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THEORETICAL BASIS OF DEVELOPING DEFICIT AND SPEED IN ELEMENTARY STUDENTS THROUGH NATIONAL GAMES

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Abstract. This research work highlights the importance of national movement games in developing the physical qualities of primary school students, in particular, dexterity and agility skills. The role of national games in the pedagogical, psychological and physical education process is analyzed, and their positive effect on the children's body is revealed. The theoretical foundations of the use of national games in increasing the motor activity of students, forming a healthy lifestyle, and instilling national values are also outlined.

Keywords: national games, agility, speed, physical education, primary school students, active games, physical qualities, healthy lifestyle, education, national values

Today, one of the most important tasks in the education system is to raise a mature generation, to ensure their physical and spiritual development. In particular, the formation and development of physical qualities in children of primary school age serves to increase the effectiveness of education in the next stages. Dexterity and quickness are the main qualities of human movement, which are important for children's daily activities, sports and healthy development. The national games of the Uzbek people, which have been formed for centuries, not only improve children's physical fitness, but also develop such qualities as teamwork, friendship, cooperation, courage and patriotism. National games encourage students to actively participate with their interesting content and wealth of activities. Therefore, the effective use of national games in physical training is one of the important means of developing children's dexterity and quickness.

The relevance of the research is that as a result of the wide spread of modern information technologies, a decrease in children's activity is observed. This can have a negative impact on their physical development. By widely introducing national movement games into the educational process, an opportunity is created to increase physical activity of students, strengthen their health, and educate them in the spirit of respect for national values. In this work, the theoretical foundations of the development of dexterity and speed in elementary school students, as well as the pedagogical possibilities of using national games are scientifically analyzed.

LITERATURE ANALYSIS AND METHODOLOGY

The most important issue is the correct organization and conduct of lessons and exercises based on a mobile game for the development of the physical qualities of a primary school student. According to K. Balsevich's research, he describes the physical activity of children as follows: All indicators of physical qualities of children in grades 1-4 show a high rate of growth. Only the rate of flexibility decreases during this period. In children of this age, there is an intensive development

of biodynamic movement and, first of all, coordination parts. In grades 1-4, a very good ground is prepared in practice for the manifestation of physical qualities and coordination abilities, human motor activity. The results of physical training according to the indicators of F.N. Nasriddinov, A.Sh. Kasimov show that all indicators increase by a certain amount with age. According to the scientific research of A.N. Livisky, the strength of the muscles of the hands and feet reaches 13-14 kg at the age of 7. From this age, through active games, there is a strong possibility of further developing these qualities. In the dynamics of age changes, some sharp stages are determined, which are characterized by a set of morphological and functional features. In order to further revitalize the health-improving and educational work of primary school students through active games, it is necessary to determine the relationship between their physical development and readiness indicators. This will allow choosing effective means, and then conducting pedagogical tests and experiments.

It is undeniable that physical education plays a special role in the formation and development of a schoolchild as a person, a complete person. And national physical education was one of the main tools in the formation of children and adolescents from the early stages of human development. Therefore, in our time of returning to our identity, physical education based on the national values of the people is of particular importance.

RESULTS It is also necessary to pay attention to such aspects of the games of primary school students as the spirit, nature, character, and behavior of the participants. In order to make physical education of primary school students interesting and useful, the same features should be paid attention to when using some of the national games that we recommend. Instilling a love for values

in primary school students in physical education lessons and teaching them to preserve folk traditions largely depends on the ability to effectively use national folk movement games. This is because, through national movement games, it is important for a child to develop physical knowledge, and thus, interest in values. Games suitable for children in grades 1-4 can be divided into the following groups according to the development of physical qualities:

1. Games that develop agility and flexibility in children;
2. Games that increase strength in children.
3. Games that develop endurance and agility in children.

Some types of games can be suitable for all joints of children, that is, games aimed at the holistic education of physical qualities are the majority, in which various physical qualities can develop sequentially. In the process of using national active games, the following specific characteristics of primary school students should be taken into account:

1. The increased interest of a primary school student in the activities of adults, their attitude to objects and their interaction, attitude.

2. Children's folk active games reflect the most expressive, vivid emotional aspects of the surrounding reality.

3. In active games, a primary school student can put his desire into practice, feeling that he lives in the same conditions, on the same ground, with adults.

DISCUSSION

Both the people and society are interested in the physical well-being of the younger generation, healthy, ready to defend the Motherland, and energetic growth. For this, students need to be deeply engaged in physical education, master the skills of using various national active games. This will further increase attention to the education of the younger generation, educate them in the spirit of a sense of duty to their people, independent state and society, and create an opportunity to form the qualities of love for work, diligence, completion of the work started, and perseverance from the

first day of school, in connection with the extremely important tasks of education. In this, along with all modern means of physical education, Uzbek national active games are very useful, because these games can include all aspects of the spiritual, physical, and spiritual upbringing of children. After all, raising young people, who are the future of the nation, to be healthy, mature and perfect people, will serve to strengthen the foundation for the future of our independent country. We have already mentioned above that active games and national sports have changed significantly in the process of historical development, and that each economic system has left its own mark on their content and rules. The names and rules of some games have been preserved to this day. When using such games, it is necessary to take into account that, in addition to their physical impact on children, they also have an educational impact, and their creative use should be targeted. For example, the "Uloq" game refers to an ancient multi-player game, usually played with horses, in which riders fight for a real Uloq..

It is known that in order to correctly determine the physical education, physical development and readiness of children from a methodological and pedagogical point of view, it is necessary to have a good knowledge of the physiology and psychology of children, and based on this, certain tasks should be set before each lesson. The number of tasks is two to three, and they are divided into several groups, basic movements and exercises, and national movement games are selected. The selected exercises should, firstly, be related to the basic movements. Secondly, the exercises should also be appropriate for the age, level of preparation, and gender of the students. In addition, these exercises should be simple, understandable, familiar to the child, and they should be able to perform them.

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