

TEACHING PRACTICAL SKILLS TO PUPILS THROUGH FOLK GAMES

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Abstract: The article provides information about practical education of preschool children. This article, first of all, talks about Uzbek folk games, which embody our national mentality and national traditions, and their importance in our society and in the education of the young generation. One of the main tasks of modern pedagogy is the use of national resources and their skillful use in the humanitarian pedagogical education system, turning these priceless, popular, spiritual resources into the daily educational work of pedagogues.

Key words: physical education, preschool educational organization, movement activity, teacher, child, health care.

Introduction:

President Sh. Mirziyoyev attached great importance to the education of the young generation and said, "Education of the young generation is the most important task for us." Based on this, currently the pedagogical society of Uzbekistan is looking for the formation of strong universal trust and views in the growing generation, the usual forms and methods of education; we should pay attention to the education of feelings of respect and protection of national culture and national values in the individual. on the basis of these rich treasures, educating the young generation to be spiritually rich, morally pure, and physically healthy is one of the urgent issues of today. is of great importance in the formation of modern physical education culture in preschool educational institutions.¹

P.F. Lesgaft wrote: "In the games, all the movements learned during regular training are used. Therefore, all the movements performed here should fully correspond to the strength and skill of the participants and be performed with as much precision and agility as possible."²

Methods: Teaching to be careful depends to a large extent on knowing how to effectively use the national games of the Uzbek people. Because through national games, the child acquires physical knowledge on the one hand, and on the other hand, it arouses interest in physical culture. Physical education and physical development of

¹ Qodirova. F.R, Toshpo'latova Sh. Q, Kayumova N.M, A'zamova M.N Maktabgcha pedagogika. Darslik "Tafakkur" nashriyoti 2019

² Qodirova F.R, Qodirova R.M. Maktabgacha ta'lim konsepsiyasi. T, Fan va texnologiya 2011

preschool children have been studied by many scientists. In the research of scientists, it was found that children's physical development and physical fitness are weak. Each age group has a certain level of physical and mental development. Studying at the junior school age changes the whole way of life of the child and makes new demands on him. Because in the kindergarten age, the main focus is on the development of speech and the formation of moral standards. Specially organized play activities play an important role in their education. For the development of the child, games are used that provide didactic education and teach to work together as a team. In junior school age, against the background of the general maturity of the organism, children's range of motion develops rapidly. This period is very favorable for active sports and physical education.

Results: From this point of view, the use of national folk games that develop these characteristics of the child accelerates the educational goal. In such games, children learn to aim, to move consistently, and to complete tasks within a certain period of time: requires the child to react quickly to signals and change the game situation unexpectedly. Various situations that arise during the game require making necessary changes in the nature and direction of the child's movements, changing his muscle strength in a certain direction. , improves and balances the processes of excitation and braking in them, as well as observation, resourcefulness, the ability to find a goal in changing environmental conditions, find a way out of a difficult situation, quickly follow the oncoming lane and gain courage. do this, It helps to cultivate qualities such as dexterity, initiative and the ability to independently choose the necessary method of action to achieve the goal. The wisdom of folk games is that they are relevant in the physical education of the young generation, and effective tools, methods, forms and methods have been preserved. The relevance of this work lies in the fact that in recent years, many cultural traditions that were previously universally recognized have disappeared, and many have accompanied a person throughout his life. Plab customs and traditions have disappeared. To this day, many folk games have been forgotten, their rules have been lost. Therefore, playing folk games is a very important matter.

Conclusion: In conclusion, it can be said that when using and applying national folk games, it should be taken into account that children of this age are more inclined to large, strong movements than to small movements that require accuracy. The great pedagogue Y. N. Comensky, who developed the youth period of students, emphasized this in his time. In general, students of this age are very active. Movement requires special, rational organization, correct forms of movement. Young people, especially school and preschool children, love and play Uzbek national games with interest. It would be good if such games were played not only in physical education classes or in preschools, but also in the yard, in parks, and in free time. If arranged, it would be an excellent beam upon beam. That is why the need to increase attention to the national

action games of the people is becoming more evident. Paying attention to values allows preserving many elements of the culture of the peoples of the East and using them in practical activities. For our ancient local peoples, traditional national games and national competitions were once an integral part of their life, and they played the role of an independent field in folk rituals, customs and traditions. Both people and society are interested in the young generation growing up to be physically healthy, hardworking and protective. For this, preschool children should be deeply engaged in physical education, acquire the skills of using various national games. This is related to the extremely important tasks of strengthening the education of the young generation, educating them in the spirit of feeling their duty to their nation, independent state and society.

Based on the above conclusions, we can make the following suggestions.

1. In the course of the training, it is necessary to develop activities that incorporate the national games of the people. Choosing the safest games and matching them to the age group is the main task.

2. It is necessary to organize sports competitions in preschool educational institutions and ensure children's activity in these games.

3. I think that it is necessary to perform exercises covering a certain part of folk dances during holidays to the sounds of national music (Andijan polka).

4. Since the use of modern multimedia tools is the main requirement today, it is appropriate to show cartoons and songs depicting our national games.

5. Making tools used in folk games by hand (for example, making a lamb from pieces of cloth for the goat game under the guidance of the teacher) and playing this game with them are children's folk games increases interest.

Summarizing the above points, it can be said that folk games are of great importance not only in keeping our nationality pure, but also in educating our children, who are the foundation of our future, both physically and spiritually.

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