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**THE IMPORTANCE OF USING MOVEMENT GAMES IN THE PHYSICAL AND PERSONAL  
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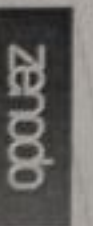
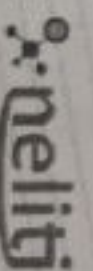
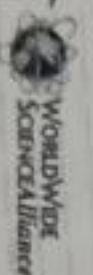
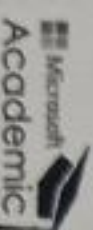
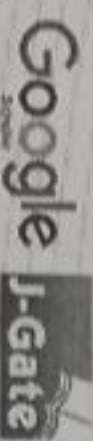
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## THE IMPORTANCE OF USING MOVEMENT GAMES IN THE PHYSICAL AND PERSONAL DEVELOPMENT OF PRIMARY SCHOOL STUDENTS

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### Annotation

In this article, elementary school students are physical and the importance and content of action games in personal development.

**Keywords:** youth physical education, agility, speed, flexibility, balance, agility, flexibility, endurance, universal confidence, form a view.

### Introduction

The Uzbek Pedagogical Society is a unique form of education, and the search for solutions is a universal one in the rising generation. Confidence is crucial in determining one's outlook. The younger generation is healthy, allowing you to grow up fit, physically active, and able to improve your physical abilities.

It is vital to nationalize education. It is a nation that is being forgotten. Collect movement games, apply them in life and school, and instill in them the desire to learn new things. One of the most pressing needs is a scientific study of people's national movements, their incorporation in school, kindergarten curriculum, and their social and educational relevance in order to increase the level of existing sports to that of physical education.

### Literature Analysis and Methodologies

The study of the Uzbek national games has progressed thanks to the efforts of prominent scientists in the country who are working on issues of physical education in the physical and personal development of elementary school pupils. Professor T. Usmonkhodjaev's work is an example of this. The scientist examines, classifies, and describes children's movement games. His research has led to the development of new conceptual approaches to the concept of "physical maturity" in the younger generation, while taking into account the unique circumstances of Uzbekistan. National movement games, parts of national exercises, competitions and sports, and ways to apply traditional physical education methods are all factors that help children and adolescents enhance their physical activity. In recent years, a group of experts led by Professor F.N. The scientific works of F. Khodjaev and other authors also comment





on the national games to some extent. Prof. A.K.'s research on the usage of folk dances is also of importance in this field. It also holds annual scientific-practical conferences and publishes papers on the subject. Folk dances and study on the collection are also featured in the collections. Simultaneously, the science of pedagogy has long focused on the challenges of young people's physical education, as well as the necessity for and interest in regular physical education sessions.

## **Results**

Primary school students are expected to contribute to the younger generation's physical and personal development in a healthy, well-rounded, and physically active manner. It is vital to nationalize education in order to enhance their physical qualities. It is a nation that is being forgotten. Collect movement games, apply them in life and school, and instill in them the desire to learn new things. One of the most serious challenges is to conduct a scientific research of people's national movements, their inclusion in school, kindergarten curriculum, social and educational value, and to elevate the level of existing sports to that of physical education. From this vantage point, the relevance and significance of the chosen issue is self-evident.

One of the most important issues confronting the science of pedagogy today is how to bring up the young generation spiritually rich, morally pure, and physically fit. It has been created by the Uzbek people for thousands of years, from generation to generation to collect, study, and base on the ongoing national movement games to bring up the young generation spiritually rich, morally pure, and physically fit.

## **Discussion**

Primary school pupils' physical education assignments are decided by their age features, but the overall objective of physical education is not disregarded. The school is aimed to provide primary school pupils with health, education, and upbringing. There are more opportunities to carry out these tasks as a whole through the people's national movement games.

### **1. Tasks That Promote Healing**

The major goal of physical education for students in grades 1-4 is to safeguard the child's life and develop his health by strengthening his body, allowing him to protect himself and increase his resistance to various diseases, as well as training to withstand unfavorable environmental situations.





## 2. Teaching Responsibilities

It's also crucial to carry out educational projects with pupils in grades 1-4 during the national folk movement games. The following are the tasks: the development of motor skills and capacities, the development of physical attributes, posture, and the acquisition of physical education knowledge.

## 3. Tasks Related to Education

To instill in children, the habit of following physical education principles and a desire to play typical folk games on a daily basis, and, if feasible, to develop the ability to play these games independently at school and at home, o. It is vital to teach children how to organize games among a group of younger children. It is possible to build a passion for the national movement in pupils, as well as an interest in game results and a desire to see athletes win.

Movement games are crucial in the development of physical abilities in children. Play piques a child's attention, provides joy, and aids in his recovery. Children forget about their exhaustion thanks to the game and try to complete the activities attentively. All of their movement games have the potential to have a comprehensive impact on the bodies of children.

## Conclusion

It should be highlighted that one of the most serious challenges in our sovereign state today is the physical development of the younger generation. We must focus on establishing a sense of respect and care for national culture and values among primary school kids. It is vital to discover the relationship between their physical growth and fitness in order to further boost the health and educational work of primary school kids through movement games. This enables you to select the most effective instruments and run a pedagogical experiment as a result. Based on these ideas, it would be appropriate to consider the experience of folk pedagogy in the educational system of the younger generation, including national movement games, as the main force, the means of controlling the character and consciousness of young people.

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