

USEFUL EFFECTS OF SPORT GAMES TO THE YOUTH

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ANNOTATION:

In this article national games of Uzbek and their advantages to the youth are given. There are many types of Uzbek national sport games. They effect to various parts of body. Some of them reflects to hands, feet, muscles, mentality and others.

Keywords: Uzbek national games, sport, health, types of games.

INTRODUCTION:

Raising the status of women in the family and society, protection of motherhood and childhood, attention to the health of mothers who give birth to a healthy generation, the development of young people into fully developed and highly spiritual people. Decrees and resolutions of the Cabinet of Ministers of the Republic of Uzbekistan and the President on the development of physical culture and sports testify to the fact that in our country this sector has risen to the level of policy. Among them are the Decree of the President of the Republic of Uzbekistan Shavkat Mirziyoyev No. PD 4947 of February 7, 2017 on the Action Strategy for the five priority areas of development of Uzbekistan in 2017-2021.

The Concept of Mass Sports Development serves as a normative legal document that makes a significant contribution to the development of this field. The role of rhythmic gymnastics in the development of young people is invaluable. Involving young people in rhythmic gymnastics is one of the most pressing issues today.

With rhythmic gymnastics, the human body is shaped differently. Thanks to rhythmic

gymnastics, the tone of the muscles becomes stronger and general physical fitness is improved. Rhythmic gymnastics exercises have a positive effect not only on appearance but also on the work of the heart and skeletal muscles. Gymnastics in this sport accelerates the heart rate and activates the cardiovascular system, which reduces the risk of cardiovascular disease.

Rhythmic gymnastics mainly teaches to follow the rules of aesthetics, forms the concept of body beauty, and cultivates sensitivity to the demand for music. Music and various dances play an important role in rhythmic gymnastics. Singing in a musical setting develops a sense of rhythm and a unity of movement with the music. Introduces the music and folk art of the peoples of the world. It develops the love of people for art. In the process of training, vital movement skills and special knowledge are formed. Willpower and orderly qualities are nurtured. Rhythmic gymnastics means adapt to the anatomical, physiological and mental characteristics of the female body. They come in a variety of shapes and ages. Rhythmic gymnastics exercises are used for comprehensive physical training to strengthen health and improve the posture of those who perform motor functions. Their tool (dances to the music of the game, exercises without objects and exercises with objects) is used in kindergartens, secondary schools and universities. One of the main types of rhythmic gymnastics is women's gymnastics. They are aimed at preventing diseases to promote health. Women's gymnastics can be found in universities and secondary special vocational institutions, in free sports societies and clubs.

Today, many young people are engaged in rhythmic gymnastics. Rhythmic gymnastics has a lot of benefits for human health, so the interest in this sport is growing day by day. At present, sports are considered as a source of great opportunities for the upbringing of a harmoniously developed young generation, which is necessary for our country.

Under the leadership of the head of our state, the necessary opportunities are being created for the young generation to grow up healthy in all respects, to create all conditions for them, to further strengthen the health of the population, especially for the harmonious development of the younger generation.

Action is the basis of life. Without it, there will be no activity. Its restriction or disruption, on the other hand, has a detrimental effect on all life processes. Moving games are one of the most important and practical tools in the upbringing of children and adolescents. Moving games are one of the most important tools of physical education. All the main types of movement are performed in the games: walking, running, jumping, overcoming obstacles, etc. Games help to develop attention, agility, speed, strength and endurance, while team games help to develop a sense of friendship and camaraderie. Along with the improvement of movements, physical ability also develops, the activity of the heart and respiratory system improves. In addition, active months are important not only for the physical upbringing of children, but also for their mental and moral upbringing. During the months played as a team, children develop the ability to show intelligence and perseverance to achieve the goal, as well as a sense of responsibility for the small behaviors in front of the team. One of the main tasks of physical education training is to increase the strength, speed, agility, endurance and flexibility of students from physical qualities. The rapid development of physical qualities in students

should be achieved through the performance of elements of movement and sports games. In the preparation part of the lesson, it is important to use a variety of action and sports games to physically prepare students. It is advisable to pay attention to a number of issues in the organization and conduct of moving games. Including:

1. Helping to improve the health and fitness of students' physical fitness and increase their overall working capacity.
2. Formation of knowledge and vital movement skills that can enable free movement.
3. Development of mental, professional and volitional qualities.
4. To cultivate the qualities of general and special exercise.
5. Develop courage, ingenuity, ingenuity and entrepreneurial qualities.

According to scientists, the higher the level of physical qualities, the higher the level of sportsmanship.

Games that shape vital movement skills: hanging: «Oq ayiqlar», «Maymunchalar»; walking and jogging: «Quvlashmachoq», «Mokki»; sitting and standing: «Baqa», «Tovuq va tulkilar»; stop and jump: «Qarmoqcha».

Games that develop physical qualities: power: «Tortishmachoq»; agility: «Kun va tun»; agility: «Top uchun kurash», «Lapta», «Qirq tosh»; endurance: «Quvib yet»; flexibility: «Koprik va mushuk».

Games that develops mental activity. Attention: «Taqiqlangan harakat»; emotion: «Toxta»; memory: «Daqiqa»; contemplation: «shaxmat»; cunning: «Vandan zori»; courage: «Chonqa shuvoq».

Games that shape speech and pronunciation: «Kim oladi», «Oq terakmi kok terak», «Paxmoq kuchuk».

Games used to develop movement skills specific to the sport: «Qal'a himoyasi», «To'pni qaytar», «Uzatdingmi o'tir», «Quvib yet, «O'ylab top», «Kun va tun», «G'ovvoslar».

Games used at different times of the year: «Varrak», «Yomg'ir yog'aloq», «Chillak», «Tez ayt», «Lyanka», «Yong'oq» and etc.

The game of controversy. This game is aimed at developing strength and it is held in different ways. Every child wants to be strong and strives for it. In this game, the kids can try their little strength. Divide into two groups and compete in tug of war or tug of war in pairs.

Ge game "Qora kordim". Preparation for the game. The game nurtures ingenuity, courage and bravery in children. Draw a circle with a diameter of 5-8 m. A bean or button is prepared. A referee is elected. One of the players keeps the palm of his hand down at chest height. The players place their index fingers under the referee's palm. At his signal, they pull their fingers, and the judge stands in the middle of the circle.

Description of the game. There will be an object between the hands of the players standing in the circle. With the permission of the playwright, the children pass the item behind or leave one behind and hide it. Observing the players in the middle, he suspects one of the players, says "Black cord" and points to one of the children. If the child has an item, he must show it.

Rules of the game. 1. The hidden item must be shown before the start of the game. 2. If the player in the middle can't find the item, the item to be hidden must be shown. 3. If the player in the middle can't find the item, the child who hid the item has to come forward and show it. Then the poem or the song will have told, if the player finds the item.

The game nurtures in children attention, sensitivity, ingenuity, courage and bravery. It develops endurance and agility.

The game of "Who is the fastest?". This game develops the qualities of speed and agility. In this game the pair will compete in a quick run. Both girls and boys play these games with interest and strive to be the first. The first to

cross the finish line are the winners. It is also possible to play in groups. Whichever team wins the most wins. As you can see, each game has its own rules. This makes the student responsible for teaching discipline. The correct distribution of tasks among the participants of the game causes them to get used to helping each other. In short, there are many types of action games, and the names of the games and the rules of the game are different. This means that any properly organized games are of great importance and serve the mental and physical development of the younger generation. The different behaviors of children are also manifested in the games. The games also give excitement and a good mood. Therefore, it is advisable to hold active games in physical education classes at all times.

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