



# **PEDAGOGICAL OPPORTUNITIES OF USING NATIONAL MOVEMENT GAMES IN THE PHYSICAL EDUCATION OF STUDENTS**

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## **Abstract**

This article highlights the pedagogical opportunities of using national movement games in the process of physical education of students. The importance of national movement games in the physical development of students, their motor activity, physical qualities, and moral education is analyzed. In addition, the article discusses the development of physical qualities such as speed, strength, agility, and endurance through the use of national games, as well as increasing students' interest in physical education classes. The study substantiates the pedagogical significance of national movement games not only in students' physical development but also in fostering respect for national values.

**Keywords:** National movement games, physical education, students, physical development, physical qualities, motor activity, pedagogical opportunities, healthy generation, national values, physical culture.

## **Introduction**

The system of decrees and resolutions aimed at the development of physical culture and sports in the Republic of Uzbekistan is of great importance. Therefore, the goals and objectives of the field of physical culture in our republic are implemented on the basis of decisions made by the government and relevant state bodies.

The main goal of developing physical education and sports in our country is to raise a healthy, spiritually strong, morally mature, and creative individual. Measures aimed at developing mass sports and forming a healthy lifestyle among the population are of great importance for the future of our country. This places

important responsibilities on all organizations and institutions engaged in physical education and sports.

As the President of the Republic of Uzbekistan, **Shavkat Mirziyoyev**, emphasized: “We will build our great future together with our brave and noble people.” This idea plays an important role in raising a healthy generation, developing sports, and educating young people as harmoniously developed individuals. A healthy person is understood not only as physically healthy but also as a person who has developed in the spirit of Eastern ethics and universal values. The establishment of the “For a Healthy Generation” order and the creation of an international charitable foundation also serve to raise a healthy and harmoniously developed generation in the future.

Every person should understand the importance of physical education and sports for their physical development and regularly engage in physical exercises. The comprehensive development of the physical abilities of the younger generation is carried out within the process of physical culture, which is an integral part of education.

The main goal of the physical education process is a long-term pedagogical process aimed at raising a healthy, active, physically developed generation that is ready for work and the defense of the Motherland.

During the process of physical education, the following tasks are implemented:

- strengthening health, hardening the body, and improving the level of physical development;
- forming movement skills and abilities necessary for life;
- developing moral and volitional qualities of the individual;
- developing physical qualities (speed, strength, agility, endurance);
- mastering the technique of performing sports exercises.

At the same time, collecting, studying, and introducing the national games of the Uzbek people into practice is one of the urgent tasks today. This task places a great responsibility on the physical culture system in educating the younger generation to be healthy and well-developed.

National movement games play a significant role in raising physically strong students. Therefore, preserving national games created by our people over centuries, passing them on to the next generation, and introducing them into the educational process is an important pedagogical task.



National movement games are a centuries-old cultural heritage of our people. Along with developing children's physical qualities, they also form a sense of respect for national values. Therefore, the use of national games in the process of physical education positively affects the physical development of students.

National movement games are one of the effective means of physical education, through which it is also possible to develop intellectual, moral, and aesthetic education in students simultaneously. Therefore, special attention should be paid to aspects such as the content of games, their rules, participants' activities, and their interactions.

The use of national movement games plays an important role in organizing interesting and effective physical education lessons for primary school students. Through national games, children not only acquire physical knowledge and skills but are also educated in the spirit of respect for national values.

Many scientific studies have examined issues related to the physical development and physical preparedness of students, and they have revealed that children's level of motor activity is not sufficient. Therefore, the use of national movement games is considered an important means of increasing students' motor activity.

Through national movement games, children develop not only physical qualities but also social skills. During the game process, a child reflects and imitates the activities and relationships of adults in a unique way. As a result, the child assimilates values, knowledge, and experiences created by society.

Game activity also positively influences the development of memory, thinking, and speech in children. During the game process, a child remembers and repeats various movements to perform a specific role. This contributes to the development of voluntary memory.

Game activity also helps children develop skills to control their behavior. Especially in preschool and primary school age children, qualities such as discipline, cooperation, and teamwork develop through the game process.

Thus, national movement games are an important pedagogical tool in the formation of students' physical development, moral education, and social skills. Therefore, their wide use in physical education classes and their scientific-pedagogical justification remain one of the urgent issues.

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