

PEDAGOGICAL TECHNOLOGIES BASED ON MOVEMENT GAMES IN FORMING THE PHYSICAL CULTURE OF 11-12 YEAR-OLD SCHOOL STUDENTS

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ARTICLE INFORMATION

ABSTRACT:

ARTICLE HISTORY:

Received: 25.05.2026

Revised: 26.05.2026

Accepted: 27.05.2026

KEYWORDS:

physical culture,
active games,
pedagogical technology,
schoolchildren, physical
education, method,
methodology, principle,
innovative approach.

This article highlights the importance of pedagogical technologies based on active games in the formation of physical culture of 11-12 year old schoolchildren. The pedagogical potential of active games in the formation of physical qualities, social activity and healthy lifestyle of students is analyzed. Also, methodological aspects of the selection, organization and use of games are substantiated.

Introduction. Today, raising a healthy and well-rounded young generation is one of the important directions of the country's development and defense strategy. The effective implementation of this task directly depends on the professional skills, spiritual and moral qualities of physical education teachers and sports specialists, as well as their activity in the educational process.

Strengthening the health of the growing generation and educating them to be fully developed is one of the priority areas of state policy. The effectiveness of this process depends on the activities of physical education system specialists aimed at improving their

professional skills and the quality of education. Therefore, improving the physical education system is a key factor ensuring the sustainable development and healthy future of the country.

A number of decrees and resolutions are being adopted in this regard. In particular, on April 29, 2019, the President of the Republic of Uzbekistan Sh.M. Mirziyoyev signed Decree No. PF-5712 "On approval of the Concept for the development of the public education system of the Republic of Uzbekistan until 2030". This concept includes:

- improving teaching methods, gradually introducing the principles of individualization into the educational process;
- introducing modern methods and directions of out-of-school education in educating young people and ensuring their employment;
- ensuring the spiritual and moral education of students, the formation of a physically healthy and energetic child;
- popularizing the principles of healthy nutrition for secondary school students;
- organizing sports clubs in secondary educational institutions, etc., have been identified as a number of priority tasks.

The upbringing of the younger generation as physically healthy, spiritually mature and socially active individuals is becoming one of the priorities of state policy. In this process, improving the physical education system, especially the development of physical culture of school-age students, is of great importance. The age of 11-12 is one of the active stages in the physical and psychological development of children, during which speed, agility, endurance and coordination of movements develop rapidly. Therefore, the use of pedagogical technologies based on active games in physical education classes is an effective tool for forming the physical culture of students.

Literature analysis and methods: Analysis of scientific sources shows that, along with the physical development of children, active games have a positive effect on their mental state and social activity. The scientific works of T.S. Usmonkhodjaev, A.A. Pulatov, D.Kh. Abdullayev, K. Rakhimkulov and other scientists have extensively covered the issues of organizing active games, selecting them according to age characteristics, and using them in the pedagogical process.

Results and discussion. The use of pedagogical technologies based on active games for 11-12 year old students helps to increase the physical activity of students. Children of this age are developing skills in teamwork, competition, and independent decision-making. Therefore, when organizing active games, it is important to take into account their age and individual characteristics.

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In activities based on active games: - speed, agility and endurance are developed; - teamwork and cooperation skills are formed; - interest in a healthy lifestyle increases; - students' motivation for the lesson increases.

When using pedagogical technologies, it is important to take into account the suitability of games, safety rules, load standards, and the psychological state of students. During the game process, the teacher should regularly monitor, encourage, and analyze. Also, the use of national movement games develops in students such qualities as respect for national values, teamwork, and mutual assistance. Games such as “Tug of War”, “White Poplar, Blue Poplar”, and “Chasing” not only develop the physical qualities of students, but also increase their social activity.

Game-based educational technology plays an important role in the formation of physical culture of 11-12-year-old schoolchildren. When organizing classes based on this technology, the age and individual characteristics of students are taken into account, the game process is planned step by step, and pedagogical control is carried out. Through cooperative learning technology, teamwork, mutual assistance, and social activity are developed in students. Competition-based technologies serve to increase the interest, activity, and motivation of students. The organization and conduct of games should be based on the principles and methods of physical education.

According to scientific research, the period from 7 to 12 years is a favorable stage for the development of coordination, speed and accuracy, and from 11 to 14 years - strength, endurance and willpower. Therefore, the use of age-appropriate physical games supports the natural physical development of children. Methodically correctly organized games, in addition to strengthening the physical fitness of students, serve to form mental stability, social activity and healthy relationships in them. In this regard, physical games are an effective pedagogical tool for the development of physical culture of 11-12 year old schoolchildren.

The effective use of active games requires their selection based on scientific and methodological criteria. In this case, special attention should be paid to the educational, upbringing and health-improving capabilities of games. Games should form movement skills in students, develop a sense of teamwork, discipline and responsibility, and strengthen physical qualities. When organizing games, it is important to take into account the age and level of physical fitness of students. The volume of the load, duration and complexity of the rules should correspond to the capabilities of children, and safety requirements should be fully met. The correct selection of the playing area, equipment used and the number of participants also increases its effectiveness.

In addition, active games create an atmosphere of cooperation and healthy competition, forming honesty, mutual respect and social activity in students. Involving children with different physical abilities in joint activities based on an inclusive approach develops mutual assistance and social adaptation. Through national and folk games, traditions, national values and cultural heritage are instilled in the minds of the younger generation. Therefore, when choosing active games, it is important to ensure the harmony of pedagogical, psychological, methodological and cultural factors.

For the effective use of games, it is important not only to select them, but also to analyze them thoroughly. The analysis process serves to improve the game methodology and direct it towards pedagogical goals. The following steps ensure this: 1. Determining the pedagogical goal. 2. When assessing age and psychophysiological characteristics, attention, motor skills, emotional state and social needs of children are taken into account. 3. Analyzing the content and rules of the game. 4. Determining the means and conditions. 5. Predicting educational and social results. 6. Implementation and monitoring. 7. Generalizing and improving the results. Therefore, analyzing games is not just observing them, but a process of systematically evaluating their pedagogical purpose, age characteristics, content, tools, and educational aspects.

The methodology of conducting games, their correct organization are one of the most important conditions for the formation of physical culture of schoolchildren. Taking into account age and gender characteristics requires teachers to have certain intelligence, intelligence, knowledge, skills and qualifications, as well as pedagogical skills. The methods of conducting games are carried out in the following stages:

1. Preparatory stage - the educational, training and health-improving goals of the game are determined; the field and necessary equipment are prepared, and the location of the participants is determined. Through short exercises and motivational methods, students' interest in the game is formed.

2. Explaining the rules - the success of the game depends on a correct understanding of the rules, which are explained in an age-appropriate, simple, and clear manner.

3. Starting and managing the game - the game is organized by the teacher, who monitors the activity, discipline, and safety of the participants during the process.

4. Motivation and encouragement - words of encouragement, small rewards, and team support methods are used to maintain interest and activity during the game process.

5. End of the game - when the set time or goal is reached, the game ends, the results are summarized, and the winners are announced.

6. Analysis and reflection - at the end of the game, its positive and negative aspects are analyzed, students are given the opportunity to express their opinions, critical thinking is developed, and conclusions are drawn for further activities.



1-picture. Pedagogical technology based on movement games in forming the physical culture of 11-12 year-old school students

Summary: In conclusion, pedagogical technologies based on active games are an effective tool in the formation of physical culture of 11-12-year-old schoolchildren. Games selected in accordance with age characteristics and methodically organized correctly play an important role in the physical development, social activity and formation of a healthy lifestyle of students. Therefore, it is advisable to widely use active games based on modern pedagogical technologies in physical education classes.

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