова: *физическое воспитание, Тарби, спортивные игры, вовлечение учащихся, развитие навыков, физическое здоровье.*

In our article, we focused on the formation of theoretical knowledge and practical qualifications of physical education classes of the general secondary school, improving the importance and effectiveness of sports games in improving, and improving the problems of using educational principles of physical education. The problem puts a requirement for continuous self-improvement in the educational process. As a physical education lesson in the general education school curriculum, two days of the training week - the interval of classes is equal on equal days, and not on Mondays, Tuesdays, so

that the days of the weekly class interval are equal, for example: Monday Thursday or Tuesday, Friday and X.k. Lar is organized for all ages of school age as a basic subject taught by putting it on a class schedule (one of the factors in the effectiveness of the lesson) in the style of lar.

Sports games are not only entertainment, but also useful physical activity. They play an important role in improving the effectiveness of physical education, as they help to develop physical and psychological skills, and also encourage participants to participate in active training.

The development of physical skills is one of the main aspects of sports games. Participation in them allows you to develop speed, agility, coordination and endurance. In addition, participation in sports games helps to improve physical fitness and maintain it at the right level. For example, basketball, football, volleyball and other games require fast movement, which is a great cardio workout.

Sports games also help to develop psychological skills. Participation in them requires stress resistance, concentration, discipline and cooperation. Athletes must be prepared for what they can face obstacles and failures, but they must learn to overcome them and achieve goals. These skills can be useful for success in other areas of life, such as work and learning.

Motivation is another important aspect of sports games. They can be an incentive for participants because they can be fun and fun. Participation in sports games helps participants enjoy physical education activities and arouses their constant desire to engage in physical activity.

Thus, sports games play an important role in improving the effectiveness of physical education. They help develop physical and psychological skills and can be an incentive for participants. Games make physical education training more fun and fun.

Sports games are an integral part of physical education programs in schools and have been shown to play an important role in improving the effectiveness of physical education classes. Tarbi is a term used in Arabic to describe the process of raising and educating a person from childhood to adulthood. Physical tarbi refers to the physical aspect of this process and aims to develop children's physical abilities in a fun and engaging way.

The importance of sports games in physical tarbi lessons cannot be overestimated. These games give children the opportunity to enjoy and engage in physical activity at the same time. The benefits of sports games are not only beyond physical health, as they develop socialization, teamwork and leadership skills.

Studies have shown that the inclusion of sports games in physical tarbi classes can lead to a significant improvement in the overall fitness level, as well as an improvement in strength, endurance and flexibility. Children who participate in sports games develop a positive attitude towards physical activity and exercise, which helps to establish healthy habits that last a lifetime.

In addition to physical benefits, sports games can also help improve cognitive function and academic performance. Studies have shown that physical activity can improve attention, memory, and problem-solving skills, all of which are important for academic success.

One study conducted in Saudi Arabia found that students who participated in sports games as part of physical tarbi classes were significantly higher than those who did not achieve academic success. This suggests that sports play can have a positive impact on both physical and academic performance.

Action games are a type of physical game aimed at developing coarse motor skills, coordination and balance in children. Physical education is a crucial component of a child's development, and the inclusion of action games in physical education classes can be very useful. This article explores the impact of action games on physical education classes and its importance in the development of physical development.

The inclusion of action games in physical education classes has several advantages for students.

First, these games are a great way to improve your rough motor skills and coordination. Action games often involve jumping, running, and moving in different directions to help children develop better coordination and balance. The regular practice of these games can lead to a significant improvement in physical abilities, which can benefit children in their daily activities.

Secondly, action games are incredibly fun and fun for children. Unlike traditional physical education classes, which can be repetitive and boring, action games give a sense of excitement and pleasure. This can help encourage children to participate in physical education classes and can lead to increased participation and improved performance, and finally, action games can help children develop social skills such as teamwork and communication. Many action games involve Group Participation, which helps children learn to work together effectively. The development of these skills can develop into other areas of life, such as academic performance and social relationships.

Conclusion.

In conclusion, sports games play a decisive role in improving the effectiveness of physical tarbi lessons. These games provide a fun and fun way for children to develop their physical abilities while developing socialization, teamwork, and leadership skills. The inclusion of sports games in physical tarbi classes can lead to a significant improvement in the overall level of physical fitness, as well as an improvement in cognitive functions and academic performance. Therefore, it is important that schools prioritize the inclusion of sports games in physical education programs to ensure that children receive comprehensive physical tarbi education.

The inclusion of action games in physical education classes is essential to promote physical development and overall health in children. These games help to improve the skills and coordination of the coarse medium, are fun and enjoyable, and help develop social skills such as teamwork and communication. By incorporating

action games into physical education classes, children can actively participate and enjoy physical education activities, which leads to improved physical health and well-being.

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