

## THE ROLE OF NATIONAL AND ACTION GAMES IN PHYSICAL EDUCATION TRAINING

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**Annotation:** article presents the results of the monitoring of the implementation of the humanitarian-technical profile of the Educational Science "Physical Culture", which is carried out in physical education classes on the material and technical equipment of departments, level of physical training, somatic state of National Games in universities. the health of students of various training courses and their attitude to the values of physical education.

**Keywords:** student, physical education and sports activities, personal physical culture, physical fitness, somatic health, motivation, physical culture values.

**Аннотация:** в статье представлены результаты мониторинга реализации гуманитарно-технического профиля образовательной науки "Физическая культура", который проводится на занятиях по физическому воспитанию, по материально-техническому оснащению кафедр, уровню физической подготовки, соматическому состоянию участников национальных игр в вузах. здоровье студентов различных учебных курсов и их отношение к ценностям физического воспитания.

**Ключевые слова:** студент, занятия физической культурой и спортом, личная физическая культура, физическая подготовленность, соматическое здоровье, мотивация, ценности физической культуры.

In the present age, the physical conditioning and patriotic education of the student-youth is one of the main pressing issues today. The physical education of students of the school includes the following main tasks: strengthening and growing the health of students, physical development; developing and improving physical qualities; the formation of skills to properly hold the body during non-working times and times of movement; the implementation of training for Labor and defense of the Fatherland; Getting used to systematic practice with physical education and Sports 39 39 and constant interest in this engraving; for this, the entire physical education system, that is, physical education classes, can be carried out in the same way as when physical education activities (physical Minutes, Morning hygiene before classes, exercises and games during break times), extracurricular physical education activities are all influenced together.

It is necessary to carry out physical education training in strict compliance with sanitary and hygienic conditions. In order for the school teacher to competently fulfill the tasks in the curriculum in time when planning educational work, it is necessary to plan it correctly, based on the level of demand, depending on the circumstances, of course. Some types of exercise should be planned so that it will not be large enough to take place between the classes in which they are taught. In addition to the usual squatting and all-round exercises, each lesson will have to be conducted by adding running, jumping, throwing, balancing, hanging, acrobatic and dance movements, sports game exercises, wrestling, strength testing exercises. Such exercises can be performed in schools even if there are no sports equipment and sports palaces. To do this, more action games can be used in physical education classes for elementary students to make them grow their physical qualities of movement abilities. In this case, Games are obtained that develop the qualities of speed agility, flexibility, endurance, strength. For example: "white terakmi-blue terak", "who sit", "snow grandfather", "mouse-cat", "Durra fell", "rope quarrel", "Donkey rode", "donkey jump", "everyone to his flag", "jumpers", "fall from the horse", "Battle of the Roosters " and others. In addition to the sports given in the school program to both lower and upper school students, it will be advisable to perform exercises in which the child is performed with his own body weight. For example: bending the torso to the side, to the back, twisting, standing on two legs, bending and straightening the arm while resting on the ground with a hand, performing exercises with a long jump in place (back to back, to the side) (15-25 times).

The lessons to be taught should be carried out depending on the individual characteristics, physical development and physical fitness of each of the students, in conclusion to the above points, it is necessary to carry out the following::

1. The need to prepare a new curriculum on the ground of the main areas of physical education and sports is one of the main tasks of today.
2. The creation of all conditions in the solution of the main tasks of schoolchildren darcor.
3. More halq national action games should be used in physical education classes.
4. It is necessary to establish a better training of gymnastics, acrobatics for students of higher grades

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