



HISTORY AND METHODOLOGY OF ACTION GAMES IN PRIMARY EDUCATION

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ABSTRACT

This article discusses history and methodology of action games in primary education where pupils need to be able to move freely in a variety of movement situations such as to develop the necessary skills, to develop the mental and emotional qualities that will help them to function in life.

KEY WORDS. *Action game, agility, strength, speed, action game history.*

INTRODUCTION

Action games always play a big role in the process of keeping healthy life style . Even our most ancient ancestors knew and played a lot consciously. For example, wrestling, horse racing, archery, javelin throwing, javelin throwing, beatings, throwing stones and other objects, hunting wild animals. Action games were used for many reasons such as raising children in the family, hunting, fighting enemies, and many other reasons have been targeted and widely used in various games and exercises. People from Asian and European countries mainly hunted and invented various action games. As the consequence, they compared the behavior of animals to various changes in nature.

MATERIALS AND METHODS

Tribes, tribal elders and young people, who understood that physical qualities such as agility, strength, endurance, and agility were used in the process of avoiding wild animals in hunting were specially trained. It was used to train physically strong, agile people to be educators and to raise children.

During the period of slavery, small crafts and later production developed. As a result, they made weapons of war, such as swords, spears, knives, axes, and sickles. They were used as games in various ceremonies.

In the social life of the Greeks, Romans and the peoples around them, where the first state came into being, the development of military weapons was a priority due to the many wars. He trained the soldiers physically in all respects to fight skillfully. It has become very popular among the people, turning some parts (elements) of combat exercises into games.

The Spartan system of the ancient Greeks, the Roman system of Italy, and similar educational institutions taught the most complex exercises, martial arts, and performed them in public.

During the period of feudal society, various new games were created based on the work of rich feudal lords and peasants. They competed in swordsmanship, javelin throwing, archery, boxing, wrestling, rock climbing, and swimming.

During the Middle Ages and the following centuries, the above-mentioned complex movement games became a form of competition, a test of strength and endurance, a weapon of war.

Admittedly, each nation had its own national games and ceremonies.

In the Arab world, horse racing, horse jumping, and horse racing are the national games, while in India, catching elephants and snakes, training them for the game, and chimney hockey are national. In African countries, catching and training tigers and other wild animals, spears, and archery are games that have been around since ancient times. In Eastern countries such as China, Japan, Korea, Taiwan, individual wrestling (wushu, taekwondo, karate, kickboxing, etc.) has long been used. Wrestling, equestrian games, border and other games are popular among the peoples of the Caucasus. Depending on the region of residence of the peoples of Russia (north, east and south), such national events as skiing, skating, boxing, wrestling, ice swimming, horse, steam, dog carts and sled racing. It is important to note that many of the games that were used as games in the past will later become sports. This can be seen in the first competitions in Europe in the first half of the XIX century. These activities became international and later led to the formation of various federations. On this basis, it will lead to the



organization of European and world championships and the Olympic Games.

RESULTS AND DISCUSSIONS

However, each country has its own national movement. They are mainly used for physical education of children, recreation on holidays, and sometimes as competitions. The Uzbek national games can be divided into two categories:

1. Complex movement games (wrestling, equestrian games, dorboz, tug of war, wrist test, weightlifting, etc.).

2. Simple action games (cockfighting, white poplar-blue poplar, chilli, backbone, nine stones, storm, wormwood, etc.).

It should be noted that wrestling, equestrian games (racing, jumping, dancing), rock (weightlifting) are considered to be independent sports, but their parts (elements) have a deep place in the national consumption, using them as games. Occupies.

As for the concept of national action games, we can say that they are the only games that have been used in our country since ancient times. But there are also a lot of action games that have come from Central Asia and Europe for one reason or another and have become deeply entrenched and nationalized. Examples include “Cat and Mouse”, “Hook”, “Trap”, “Flag Fight”, “Shoulder Fight” (cockfighting) and more.

As mentioned above, the history of the origin and development of the Uzbek people’s national movement goes back to the history of ancient ancestors and generations. Wrestling, kupkari-ulak, racing, dorboz, fencing, javelin throwing, lifting weights, etc., which are very popular among the people today, are action (complex) games that have been going on since ancient times. There are many official sources on their origin and development.

Created 3,000 years ago, the Avesto describes a variety of tools and techniques to improve the health and longevity of young and old. Particular attention is paid to cleanliness, nutrition, rest, sleep and other vital needs. It is also recommended to walk in the fresh air, work up a sweat, do regular exercises (exercises, games) that move and strengthen the body.

The hadiths teach that every Muslim should work hard, exercise, and keep his limbs clean in order to prevent laziness, various diseases, and misbehavior. The point is, such activities require a variety of activities. That is, dressing, paying attention to cleanliness, participating in games honestly, and then washing and combing. This means that the content and purpose of the national action games are positive, such as the development of physical qualities, the observance of human qualities.

In the epic “Alpomish” such qualities as bravery, courage, sniper, horsemanship are depicted

in the image of “Alpomish” and “Barchinoy” in the spirit of high spirits. The fact that Alpomish carried the bow (ninety batman) left by his grandfather in his youth is not only a sign that he is a descendant of the Alps, but also a result of his cattle grazing, horseback riding and wrestling in the hills. Although it is a myth that the captain of the Ninety Alps defeated the Greens, especially in fulfilling the conditions set by Barchinoy (wrestling, horse racing, archery, sniper shooting – a thousand steps), there is some truth behind it. That is, in ancient times in the Surkhandarya region there were many young men and women who lived among the Babakhan mountains and practiced heroism. Their descendants are still world champions in wrestling. Taking into account these features, the Boysun district of Surkhandarya region hosts the UNESCO-listed international festival “Boysun Spring” every year since 2001. It mainly organizes Uzbek national games and broadcasts them all over the world.

In Jizzakh (1995-1996) and Termez (1998) for the first time held republican festivals “Alpomish Games” dedicated to the national games, which included complex movement games such as wrestling, kupkari-ulak, racing, as well as The use of national movement games such as “Buron”, “Shuvak”, “Nine stones”, “Arqang kuydi”, testing of wrist strength, tug of war has become noteworthy.

It is known that women’s activities are in the center of attention in all spheres. The Republican Festival “Tomaris Games” as a national game was held in 1999 in Jizzakh with great solemnity. Subsequent festivals were well organized in Shahrisabz, Gulistan and Namangan. These festivals embodied the national culture of the Uzbek people, their pride, diligence and mutual understanding. Samples of national movement games are on display at the annual Navruz, Independence Day and other cultural events.

It has become a tradition in the country to hold multi-level sports competitions such as “Umid Nihollari”, “Barkamol Avlod”, “Universiada” as part of continuing education. Their programs, especially the opening and closing ceremonies of the Universiade, rightly include national action games. There are a lot of scientific articles, collections, teaching aids on the essence of the Uzbek national movement, their types and methods of application. New games were covered in the collections of national and international scientific conferences held from 1991 to 2006. At the same time, there is a growing focus on the inclusion of national action games in the educational process. It is noteworthy that the “National Action Games” is a collection of about 500 games. It is gratifying that they include more than 100 Uzbek national movement games.



CONCLUSION

In conclusion, we can say that action games (in general) have embodied the ideals, goals, and responsibilities of all peoples. Action games will need to be targeted and adapted to national characteristics.

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