

**SCIENTIFIC AND METHODOLOGICAL BASES OF THE USE OF NATIONAL  
GAMES IN PHYSICAL EDUCATION**

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**Abstract:** This article studies the scientific and methodological foundations of the use of national games in physical education classes. National games have long occupied an important place in the spiritual and cultural life of our people, they are not only a means of entertainment, but also have important methodological opportunities for developing physical qualities, forming a healthy lifestyle, strengthening teamwork, and effectively organizing educational processes.

**Keywords:** Physical education, national games, methodology, pedagogical approach, national values, innovative methods.

**INTRODUCTION.**

Today, increasing the effectiveness of physical education classes in the education system, ensuring the physical and spiritual well-being of the younger generation are one of the urgent issues. From this point of view, the use of national games is an integral part of the physical education process, which plays an important role not only in developing the physical qualities of students, but also in forming their loyalty to national values, social activity. National games have long been widely used in the cultural life of our people, teaching young people to be healthy, agile, courageous and united. At the same time, they are an effective tool for developing teamwork, quick decision-making, mutual respect and cooperation skills. Therefore, the use of national games in physical education classes has not only pedagogical, but also social and educational significance. The relevance of this study is that by integrating national games into modern physical education methods, it is possible to form a healthy lifestyle of pupils and students, increase their physical fitness and further strengthen their respect for national values. To this end, this work studies the types of national games, ways to integrate them into the educational process, and their scientific and methodological foundations.

**LITERATURE ANALYSIS AND METHODS.**

On the development of physical education and sports in the Republic of Uzbekistan A rational system of personnel training is of paramount importance. Therefore, the goals and objectives of physical education are implemented based on the decisions of the government and the republican State Committee for Physical Culture and Sports. The goal of physical education implemented in our country is to prepare a healthy, spiritually vibrant and creative person for life. This goal is a necessary task for all institutions and organizations engaged in physical education in Uzbekistan. In order to physically educate themselves, a person must understand the need for physical education and sports and diligently build their health on the basis of a certain system of physical exercises that they like. The comprehensive development of the physical abilities of the younger generation is carried out in the process of physical education, which is an integral part of education. The goal of physical education is a long-term, organized pedagogical process aimed at educating healthy, cheerful, comprehensively physically developed defenders of society, ready for labor and defense of the Motherland. This problem, which allows to educate young people in all aspects of physical fitness, aimed at developing the physical qualities of students, necessitates the consideration of the physical education of secondary school students in a coherent manner,

together with organizational and pedagogical processes, in which we would like to emphasize again and again the great role of national folk games. Therefore, our goal is to search for, develop and implement ways to preserve the national folk games of our people, which have been passed down from century to century, and pass them on to the next generation.

#### **RESULTS AND DISCUSSION.**

National folk movement games expand students' ideas about the ancient traditions of the people to a certain extent, help them to assimilate them into modern life. Because national folk games are one of the most effective methods of physical education and are an important tool for the successful implementation of intellectual, moral and aesthetic education in students. Therefore, it is necessary to pay attention to such aspects of children's games as the spirit, nature, character, and actions 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. The needs for using national folk games in children's physical education and their goals and objectives. During the period of independence, attention is especially increasing day by day to sports and physical education. In the face of physical education, more sports should be incorporated into the lives of our people; In educating young people in the spirit of independence, there are great tasks such as the widespread use of all various forms of physical education, including folk national games, improving the health of young people, and preparing them for the defense of the Motherland. The national games of our people are one of the important means of physical education and sports that are widely used for this purpose. Therefore, the need to increase attention to folk national games is becoming more and more obvious. Folk national games play an important role in the development of children's physical qualities. The game increases the child's interest, gives him pleasure, and ensures a faster recovery of working capacity. Thanks to the game, children forget about fatigue and try to perform the exercises carefully.

All folk games have the power to have a holistic effect on children's organisms. Therefore, games should be considered as exercises that have a general physical effect. It is of great importance to provide primary school students with knowledge directly related to physical education (the usefulness of games, the importance and technical performance of physical exercises, methods of their performance, the origin and rules of folk games, etc.). In the process of teaching national folk games, there are great opportunities for implementing moral, intellectual, aesthetic and labor education. During the performance of national folk games, the best conditions and opportunities are created for the development of positive (cohesion, discipline, modesty, kindness) and spiritual qualities (honesty, justice, a sense of friendship, cooperation, the ability to work in step with the times, responsible fulfillment of tasks), as well as the manifestation of volitional qualities (courage, determination, self-confidence, steadfastness in overcoming difficulties, endurance, etc.) in children's movements. In physical education lessons, teachers should pay great attention to educating children in the folk spirit through ancient folk games, searching for its various forms and methods. Proper organization of physical education classes at school, and sometimes folk games in extracurricular activities, develops the physical development of the student, his stature and work ability. At the same time, the sensory organs, complex behavioral patterns have a positive effect on the development of discipline, determination, hard work and other human qualities. In this regard, the development of curiosity, observation, goal-orientedness, and the logicity of memory on the basis of national folk games is of particular importance. The development of voluntariness as a separate quality of behavior is one of the main tasks of education, as well as physical education. Voluntariness is expressed in consciously setting the goal of action, finding the means to achieve it, overcoming difficulties and obstacles on the way to the goal. The process of educating young students is

becoming more complicated due to the expansion of the tasks of moral, physical, labor and aesthetic education.

### **CONCLUSION**

The results of the study show that the use of national games in physical education classes plays an important role not only in the physical, but also in the spiritual and moral development of students. National games are an effective methodological tool for forming a healthy lifestyle, developing teamwork and cooperation, preserving national values, and strengthening the spirit of patriotism in the younger generation. Also, the integration of national games into physical education classes gives high results in developing such physical qualities of students as agility, dexterity, endurance, strength and willpower. This increases the effectiveness of the educational process and contributes to the comprehensive development of students. Therefore, in-depth study of the scientific and methodological foundations of national games and their widespread use in physical education classes not only improves the quality of education, but also plays an important role in preserving the national heritage and instilling it in the minds of young people.

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