

**SPECIFICITY AND IMPORTANCE OF ACTIVE SPORTS GAMES
FOR PRESCHOOL CHILDREN.**

**ОСОБЕННОСТИ И ЗНАЧЕНИЕ ПОДВИЖНЫХ СПОРТИВНЫХ
ИГР ДЛЯ ДЕТЕЙ ДОШКОЛЬНОГО ВОЗРАСТА**

**MAKTABGACHA YOSHDAgi BOLALAR SPORT HARAKATLI
O'YINLARINING O'ZIGA XOSLIGI VA AHAMIYATI**

Umirzakova Zarina Umirzakovna

*Educator of Preschool Educational Institution No. 2 "Gulshan" of the
Department of Preschool and School Education of Navbakhor District, Navoi
Region*

Abstract: *This article discusses the specifics of sports active games for preschool children, the definition of game rules, the procedure for their implementation, and their significance.*

Keywords: *preschool age, sports games, active games, team, teamless, sports, mass games, competition.*

Аннотация: *В данной статье рассматриваются особенности спортивных подвижных игр для детей дошкольного возраста, определение правил игры, порядок их проведения и значение.*

Ключевые слова: *дошкольный возраст, спортивные игры, подвижные игры, с командой, без команды, спорт, массовые игры, соревнования.*

Annotatsiya: *Ushbu maqolada maktabgacha yoshdagi bolalar sport harakatli o'yinlarining o'ziga xosligi, O'yin qoidasining belgilanishi, ularning o'tkazilish tartibi va ahamiyati haqida fikr-mulohaza yuritilgan.*

Kalit so'zlar: *maktabgacha yosh, sport o'yinlari, harakatli o'yin, jamoali, jamoasiz, sport, ommaviy o'yinlar, musobaqa.*

A healthy lifestyle requires spiritual and physical perfection. Therefore, young people must thoroughly master the education and upbringing necessary for their comprehensive development.

In Uzbekistan, the integration of spiritual and physical education, sports, travel (tourism), and folk national games is reflected in the stages of continuous sports competitions in the education system and their purposeful organization. Patriotism is a priority in the content of national values and spiritual and educational upbringing. Sport has its own unique characteristics in realizing these universal and noble qualities.

The victories of Uzbekistan's athletes in international and world sports competitions ensure the high raising of the flag of our Motherland and the sounding of our anthem. This is the goal of the athletes and glorification of the honor of Uzbekistan. These processes, as a symbol of spiritual and physical perfection, are one of the most important factors leading to a healthy lifestyle.

Educating preschool children in the spirit of community, diligence, and a sense of duty to society is one of the most important issues of our time. From the very first day a child enters school, it is necessary to instill in them a love for work, to cultivate solidarity and the ability to complete what they have started. For this purpose, it is advisable to use all means of upbringing, including children's favorite games.

Games include a complex of physical exercises related to overcoming obstacles in life and realizing various abilities. Usually, elements of competitions that children love to play and bring them happiness and joy also belong to the category of active games.

A distinctive feature of active games is the vivid expression of the role of movement in the content of the game. The game is aimed at overcoming various difficulties and obstacles on the way to achieving the set goal. Achieving the goal requires active motivational action from the game participants, the fulfillment of which depends on the creativity and initiative of the game participants. In active games, rules are of particular importance; their implementation requires initiative from players and compliance with established rules. The rules of the game determine the nature of the difficulties and obstacles in the game on the way to achieving the goal. The number and complexity of the rules depend on the complexity of the game itself.

Active games do not require special training from game participants. Therefore, the rules of the game are changed by the participants and leaders themselves depending on the conditions of the game being played. Because there is no fixed number of players, no precise size of the field, and the equipment is also changed.

I.V. Bileeva and I.M. Korotkov distinguish between sports games, active games, and sports games. The authors indicate that active games can be individual (single) and team (group), differing from each other in form, content, and methodological features. The authors believe that active games "as a means of physical education and a game method contribute to the development and improvement of physical qualities." D. Zheleznyak, initially with V.G. Yakovlev, and then with I.M. Korotkov, while dividing them into pedagogical types, suggests that they differ in the level of complexity, age characteristics, main types of

movements, physical qualities manifested in the game, etc. Concluding the introduction to various concepts related to the classification of active games, it is necessary to mention the work of I.M. Korotkov, who showed that they can be divided into groups of transition to team, non-team, and team types, sports, and transition to mass games according to their purpose (educational, recreational, therapeutic), age characteristics (for school age and adults). The aforementioned works undoubtedly have beneficial aspects that contribute to the development of principles for categorizing folk outdoor games.

Folk physical culture, as a phenomenon of belonging to a certain ethno-national group, has to take into account many situations arising from its specific characteristics. Based on the existing positive scientific experience, based on the characteristics of the practical material, the authors of these lines propose an approach to their classification into types. Sports games are the highest stage of active games. In this case, the rules of the game are strictly defined, and they require a special area and equipment. The peculiarity of sports games is their tactical behavior and complex movement techniques during the game. This requires special preparation and training from the participants. Each sports game has a designated number of players, a specific area, and equipment.

In sports games, some players need to have a specialization (for attack, defense, goalkeeper, etc.). Sports games require special refereeing in accordance with strict rules. Sports games can be modified in several stages and several times depending on the composition of the participants. Sports games are also considered a sport. Competitions of various levels are held on them. As a result, the best players in competitions held in sports games are awarded sports categories and titles.

Active games can be specific (individual), they are most often organized by the children themselves (ball games, with a rope, spinning a hoop, etc.). They can be used by educators and leaders to organize active recreation for children. Team-based active games are always competitive. It also consists of helping each other and mutual assistance in arousing interest in achieving the set goal.

Competitions held in active games differ somewhat from competitions held in sports games, as sports games require strictly defined conditions and rules, while in active games, competitions are conducted based on the agreement of game participants.

Each active game has its own content, form (structure), and methodological characteristics. The content of active games consists of the following: theme or content (expressive or conditionally conceived work, game plan) is the action and rule that enters the game to achieve the goal.

The form of active games is the ability to have a wide choice of methods for achieving the set goal, organizing the movement of game participants. Game participants act individually or in groups to achieve their personal interests in some games, while in others they defend the interests of their teams.

Active games are not only a means, but also a method of physical development and upbringing of preschool children. The concept of the game method in education negates the specific characteristic of game methodology, that is, it differs from other educational tools in how its method relates. As a means of physical education and a game method, active games contribute to the improvement and development of physical qualities. In addition, in active games, in gymnastics, athletics, skiing, and other sports, special skills and abilities, as well as natural movements, are reinforced and improved.

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