



PHYSICAL EDUCATION OF SENIOR SCHOOLS BY MEANS OF FOLK MOVING GAMES

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Article history:	Abstract:
Received: 30 th August 2021 Accepted: 4 th October 2021 Published: 20 th November 2021	The article reveals the content of physical education of senior schoolchildren by means of outdoor games in general educational institutions that help to attract young students to active physical activity, a healthy lifestyle and physical culture work at school.
Keywords: Content Of Physical Education, Older Adolescents, Folk Outdoor Games, Active Physical Activity, Healthy Lifestyle.	

INTRODUCTION.

In the physical education of senior schoolchildren in the process of extracurricular work, versatile organizational forms are used. One of the most important forms of organizing and conducting active leisure with students is sports and gaming activities that contribute to the formation of an active lifestyle, a healthy lifestyle and the development of physical qualities. This is due to the fact that sports and gaming activities are popular among high school students and is one of the effective forms of their comprehensive development. Systematic and purposeful use of sports games helps to form conscious beliefs among schoolchildren, solve health, educational and educational tasks, and also contributes to the psychological and physical preparation of students for sports and future professional activities. The need for a comprehensive study of sports and gaming activities is explained, first of all, by the gradual decrease in the interest of young students in physical education, training in sports sections and independent studies at school and at the place of residence [1,2].

The analysis of scientific literature shows that folk outdoor games and their elements originated in primitive society. They were reflected in the form of human activity: visual demonstration of certain difficulties, game actions; preparation of young people for hunting, military campaigns; determination of the strongest, quick-witted, flexible, hardy. Also at that time, folk outdoor games were used during various holidays and rituals, and young people repeated various elements of games and gradually mastered the technique of game exercises and the ability to conduct them.

ANALYSIS OF THE LITERATURE ON THE SUBJECT.

As Y. M. Abdullayev notes, the ancient folk outdoor games were not just a copy of labor and military operations. In them, the elements of labor and all kinds of game exercises were used not as a mechanical reflection of certain processes and movements, but as a creative generalization of the content of games. Although folk outdoor games in primitive society were quite primitive, they became a kind of active creative activity of man and were of great importance in his formation and further general development. These games, according to the scientist, contributed to the formation of thinking, the development of ingenuity, ingenuity, strong-willed and psychological qualities in young people and adults, and the upbringing of the habit of joint activity to protect their tribe from attackers [3, 4].

The leading place in the process of physical education, D. Y. Turdimurodov emphasizes, is occupied by folk outdoor games, since in addition to the development of physical qualities, sports games contribute to the elimination of psychoemotional tension in young people and the development of personal mental qualities. The author notes that in the process of practicing outdoor games, emotional fortitude, operative memory and thinking, determination, sensorimotor coordination are improved; metabolism and activity of all body systems are improved; attention, peripheral and deep vision are developed; the culture of movements and behavior, a sense of friendship and collectivism are brought up; organizational skills and qualities are formed. At the same time, favorable conditions are created for the development of the communicative inclinations of the participants of the game [5, 6, 7].

RESEARCH METHODOLOGY.

Meanwhile, the study of practice shows that physical education of students of grades 9-11 in the process of folk outdoor games, as a necessary condition for the comprehensive development of personality, is aimed at improving moral, volitional and physical qualities. Physical education of senior schoolchildren in the process of outdoor games is carried out in unity with mental, moral, aesthetic, patriotic and labor education. An important means of physical education at this age is folk outdoor games [8, 9, 10]. In this regard, the familiarization of future physical education teachers with the main forms and methods of professional activity in the field of physical education and sports should be realized by improving sports skills in the chosen sport; developing individual abilities; forming interest in outdoor games; strengthening their health in the process of outdoor games; educating a person capable of self-realization in the field of physical education and sports [11, 12].

ANALYSIS AND RESULTS.

The analysis of the forms of physical education of senior schoolchildren shows that the effectiveness of their implementation does not meet modern requirements. In many secondary schools, sports, physical culture and mass events are organized at a low methodological and educational level, the coverage of students with educational and training work in sports sections and physical culture circles has decreased [13]. As a result of a survey of secondary school students, it was revealed that only 10-12% of them regularly engage in sports sections and physical education clubs.

Meanwhile, practice proves that a variety of gaming activities contributes to a healthy lifestyle and an increase in the level of physical education among middle school students; independent adjustment of loads depending on their functional capabilities; development of motor skills and character traits in older students such as readiness for mutual assistance, conscious discipline, activity, responsibility, respect for their partners and rivals [14,15]. Play activity has a great health-improving effect on students, strengthens the nervous system, develops the motor apparatus, improves metabolism, the activity of all organs and systems of the body. Regular classes in outdoor games contribute to the development of physical qualities in students, increase the mobility of the body, the lability of the nervous system; promotes the development of visual, vestibular, muscular and other analyzers [16].

An important task of physical education of senior schoolchildren in the process of folk outdoor games in general educational institutions is the formation of knowledge about the essence and content of physical education, play activities, healthy lifestyle, skills and abilities to engage in physical exercises independently. Great attention should also be paid to attracting students to systematic classes in sports sections. Therefore, when conducting sectional classes, the content of which involves gaming activities, the following general requirements should be observed: each lesson should be educational and instructive-methodical orientation; a prerequisite is to ensure the necessary motor activity for each student, which depends on his physical fitness, well-being and health status; physical education teachers, coaches and heads of sports sections should consistently teach older students to educational and training work, engage in self-education, self-control, self-assessment of their achievements and self-education; coaches should ensure the proper health-improving effect of each lesson. At the same time, they should use a differentiated and individual approach to students, taking into account their health, psychological characteristics, levels of physical development and motor readiness; each sectional training should be closely related to the previous and the next, which will create a system of training sessions for sports games; an important feature of modern training sessions for sports games is the use of various forms and methods of physical education.

In order to achieve mass involvement of senior schoolchildren in systematic outdoor games, the following pedagogical conditions should be created: the main motive for outdoor games and maintaining a healthy lifestyle should be a personal example of a physical education teacher and a sports section coach; ensuring the prestige and positive image of outdoor games in school, village, district, classes that allow you to keep yourself in good athletic shape: to engage in outdoor games means to have a good physique, get rid of excess weight, be stronger, faster, more resilient; to form an interest in physical education and a healthy lifestyle in the process of sports games; to realize that health promotion is the main goal of a healthy lifestyle of a person, the way to which lies through regular games in sports sections.

CONCLUSIONS AND RECOMMENDATIONS.

So, the study of the theory and practice of physical education indicates that the introduction of folk outdoor games in general educational institutions promotes a healthy lifestyle and increases physical education and motor activity among middle school students. The result of the game activity is high-quality physical fitness of students, improvement of motor skills, development of vitality, individual and team sports achievements, education of aesthetic, moral, intellectual and patriotic qualities of students. Therefore, physical education in the process of outdoor games can be assessed as an important and purposeful activity, the results of which are useful for society in the education of a comprehensively developed personality.

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