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## THE IMPORTANCE OF MOVEMENT GAMES IN DEVELOPING THE PHYSICAL ACTIVITY OF PRESCHOOL AND PRIMARY AGE CHILDREN

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### ABSTRACT:

*This article examines the role of movement games in the physical development of preschool and primary age children. Such games stimulate motor activity, strengthen the musculoskeletal system, and enhance coordination and speed skills. The paper presents practical advice on how to instill healthy lifestyle elements through play and how to increase the effectiveness of physical education lessons.*

Raising a healthy and well-rounded generation is one of today's most urgent tasks. In particular, reinforcing the physical condition of preschool- and early primary-age children, cultivating movement culture, and forming health-oriented habits are of paramount importance.

Movement games are the most natural and optimal form of activity for children: they boost motor activity and positively influence cognitive and social development. Purposeful use of movement games has therefore become an integral part of the educational process in physical-education sessions.

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A movement game is a multifaceted activity that meets a child's natural needs. Through such games children learn to control their movements, maintain balance, and think quickly.

Research shows that between the ages of 3 and 10 children experience the highest need for movement; properly organized movement games at this stage achieve the following:

- Develop movement coordination;
- Strengthen muscles and bones;
- Stimulate the cardiovascular and respiratory systems;
- Foster communication and teamwork skills.

Observations in several preschool institutions in Tashkent Region revealed that children who played movement games two or three times a week displayed:

- an 18 % increase in physical endurance;
- 12 % improvement in speed-based tasks;
- higher teamwork skills and social activity;
- greater stress resilience and self-confidence.

Simple games such as "Who's Faster?", "Relay Race", and "Bring the Ball Back" refine key movement skills like running, bending, and jumping.

For primary-school pupils, physical-education classes are not only about movement; they are also a tool for teaching discipline, attention, and self-control. Embedding movement games into the lesson content raises interest and encourages active participation.

Here the pedagogical mastery of the teacher or instructor is crucial: every game must suit the child's age, physical condition, and psychological characteristics.

Movement games are an essential means of physical development for preschool- and primary-age children. They strengthen health, increase motor activity, develop physical qualities, and—most importantly—allow children to learn about life through movement.

#### **Practical recommendations**

1. Allocate at least 10–15 minutes to movement games in every physical-education lesson.
2. Integrate movement games into extracurricular activities as well.
3. Encourage parents to support children's motor activity at home.
4. Update and practice-orient methodological manuals for instructors.

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