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## USING UZBEK NATIONAL GAMES IN PRE-SCHOOL EDUCATIONAL INSTITUTIONS

**Abstract:** *At the age of preschool education, the child's organism develops rapidly. Its nervous system, bone muscle cysts are formed intensively. Respiratory organs improve. During this period, it is important to teach health education and to form full physical and spiritual perfection. This is the main purpose of the reforms on the improvement of the health education of young people in our country. Purposeful physical education has a positive effect on the mental development of small children. In this article I will discuss the role of using Uzbek national games to develop physical education in pre-schools.*

**Key words:** *health education, physical education, games, Uzbek national games, children, pre-school, pre-school teacher.*

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### Introduction

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In our sunny country Uzbekistan, the reforms of upbringing pre-school children have been carrying out focusing on the improvement of the health education of young people through following the motto of a healthy mother and a healthy child. It is important to highlight a number of decrees of the president of Uzbekistan and the reforms of the Ministry of Health are aimed at improving the health of healthy families, mothers and children, education and further improvement of activities directly related to them. Especially in the content of the laws on "Physical Education and sports", "State requirements of the Republic of Uzbekistan for the development of early and pre-school children" [1] and the state Curriculum program "The First Step" [2] set requirements towards improving the work efficiency of preschool children's educational institutions.

It is worth noting that buildings of pre-schools institutions not only in urban areas, but even in the country sides of our country have been reconstructed according to state requirements. One of main aims of educating children aged 3-7 in pre-schools is a targeted organization of physical exercises, moving games and parts (elements) of sports, depending on the age (group) of children to develop "physical education" programs productively. The development of "physical education" programs and methodological manuals and recommendations for preschool children's educational institutions were prepared by such outstanding scientists K.M.Mahkamjonov, X.A.Meliev, X.Tulenova, M. Masharipova and others.

### Materials and Methods

Each nation has its own the rules of specific games of the people which express the features of its culture. In the pedagogical approach, the national games of the Uzbek people increase the physical and mental activity of pre-school children. The character,

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sincerity, truthfulness and courage of the Uzbek people are evident in the Uzbek national games which make anyone be active and friendly. Uzbek national games in terms of their content are simple and understandable. Moving games bring joy to the child, increase the tone of life and create the ground for the plot of the game.

Another main aspect of the Uzbek national games is that brings up a moral feeling of children. For example: in the game " Qoch bolam qush keldi" (Run! My child, the bird is here). The coordination of the child's movement improves, helping each other, being attentive and nurturing qualities. National and action games provide an opportunity for physical development and upbringing of physical qualities. Children learn not only to rejoice in their actions in the process of various games, but also to love life, to know its beauty, to control health and to work for Motherland. These national games are usually held in the open air in groups, as well as the following physical exercises. Jump from rope one by one and in a group, throwing a ball away and catching it, riding a horse, etc. [3]

A distinctive feature of the national action game is that all the main actions included in the program find a place: walking, running, jumping, climbing, shooting, etc. Therefore, playing national games have great importance in preserving and further improving the health of children, increasing their physical training and raising their physical qualities.

The selection of the methods, methods of organizing and conducting games in the manner of competitions is of great importance in the life of children, in the agenda of the pre-schools. It is necessary to start the foundation of health from the early ages of children. All games are distributed in categories depending on the type of action, they contain elements of running, jumping elements, throwing out and crawling elements. Among the same games it is necessary to give children knowledge about the rules of the game and the organization of games. As we said above, one of the main features of the national and National Action Games is the upbringing of moral sentiments of children. In it, the more children interact with the participants of the game, the more organizational and discipline is manifested.

### Results and Discussions

Rules for the selection and conducting of moving games in pre-schools

When choosing moving games, pre-school teacher should take into account the age characteristics of the children, as well as determine the physical exercises accordingly and the level of its preparation when the child reaches the age of 7 years and steps to school. For example, when conducting jumping games, caution is required, first of all, it is necessary to teach children the methods of jumping in

physical education. For example, if children are taught to run to the length and jump, then first pre-school teacher needs to teach them not to stop at once before jumping, do not run slowly, depress on one leg before jumping, and then gently descend with both legs.

In the selection of moving games, first of all, the educator must know the aspects of the physical and psychological impact of the games given in books and manuals. Pre-school teacher should consider the interests in the selection of moving games for children of pre-school age. It is interesting that children at this age are not interested in what the Wolf, Lamb, mouse, cat image, pace, in games, but rather their behavior, for example, that the cat can jump and hold the mouse with agility. In games, the action becomes more complicated. [4] For example, in the game" Wolves in the ditch", children should come running and stop, and then jump and dexterously go through the ditch without giving the Wolves a trap. It is more interesting to children of this age, as well as to play as two sides, the presence of dependence. It is not easy to organize various competitions with children in pre-school.

Carrying out the game-aesthetics seems easier than one, but the result of observing the children's games shows that such games do not give any understanding to children, as a result, they can lead to disorder in children, impatience, unhappiness, cynicism, to push each other, irritability. It is very difficult to calm the children of the team who lost and won in the game after the end of the game.

Since children in the school preparation Group require education, it is also observed that such skills as sensitivity, fast running, dexterity, transfer of subjects, carrying out have not yet been formed, as well as a sense of responsibility in front of the team, one can not accurately assess the behavior, one does not understand the behavior of others well. For lack of these qualities and physical attributes, it is necessary to educate them both.

It is necessary to divide the groups into 4-5 groups, and not into two teams, taking into account the fact that children of pre-school age cannot yet behave well. It is also possible that these groups will sit in order to better consider each other without standing in a row, since they will maintain the order of their exit to the start, respectively. In such games, children observe each other, when one participant from each group sees his skill in speed, agility, precise targeting-tastes. The winning player brings his team a combo. Points accumulated after the end of the game are calculated. The most active and good played team is found as winners. When organizing the game, its educational significance increases, given all the conditions correctly. The lines that will be during the game, the distances of the teams, the necessary Game subjects: the ball, the flag, etc., should be distributed, and then it is necessary to accustom the children to self-service. Most often, the educator teaches these

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organizational works by giving one or the other a task as a duty, so that each time the duty is exchanged.

The pre-school teacher should think about how to explain it before playing the game. The explanation should be very short, clear and concise and to tell from the players who will stand in which place.

When conducting a familiar game to children, it is not necessary to explain in full every time, however, the rule of the game should be emphasized by the educator herself. It is desirable to indicate the child, who often made a mistake in the execution of the game rule.

At the time of the game being played, pre-school teacher should not only remain an observer. It is necessary to conduct the game so that children can enjoy it, create contentment and learn complex rules. The pre-school teacher must follow the participants during the game, pay attention to the individual children, encourage them in the unit, and lead those who break the rule in the unit by reproaching them. In the process of breaking the rules of the game, let the children of the character or sympathy quickly stop ("clap", "knock", or "stop the game!"). [5] The pre-school teacher should also pay attention to the limits of conducting the game. This is especially a very responsible moment, because little attention is paid to time when the game is played with pleasure. For example, when you look at gymnastic exercises, it will

be more complicated to set the playing time. Are you tired, children?"-this question should not be asked, it can affect children who are playing with pleasure and interest. Therefore, the pre-school should pay attention to the appearance of fatigue in children (frequent breathing, redness of the face), behavior (frequent rule breakers or rudeness,) and stop the game in a timely manner. The game can be completed in all sorts.

### Conclusion

In conclusion, we have mentioned above that the purposeful physical education has a positive effect on the physical development of small children. One of the important functions of physical education is to temper the organism of the child. Strengthening the health of children, at early ages in pre-schools by tempering them, it increases their ability to resist colds and infectious diseases as well. Physical education increases the ability to adapt to temperature changes and different temperatures of the weather. Physical education and health-improving activities such as morning gymnastics, moving games, sports exercises and Uzbek national games and conducting according to the order of the pre-schools' agenda and moving activities that children develop physical education in pre-schools.

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