

ROLE OF ACTION GAMES IN THE DEVELOPMENT OF SPEED-STRENGTH QUALITIES IN PHYSICAL EDUCATION CLASSES OF HIGHER EDUCATIONAL INSTITUTIONS

Khatamov Zafarjon Nazirjonovich

Kokand State Pedagogical Institute

Associate Professor of the Department of Physical Culture Methodology

Email ID: zxatamovjm@gmail.com

Annotation: the main idea of the national model is to consistently educate a multifaceted specialist, which is carried out in our country. One of the important tasks of general secondary education is the formation of qualities independent and creative thinking of a harmoniously developed individual, who is formed as a result of reforms.

Keywords: free and prosperous, free and prosperous, comprehensively developed, spiritually and physically healthy

Аннотация: основная идея национальной модели заключается в воспитании многогранного профессионала, реализуемого в нашей стране. Одной из важнейших задач общего среднего образования является формирование качеств гармонично развитого самостоятельного и творческого мышления личности, которое формируется в результате реформ.

Ключевые слова: свободный и процветающий, свободный и процветающий, всесторонне развитый, духовно и физически здоровый.

Action games are important in a person's vital activity-discover. A task with a standard content, a showdown or the performance of Labor and sports exercises quickly exhausts a person. But, performing such a task and exercises in the game process will have a positive effect on a person's psyche, pushing back the duration of fatigue. Therefore, the use of action games specific to different content is of particular practical importance in sports training, especially in the initial preparation of young athletes.

Action games extensively reveal the ability and identity of an individual as opposed to other activities. Specially selected sports games increase the overall and quick stamina that the wrestler will need. The speed and coordination of movement formed during the Games is crucial in successfully overcoming obstacles during the competition. Games are divided into hilma – Hill categories for their co-ownership (universality), multi-functionality, and wide impact. In particular, games that develop physical qualities, speech, pronunciation, sniffing, entrepreneurship, accounting and hakoza sensations are included in these. But, whatever the game, it will contain an action element or a set of actions.

Action games are fundamentally different from sports games in terms of content and essence. Action games do not require specific delimited regulatory factors such as specific preparation, specific competition rule, sportswear, duration, area, participant composition, such as sports games. Only one action game can be played in different locations, over time, in clothing in content (in terms of number and age). The most important is the free and necessary movement (non-standard direction of movement, screaming, whistling, and hokozo) observed during an action game that produces a positive emotional state (reaction). This condition, in turn, helps to bypass or appear later —fatigue complications that arise faster in sports training (or when performing a standard series of exercises).

In conclusion, the hos feedback to the action games mentioned above will determine their potential for physical education and sports. Therefore, the importance of action games, including folk National Games, in the training of young athletes is incomparable. It is known that action games represent the painting, udumi, traditions and ethnogenetic peculiarities of various peoples and elates. That is why these action games are often referred to as folk games.

Ancient thinkers and educators recognized that it is possible to educate in a person such feelings as generosity, truthfulness, patriotic feelings, respect for an opponent and respect for nature precisely under the influence of National Games. In this regard, the games of Uzbek folk movements in particular have the power to form various vital habits, skills and skills. Folk games are the discovery of this people. Therefore, these games take an active place in his mind, in his fast work, in the upbringing of family and neighborhood. Action games, including people's National Games, as a unique value, have only been revived after our country has achieved its independence, and are now gaining wide and rapid popularity among the population, especially among student youth. Folk action games as a scientific object are increasingly gaining a solid place from the attention of research scientists.

LITERATURE USED

1. Ziyayev, Abdurakhmon. "SPORTS TOURISM AS A MODULE OF ELECTIVE COURSES OF PHYSICAL EDUCATION AND SPORTS SCIENCES IN HIGHER EDUCATION INSTITUTIONS." Namangan davlat universiteti Ilmiy axborotnomasi 6 (2023): 707-712.
2. Abdullaevich, Ziyaev Abdurakhmon. "Development of General Physical Qualities of Girls Football Players in Higher Education Institution." European Journal of Economics, Finance and Business Development 1.9 (2023): 1-6.

3. Abdullayevich, Ziyayev Abduraxmon. "THE EFFECTIVENESS AND METHODS OF DEVELOPING THE TECHNIQUE OF PLAYING YOUNG BASKETBALL PLAYERS THROUGH SPECIAL EXERCISES." ASIA PACIFIC JOURNAL OF MARKETING & MANAGEMENT REVIEW ISSN: 2319-2836 Impact Factor: 7.603 11.12 (2022): 123-125.

4. Abdullaevich, Ziyaev Abdurakhmon. "Development of Endurance Qualities of Young Football Players with The Help of Types of Athletics Running." European Journal of Economics, Finance and Business Development 1.9 (2023): 7-12.

5. Abdullayevich, Ziyayev Abdurahmon. "Improving the quality of power in young sambo wrestlers in the process of dealing with sambo wrestling." INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429 11.09 (2022): 231-233.

6. Abdullayevich, Ziyayev Abdurakhmon. "Complex supervision of physical and technical-tactical preparation of disabled football players." ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ 18.3 (2023): 64-67.

7. Toxirjonovich, Arabboyev Qaxramon, et al. "THE ROLE OF SPORT IN PEOPLE'S HEALTH." International Journal of Early Childhood Special Education 14.7 (2022).

8. Nazirjonovich, Khatamov Zafarjon, and Akhmedov Muhammadjon. "DEVELOPMENT OF TECHNICAL AND TACTICAL SKILLS OF HIGHLY QUALIFIED BOXERS BASED ON AN INNOVATION CLUSTER." Лучшие интеллектуальные исследования 11.2 (2023): 76-85.

9. Khatamov, Zafarjon. "METHODOLOGICAL JUSTIFICATION OF THE MAIN DIRECTIONS OF IMPROVING PHYSICAL EDUCATION OF HIGHER EDUCATION STUDENTS." Namangan davlat universiteti Ilmiy axborotnomasi 6 (2023): 811-818.

10. Nazirjonovich, Khatamov Zafarjon. "Formation of Psychological and Pedagogical Problems Through Sports Motivation." European Journal of Economics, Finance and Business Development 1.9 (2023): 31-39.

11. Nazirjonovich, Khatamov Zafarjon. "Pedagogical Methods and Conditions for the Innovative Formation of Motivation of Young Handball Players." European Journal of Economics, Finance and Business Development 1.9 (2023): 13-22.

12. Nazirjonovich, Khatamov Zafarjon. "Pedagogical Aspects of Forming Sports Motivation." European Journal of Economics, Finance and Business Development 1.9 (2023): 23-30.

13. Nazirjonovich, Khatamov Zafarjon, Boltaboev Hamidullo Khabibulloevich, and Akhmedov Mukhammadjon. "MEANS OF PHYSICAL CULTURE THAT

ENSURE THE STABILITY OF HUMAN PHYSICAL PERFORMANCE." Ta'lim innovatsiyasi va integratsiyasi 10.3 (2023): 136

14. Хатамов, Зафарджон Назирджонович, Хамидулло Хабибуллоевич Болтабоев, and Мухаммаджон Ахмедов. "ВАЖНОСТЬ АКРОБАТИЧЕСКИХ УПРАЖНЕНИЙ ПРИ ПОДГОТОВКЕ ФУТБОЛИСТОВ ШКОЛЬНОГО ВОЗРАСТА." Ta'lim innovatsiyasi va integratsiyasi 10.3 (2023): 142-148.

15. Хатамов, Зафарджон Назирджонович, Хамидулло Хабибуллоевич Болтабоев, and Мухаммаджон Ахмедов. "ПОВЫШЕНИЕ УДЕЛЬНОЙ СКОРОСТИ ЗДОРОВОГО ОБРАЗА ЖИЗНИ СТУДЕНТОВ С ИСПОЛЬЗОВАНИЕМ ИННОВАЦИОННЫХ ТЕХНОЛОГИЙ И ДЕЯТЕЛЬНЫХ ИГР." Ta'lim innovatsiyasi va integratsiyasi 10.3 (2023): 130-135.

16. Nazirjonovich, Khatamov Zafarjon. "Theoretical foundations of training volleyball players sports techniques of volleyball in youth shoes." Open Access Repository 9.9 (2023): 125-129.

17. Nazirjonovich, Xatamov Zafarjon, and Inomov Faxriddin o'rmonjonovich. "Physical Education In Higher Educational Institutions Problems Of Formation Of Professional Skills On The Basis Of Science And Practice Ytegration In The Training Of Teaching Staff." Journal of Positive School Psychology (2023): 870-876.

18. Akramovich, Alikulov Akmal, and Yakubjonova Feruzakhon Ismoilovna. "Xatamov Zafar Nazirjonovich." Technologies for developing of future physical education teachers through media education tools." ACADEMICIA: AN INTERNATIONAL MULTIDISCIPLINARY RESEARCH JOURNAL 11 (2021): 885-890.

19. Nazirjonovich, Khatamov Zafarjon. "Improving endurance from physical qualities in student youth." Open Access Repository 9.9 (2023): 115-118.

20. Nazirjonovich, Khatamov Zafarjon. "The role of modern pedagogical technologies in the development of the science of pedagogy." Open Access Repository 9.9 (2023): 103-108.

21. Nazirjonovich, Khatamov Zafarjon. "Concept of resilience, types of resilience, indicators and methods of its development." Open Access Repository 9.9 (2023): 119-124.

22. Nazirjonovich, Xatamov Zafarjon, and Inomov Faxriddin o'rmonjonovich. "Physical Education In Higher Educational Institutions Problems Of Formation Of Professional Skills On The Basis Of Science And Practice Ytegration In The Training Of Teaching Staff." Journal of Positive School Psychology (2023): 870-876.

23. Nazirjonovich, Khatamov Zafarjon. "The importance of physical education in the formation of a student's personality." *Galaxy International Interdisciplinary Research Journal* 11.4 (2023): 262

24. Nazirjonovich, Khatamov Zafarjon, and Tolanbayev Farrukh. "Working with scales and exercises." *Conferencea* (2023): 113

25. Nazirjonovich, Xatamov Zafarjon, and Inomov Faxriddin o'rmonjonovich. "Physical Education In Higher Educational Institutions Problems Of Formation Of Professional Skills On The Basis Of Science And Practice Ytegration In The Training Of Teaching Staff." *Journal of Positive School Psychology* (2023): 870-876.

26. Nazirjonovich, Khatamov Zafarjon, and Akhmedova Nargiza Alidjanovna. "Importance of travelling and tourism at the formation of healthy lifestyle of the pupils of beginning classes." *INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH* ISSN: 2277-3630 Impact factor: 7.429 11.11 (2022): 81-86.

27. Akramovich, Talipdjanov Alidzhan, and Khatamov Zafarjon Nazirjonovich. "Improvement of physical education in the system of higher education." *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ* 18.1 (2023): 10-14.

28. Nazirjonovich, Khatamov Zafarjon, and Akhmedova Nargiza Alidjanovna. "Social and pedagogical function of sport in spiritual development of youth." *INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH* ISSN: 2277-3630 Impact factor: 7.429 11.11 (2022): 255-260.

29. Nazirjonovich, Khatamov Zafarjon, and Muidinov Ikboljon Abdukhamidovich. "The effect of physical exercises on the mental abilities of students." *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ* 18.1 (2023): 15-19.

30. Nazirzhonovich, Khatamov Zafarjon, and Akhmedova Nargiza Alidzhanovna. "The importance of travel and tourism in the formation of a healthy lifestyle danang primary school students." *INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH* ISSN: 2277-3630 Impact factor: 7.429 11.11 (2022): 75-80.

31. Nazirjonovich, Xatamov Zafarjon, and Inomov Faxriddin o'rmonjonovich. "Physical Education In Higher Educational Institutions Problems Of Formation Of Professional Skills On The Basis Of Science And Practice Ytegration In The Training Of Teaching Staff." *Journal of Positive School Psychology* (2023): 870-876.

32. Nazirjonovich, Khatamov Zafarjon, and Tolanbayev Farrukh. "Methodological foundations of the management of physical culture and sports

activities of students in order to prepare for professional activity." Proceedings of International Conference on Educational Discoveries and Humanities.

33. Khatamov, Zafarjon Nazirjonovich. "Special physical of students of higher education preparation." Educational Research in Universal Sciences 1.3 (2022): 151-157.

34. SH, Yuldasheva FU Imamova AO Khobiljonova. "The role of sports in the formation of a healthy lifestyle among young people." (2022).

35. Akramovich, Alikulov Akmal, and Xatamov Zafar Nazirjonovich. "Technologies for developing of future physical education teachers through media education tools." Academia: an international multidisciplinary research journal 11.2 (2021): 885-

36. Хатамов, Зафаржон Назиржонович. "Педагогические условия формирования спортивной мотивации." INTERNATIONAL SCIENTIFIC AND PRACTICAL CONFERENCE" THE TIME OF SCIENTIFIC PROGRESS". Vol. 1. No. 2. 2022.

37. Nazirjonovich, Khatamov Zafarjon. "The use of modern educational technologies in the organization of physical education is a guarantee to increase the effectiveness of education." ACADEMICIA: An International Multidisciplinary Research Journal 11.10 (2021): 477-480.