

## THE ROLE OF NATIONAL FOLK GAMES IN THE FORMATION OF A HEALTHY LIFESTYLE

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### **Annotation**

*a characteristic feature of action games is that its content is a vivid expression of the role of movement (running, jumping, throwing, shooting, passing and hanging the ball, resisting, etc. These games are based on movement and its content (theme, idea). He is directed towards achieving the goal set in the game, overcoming various difficulties, obstacles. It differs between action games in that it is really (Elementary) action games and sports games. Truly action games will be focused on the conditional achievement of the goal, which the players themselves voluntarily set, embodied in themselves the activity of conscious initiative.*

### **Keywords**

*Sports, Action Games, competition, Physical Culture, physical education.*

### **INTRODUCTION**

Hunting games played an important role in the life of primitive hunters than in historical data. Some sources state that they were held before the hunt, while others state thoughts about post-hunt games. If we analyze this information in more depth, then it can be said that hunting games were held both before and after hunting. Pre-hunting games-in the beginning served as an exercise (examination of hunting readiness, mental and physical preparation for hunting), and serious peculiar small primitive people learned to easily catch prey, approach it, for this they wore masks and practiced entering the image of an animal, its gait and making sounds. it was in the process of such games that young people were also taught to hunt. Therefore, he served as a kind of school, on the one hand, helping to cultivate the skills of hunters, and on the other, he formed and developed the art of imitation in them. It can be analyzed that the last games from the hunt were

organized only when the hunt ended successfully. Because the return with the booty made it possible to enjoy, cheer, celebrate the whole team.

A game is a social event, an independent type of activity, inherent in a person, which is historically organized. The activities of the game are very diverse: children's games played with toys, board game, game played in circles, action games, sports games. The game can be a means of self-knowledge, a means of entertainment, recreation, physical and General Social Education, a means of sports. As an element of game culture, all the culture of society develops with different types and needs of people: it occupies a great place in entertainment, recreation, the development of spiritual, mental and physical strength. Play is a very cheerful lively activity, so it acquires great wealth in carrying out educational work with young people and children. The most common variation of the game among the older and younger, especially among teenagers and children, is that of lighthearted games. And they are the basis of this instructional science.

### MAIN PART

Players require an active driving action in achieving the goal, the performance of which depends on the players to create and take initiative (to quickly run to the target, to quickly shoot at the target, to quickly and dexterously reach the opponent, or to overtake him, etc.). Action games are defined by rules. Unlike sports games, action game rules can be modified by agreement based on the conditions of scraping. The game rule determines the challenges in the game and the character of the obstacles on the way to the goal. Indeed, action games do not require special training from the participants in the game. Therefore, the game rule changes it depending on the conditions of the game in which the participants in the game and the leaders (teachers) themselves are taking place. Because in it, a clearly defined number of players, the size and size of the field will not be specified, and the equipment will also be changed (bulava Yagi kegli, volleyball or ordinary Ball, small balls or bags with sand, gymnastics or ordinary sticks, etc.). Sports games are the highest level of action games. In this case, the rule of the game is strictly defined, which requires a special area and equipment. The peculiarity of a sports game is its behavior in certain tactics in the process of play and is a complex movement technique. This requires special training and training from the participants in the game. Each sports game will have a set number of players, field sizes and equipment.

In some sports games, it is necessary for some players to have a specialty (offensive, defensive, goalkeeper, etc.q). This or that game of sports games requires special refereeing in accordance with the strict rule. Certain sports games may be

changed several times (pupils or adults, men or teenage girls) depending on the composition of the participants in the game. Sports are sports. Competitions are held at different levels. As a result, the best players in sports competitions are awarded Sports razors and titles.

Certain action games (e.g. "Lapta", "volleyball", and hoqazo) are referred to as action (elements) games depending on the purpose, instruction, and methods of externalizing the exercise, in some cases actually depending on its character, while others are played as sports games. For example, when participants in a game accidentally gather (in recreational games, Sayles), they really acquire an action game character. Action games are used as a means of general physical fitness of young people and children, and are also a means of preparing for sports games and other sports, and for passing the test norms "alpomish" and "barchinoy".

Team-play (group) action games will have a special pedagogical significance, as they will be attended by playing groups, classes, zvenos, sections and those involved in sports sexting. In action games where you growl as a team, the element of always competing is unique (everyone is nice for himself-everyone is for his team), as well as helping each other in achieving the set goal, arousing interest, and mutual support. The peculiarity of team play is that the game changes State all the time, requiring speed reactivity from the game Chis. Therefore, in the process of playing, the interaction always changes: each person seeks to create the most favorable situation for himself or for his team in relation to his "opponents". Action game competitions are held. They can be conducted in separate games, the task assigned to the game is approximately the same classes must correspond to the physical capabilities of students of the same age. However, the pedagogical importance of conducting a competition on the complex of sports games is that various games are included in it, which help to train different physical qualities and qualifications. The action game complex competition can be attended by children, teenagers, young adults and adults of all ages, but the task in the game can be different. Each action game has its own content form (structure) and methodical nature. The content of action games consists of: action and rules in which the subject or content (expressive or conditionally thought-out work, game plan) enters the game to achieve the goal. The form of action games consists in having a wide choice of ways to achieve the set goal, externalizing the movement of the participants in the game. The participants of the game act as a solo team to achieve their personal interests in the same games, while in others they defend the interests of their team. also, for the game, players stand in different structures or shapes (scattered or scattered, in a circle, in a row, in a row).

The form of the game comes in relation to the content. The methodically specific nature of the game depends on its content and form. action games tend to be methodically specific:

- ( a) Vitality;
- b) acting independently in achieving the goal under the delimited rule;
- d) acting with creative initiative in accordance with the rule;
- e) the performance of individual roles in the game, its content, compatibility, interaction of the participants of the game at a certain level in the team are established;
- f) A state of sudden change in play, which requires initiative from players, rapid reactivity;
- g) competition elements in the game increase enthusiasm (emotionality) in the game and require a full expenditure of strength.

The game method is used for complex improvement of movement in particularly complicated and modified conditions. Action games help to improve and educate physical qualities as a means of physical education and play method. In addition, in action games, gymnastics, athletics, skiing and other sports trainings must and improve special skills, skills and natural movements.

- in the theory and practice of physical education
- Physical Culture and sports movement and
- special systems of physical education tools
- used as Category. physical education.

One of the important stages of the system is physical means. Their component consists of the forces of influence of gymnastics, sports, action games and the healing sun of Nature, Air, water, hygienic factors. It seems that action games are considered one of the important areas of the physical education system. Action games are divided into the following types in terms of content and form:

1. Team team games.
2. Games where the masses play together.
3. Singles or doubles.
4. Relay matches.

Action games designed for elementary students will be extremely easy and less fun for upperclassmen. The games set for the upper classes, on the other hand, will be difficult for the lower classes. Such cases are not applicable in academic lists, secondary specialized professional colleges and higher education institutions, but the games should be adapted to their future professions.

It should be noted that special preparations for organizing and conducting action games in the processes of physical education classes, sports training, various sports competitions are required. Especially the teacher must be an organizer, perfectly know the games of various sports competitions, apply its various options. For action games, it is necessary first of all to take into account the circumstances in time, place, Heat. Spacious and clean spaces make it much more convenient to host action games on the fields. There will be opportunities for those involved in particular to run freely, jump and independently perform various actions, chase and play happily. A large break outside the lesson, Home Garden, Street, Square, etc.k, which is also highlighted above when performing action games organized at times, is implemented by students.

There are a lot of branches of the physical education system in Physical Culture and sports movement. Population areas, recreation and entertainment parks, summer recreation and wellness camps, student summer sports facilities, hospitals and sanatoriums are among them. It can be noted that national action games occupy a significant place in the content of mass health-improving physical culture and sports events, which are mass-organized in these resorts. It can be said that without national action games, not a single sports training session will be held. Even Major League players, volleyball players, and skilled athletes involved in other sports perform action games that are unique to them in training and individually. This is due to the fact that action games serve as a special or general exercise game when writing muscle tangles in the body, having fun, laughing, having fun and preparing physical qualities.

In the system of physical education, special attention was paid to the organization of action games in family and kindergartens. from the date of birth of a child in the family, all the possibilities are employed to make him grow healthy.

Gradually, young children at the age of 3-5 independently perform difficult and heated games of children's movements, which they learned and played on street squares. Action games learned in a family setting in general will last for a long time in the life and memory of children, improving them. In the system of Physical Education, Physical Education, Children's institutions up to school age exercise, action games are the most necessary and interesting process. In kindergartens, special programs for physical education work are developed and various exercises are held as a game, depending on the age of children 1-3, 4-6. For younger children, mainly hiking, toy training is practiced, while with older kindergarten children, games such as Ball Games, relay, hanging, overhang are used a lot.



## CONCLUSION

The most important features of action games are that children of the youngest age can speak, learn new words, and serve to grow the speech of elementary students. also, in the content of games, such qualities and qualities as moral education, love of music will be embodied, improving mental states, maintaining balance. No matter what age children and kandai games are used, their content and goals are aimed at growing the body correctly, raising mobility speed, healthy growth and temperance. Such games are vital need exercises walking, running jumping, throwing, hanging, swimming, etc. being considered k, many of them require creative thinking and practice.

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