

CHILDREN'S GAMES AS AN IMPORTANT FACTOR IN THE UPBRINGING OF A HARMONIOUS GENERATION

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ABSTRACT

In this article, ethnopedagogical observation of folk games, developed over the centuries, allows us to better understand the processes associated with the physical and spiritual education of the younger generation.

Keywords: Folk games, spiritual, physical training, agility, diligence, emotional, patriotic, "Find the color", "Lappak", "Ball stone", "Riddle", "Flag guard", "Trap" games, national culture, current lifestyle, national traditions.

INTRODUCTION

The treasury of cultural and spiritual wealth of each nation also includes folk games also. Folk games are not an unusual phenomenon according to their emergence and development, but a purposeful activity that reflects the life of the people in an imaginative, specific way and is determined by the laws of the development of society.

Folk games, which have been preserved for a long time, they have become a part of their life. The games reflect people's aspirations, their past, and their way of life. Folk games, like other customs and traditions, have a long history. These games have been modernized as a result of various influences, some of which have retained their local features. Furthermore, this is due to the socio-psychological state of the people and is evidenced by the leadership of such components as cheerfulness, cheerfulness, the strength of enthusiasm for weddings and holidays, the tendency to hold events. Folk games occupy a central place in the system of national values of the ancient layer of spiritual heritage. You cannot meet a nation on earth where there is no folk game. From infancy, a person begins to understand the external world and in the process acquires an idea of the environment through toys. In infancy, childhood, adolescence, and adolescence, various games are essentially arbitrary activities that objectively perform an educational, moral, and socio-aesthetic function. In particular, the Uzbek children's game "Khala-Khala" ("Khala" in Uzbek "Xola", it means an aunt.) develops positive qualities in a child from an early age: waiting and watching guests, table manners. This, in turn, serves as a stage in preparing girls for marriage.

The implementation of folk games is one of the ways to bring up today's generation in a spiritually harmonious way. In this case, the source of spirituality, folk games, which are considered a national and universal value, do not choose distance and age.

At first glance, it seems that folk games are just entertainment. But it is based on effective methods of developing physical and spiritual perfection. There are many children's games based on this method of education. For example, the content of a series of games with items such as rope, ball, and stone is important for the physical and spiritual education of children.

National values in games, human feelings, love for nature and man, loyalty to the traditions of ancestors indicate that they have spiritual strength. Games do not appear by themselves. They are a product of folk art, knowledge of their position and place in the universe, restoration of a wonderful life, and are manifested in the form of ethnopedagogical elements of folk games. Folk games are the most traditional component of the preservation of national and spiritual values. Games in holidays, weddings, whispers, performances that have survived to this day are the historical and genetic basis of aspects inherent in spiritual and national identity.

It should be noted that harmony in children's games, careful attitude to the environment is an important factor in education.

Materials and methods

During the games, children are required to have such qualities as intelligence, skill, entrepreneurship, agility, courage and bravery, vigilance and the ability to make emergency decisions. In children, the principle of voluntariness is followed in participating in this or that game. It is brought to the playground from traditional methods of teaching, such as classroom, auditorium. Through play, students develop spiritual and physical qualities. Also, a perfect person is gradually brought up.

If you see a child who is trying to imitate the external world and apply them to life, it is known that he who is the simplest representative of the complex world is enjoying it and is striving for something. In fact, the essence of children's upbringing is based on the bio-basis, that is, in the process of growing up, maturing, growing up, the younger generation of one nation goes through this path in a unique way, unlike others. National folk games give people both physical strength and intellectual nourishment. In particular, games such as "Find the colour", "Lappak", "Ball stone", "Riddle" (puzzles related to parts) are the most common in the developed regions of the handicraft farm, mainly played by girls, serve to increase the potential of intellectual in children and girls. Games, which serve mainly for the harmonious maturation of children, increase in the younger generation, first of all, respect for the nation, loyalty to the rich heritage left from the ancestors.

Any folk games cannot be played individually. It is attended by a group and a team. In the process of the game, teamwork and communication, rules, norms of morality, skills of mutual assistance, principles of universal value, components of spirituality and spirituality are formed. In games, there are norms of attitude towards the individual, the skills of mastering the adult experience and testing it in personal activities. Along with the formation of national and universal values, people's games continue to demonstrate aspects of national self-awareness, adherence to traditions and customs.

Widespread games among the people are played mainly outdoors. In the bosom of nature, games characteristic of all seasons of the year outdoors not only serve to trigger a person spiritually, to lead a life and to strive to live, but also to evoke immunity to any disease in the body of the participants. The richness of the positive features inherent in Uzbek folk games also ensures the performance of various educational tasks.

The games in the form of a competition require the winner and the loser to be on the side. But the defeat at the end of the game is a relative concept, although the defeat moves the side's aspiration to the next victory, but the winning side further increases its efforts to maintain its position. This, along with creating an atmosphere of friendly competition between children, develops physical and spiritual preparation in them.

Moreover, Uzbek folk games are represented as a kind of activity in the educational process. Consequently, they are social, closely connected with labor and study. These most important features of the Uzbek folk games provide an opportunity to analyze their educational opportunities. We regard the Uzbek folk games together with the whole spiritual culture of society and as one of the most important means of educating our people, first of all, young people.

Most importantly, the Uzbek people fell in love with the national culture, past and present life, national traditions and art. It also teaches children honesty, companionship, serves as a means of transferring the experience of adults to children and young people. It forms a conscious attitude to work in boys and girls. This helps them to be strong, dexterous, resourceful, insightful, resourceful, mutual partners. Among Uzbek folk games, there are many games related to ideological, political, intellectual, moral work, aesthetic and physical education.

The game “Flag Guard” can be an example of Uzbek folk games that help to form such qualities.

The essence of the game “Flag Guard” is that the representatives of one team must steal the flag of the other team, and this team must guard its flag, not to tear it against the opponent. In the game, it is to protect one’s flag and not allow it to fall into the hands of strangers, to protect one’s pride, glory, freedom, peace and honor of one’s homeland.

Awakening a love of values in children, teaching them to care for folk traditions depends in many ways on the effective use of the Uzbek national games. Because through movement and national games, on the one hand, the child acquires physical knowledge, on the other hand, interest in physical culture is important.

Below we would like to divide the recommended games for children into groups and recommend the order and methods of performing some games that boys and girls can play separately and together.

Outdoor games serve both as a method of improving the skills of movement, which children previously possessed, and the education of physical qualities. In the process of playing, the child concentrates his attention not on the way of performing the action, but on achieving the set goal. He moves in accordance with the conditions of the game, shows agility and improves his movements in this regard. Therefore, for example, the game “Wolf on the Cliff” is given after the children learn to run and jump in length.

Motion play has certain special features as a movement activity: it requires the child to respond quickly to signals and sudden changes in the game. The different situations that occur in the game, the movements necessitate a change in the level of muscle tension. For example, in the game “Trap”, each child must carefully observe the movement of the leader: when the leader approaches him, he runs away in the opposite direction; when he feels safe, he moves slowly and stops; accelerates its movement again as the starter approaches.

Result and discussion

Almost every outdoor game contains signals about the movement and the children’s movement. Such active physical activity trains the nervous system, in which the child improves and balances the processes of excitation and inhibition, as well as the ability to observe, grope, find

a goal in a changing environment, find a way to get rid of an unpleasant situation that has arisen, quickly make a decision and implement it, take initiative, impulsivity, agility.

Thus, all exercises aimed at the formation of the above basic movements prepare the child for school and different life situations. In the development of basic movements in children, the main condition for achieving positive results is the development of preschoolers in accordance with the requirements that provide for age characteristics and functional capabilities of the body.

The features of the development of the main types of movements in preschool children are highlighted. At this stage of training, it will be possible to master both holistic exercises and individual elements of movement techniques, regardless of the scale of movement skills and abilities, and the development of physical qualities (speed, endurance, agility, etc.). Five to six-year-old children will have a certain preparation for a conscious understanding of the tasks assigned to them, assessing the situation, managing their actions, therefore, with the help of oral teaching and explanation, it will be possible to form solid knowledge and skills in the activities of the movements of preschoolers.

In accordance with the educational program and the requirements created for preschool educational institutions, children as a whole in the group learn to walk, run, maintain balance, jump, throw, climb and improve them. They also master the elements of sports games, namely basketball, football and other sports games.

The specific features of the development of the main types of movements of older preschool children are highlighted. At this stage of training, in connection with the increase in the range of movement skills and abilities, the development of physical qualities (speed, endurance, agility, etc.), there is an opportunity to successfully master both the holistic and elements of the movement technique separately.

Five to six-year-old children will have a certain preparation for a conscious understanding of the tasks assigned to them, assessing the situation, managing their actions, therefore, with the help of oral teaching and explanation, it will be possible to form solid knowledge and skills in the activities of the movements of preschoolers.

The vital actions that a person uses in his various activities, such as walking, running, jumping, throwing, climbing, are called basic movements. A constant necessary component of these actions is a sense of balance.

The basic movements are dynamic. They work out a large number of muscles and, activating all functional processes, have a holistic effect on the body, contribute to the physical development and health of the child, and increase the vital activity of the whole body. The management of the nervous system determines the improvement of basic movements. At this time, the effect of reverse attachment occurs - exercises to improve the activity of the nervous system.

Children use all these exercises in their independent activities, in games and training, as well as in everyday life.

Outdoor games are a complex educational process that is important. The activity of children, which is the basis of this process, has a positive effect on physical development, the formation

of motor skills and physical qualities, health promotion, which increases the functional activity of the body and evokes emotions of emotional vigor. Outdoor games as one of the main means and techniques of physical education help to effectively solve the tasks given above.

The health-improving effect achieved during outdoor games is inextricably linked with positive emotions that arise in the process of children's play activities and have a beneficial effect on the child's psyche. Emotional uplift is expressed in the desire to achieve a goal that is common for all children, and is expressed in a clear understanding of the tasks, in the mutual compatibility of movements, in the acquisition of a clear goal in space and in the conditions of play, in completing tasks at an accelerated pace. The role of the will increases, which helps children overcome various obstacles in the process of strong desire and pleasure on the way to achieving the goal.

CONCLUSION

Such games serve to educate young generation in the spirit of patriotism and the following conclusions can be drawn:

-folk games have a multi-thousand-year history, passing from ancestors to generations, they are one of the foundations of national identity, national identity, spiritual value, traditions, customs and traditions that have developed over the centuries, as well as the preservation of traditions and customs;

-due to the fact that folk games are played outdoor, mainly in a team, these games are one of the most convenient and voluntary sources of educating the modern generation in the mental, physical, spiritual, moral, aesthetic spirit, and also stabilize national harmony, mutual respect and respect, common human feelings.

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