

**THE EFFECTIVENESS OF USING NATIONAL ACTION GAMES IN DEVELOPING
SPORTS ELEMENTS**

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Abstract: *provides relevant information on the use of national action games that can lay the groundwork for secondary school students to learn the sport-specific elements they need to master.*

Key words: *elements specific to sports, application of national action games, complex of games.*

INTRODUCTION

After gaining independence, the Republic of Uzbekistan implemented many development processes, including many developments in the field of physical education and sports, and a number of decisions and decrees were implemented. An example of this is the decree of our President No. 5924 dated January 24, 2020 "On the further improvement and popularization of physical education and sports in the Republic of Uzbekistan" [1]. This puts great responsibility on the physical culture that educates the young generation in a healthy and well-rounded way. It makes it necessary to collect the forgotten national games of our people, apply them to life and school, and reconsider the ways and methods of development, aimed at the development of their physical qualities, which allow raising the young generation to be physically fit, and aimed at the development of their physical qualities.

LITERATURE REVIEW

This article uses the methods of theoretical analysis and generalization, pedagogical observation, experiential and mathematical statistics.

For general education students, more action games occupy the main components of the program sections, and we tried to make changes to this, that is, instead of action games, the word-of-mouth of our people We tried to include our national games, which have come from time immemorial, but are now being forgotten, that reflect our nationality, in school lessons.

DISCUSSION

It is known that action games make up the main volume of teaching hours of program sections for students of general education schools, and the amount of hours given to action games in program sections for 1st graders 38 hours, the volume of hours allocated to action games of program sections for students of 2-3 grades is 36 hours, the volume of hours allocated to action games of program sections for 4th

grades is 12 hours. In upper grades, compared to elementary grades, fewer program sections are included. It can be seen that the main processes of the students are focused on action games, aimed at acquiring life-necessary movement skills, skills and knowledge related to it, assimilation of sports elements.

Taking this into account, improving movement games in general education schools, choosing movement games suitable for the age of students and mastering sports elements, instilling nationalism into movement games, that is, national movement games it is necessary to use it widely in the school agenda, to include it in the lessons at a high level, to develop new methods of organization.

Action games for children of this age are the basis of physical education lessons. Therefore, in the school curriculum, games are given more space than other materials. The reason for this is that the various physical exercises included in the program are easily perceived and mastered by children through various games. For example, when a special exercise is conducted to teach running and long jump, the task set by the teacher may not be fulfilled. Because it is very boring for children to explain the exercise, show it, perform it and find out how it is done, correct the mistakes. If the game "Wolf in the ditch" is used to solve this task, the goal is easily achieved. For classes III-IV, it is recommended to conduct action games mainly in the main and final part of the lesson, because the program material requires conducting line exercises in the introductory part of the lesson. In games, special attention should be paid to running, jumping and throwing or throwing exercises. Along with playing simple and moderately complex games with children of this age, if the team is sufficiently prepared, it is possible to play more complex games, that is, games played in teams. Team games require a sufficient level of agility, alertness, prudence and physical fitness, and at the same time improve these characteristics.

As a result of research, we have developed a set of games that can create a foundation for mastering the elements of sports for students of a general education school, and we tried to implement it based on this schedule.

Table 1

RECOMMENDED NATIONAL ACTION GAMES FOR DEVELOPING ELEMENTS OF SPORTS

Sport type	A task to be performed	National action games
Athletics	Long jump Exit from Start	"The wolf in the ditch" "Kun wat un"
Volleyball	Attack technique	"Hunters" "Ball in a circle"
Basketball	Throw the ball into the basket	"Hunters and ducks" "Put the ball in the basket"
Handball	Defensive tactics	"Fortress Defense"

RESULTS

Our forgotten national action games not only develop the national values of the young generation, but also create the ground for easy, effective and interesting learning of tasks that are somewhat complicated and boring for students. They increase students' movement reserves and help them acquire vital movement skills and competences. Below, we selected the 6th grade students of the 31st general education school of Namangan city, Namangan region as an experimental group and the 6th grade students of the same school as a control group. We recorded the results in the table below during the observation of the physical fitness of the students in the lessons organized on the basis of national action games.

Table 2

№	Tests	Sex	n	Experience x ± m	Control x ± m	t	P
1	Running from a high to 30m	B	15	6.9 ± 0.05	7.8 ± 0.06	0.52	>0.05
		G	11	0.06	0.11		
2	3x10m shuttle run	B	15	8.9 ± 0.12	9.8 ± 0.08	0.52	>0.05
		G	11	0.19	± 0.11		
3	Jump rope (30 rds)	B	15	22.5 ± 0.52	18.7 ± 0.45	0.79	>0.05
		G	11	± 0.71	± 0.85		
4	Standing long jump	B	15	126.3 ± 0.86	124.5 ± 0.73	0.87	>0.05
		G	11	± 1.16	± 1.11		
5	Throwing a 150g	B	15	19.8 ± 0.52	17.6 ± 0.31	0.95	>0.05
		G	11	± 0.58	± 0.52		

CONCLUSION

So pedagogic of conditions creation, physical exercises of the complex correct organize to be done national mobile to the yins based on physical education training high good quality to transfer chance creates and training interesting to transfer help will give . Physical education helps in the correct structure of work plans from a methodological point of view. The data collected on the basis of the above-mentioned pedagogic observations and the analysis of control norms revealed that the physical fitness of children in the experimental school is at a high level, at the same time their health is relatively high and children's the incidence of illness has decreased.

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