

## DEVELOPMENT OF CHILDREN THROUGH ETHNO SPORTS

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### Abstract

The article describes the methods of increasing the physical development and physical fitness of children aged 6-7 in preschool education on the basis of national action games.

**Keywords:** Preschool organization, 6-7 years, physical development, physical training, tools, national action games, methods.

### Introduction

Homeland love to him devotion the most Your Highness is a feeling. Emotion - thinking, intelligence - perception product Indeed, deep thinker, observer wide minded right to direct able and physical developed a person feeling powerful will be Thinking and intelligence the body of members health with directly depends. Already. That's it in a sense People " Healthy " tanda - healthy mind " wisdom found said

The country and society prosper as a result of the conscious activity of healthy people. In particular, the future of our country's development rests with the young generation. Therefore, as the President of the Republic of Uzbekistan Sh.M. Mirziyoyev noted, "Preschool education is the first link of the continuous education system and is of great importance in achieving the education of a mature generation, which is the main goal of the entire education system."

Article 20 of the Law of the Republic of Uzbekistan "On Physical Education and Sports" (September 4, 2015) states that "Uzbekistan's national sports and national folk movement games are an integral part of the cultural heritage of the Republic of Uzbekistan in the field of physical education and sports, patriotism and love of the country in the population, international It is the foundation of cultivating feelings of striving to raise the prestige of the country on the field. Every organization must be in the daily work plan" defined by this law.

In accordance with the decision of the President of the Republic of Uzbekistan on "Measures for popularization and development of ethno-sports" in the "Road map for the implementation of the program for the popularization and development of ethno-sports until 2025 in 2022-2024" in preschool educational organizations, secondary schools and higher educational institutions preparation of promotional materials (manuals, booklets, banners, flyers, slides, etc.) about the essence of sports and folk games, giving insights about their physical, intellectual, spiritual and moral aspects in physical training sessions, sports events, holiday programs and spiritual hours, Athlete champions are scheduled to organize meetings, competitions and contests.

The concept of the development of the preschool education system of the Republic of Uzbekistan until 2030 (May 8, 2019) includes "Teaching children to lead a healthy

lifestyle, forming interest in gymnastics and active training and sports, physical development, increasing physical fitness, and raising a physically healthy young generation" tasks are defined.

the above tasks, the team of the preschool educational organization should carry out corporate cooperation work plans. Organization of a healthy lifestyle for children, physical development of children, physical training requires the use of physical education tools. One of the means of physical education is national movement games that are convenient for children.

By playing the national people's action games, the children will briefly get acquainted with the life, lifestyle, culture, traditions, professions, handicrafts, farming and intelligence of our ancestors, as well as acquire skills and abilities. In addition to the physical growth, training, and development of children, active games are also important in raising them to possess real human qualities such as correctness, honesty, fairness, purity, mutual assistance (friendship), independence, and organization.

The teacher or the children independently acquire skills and competences such as organizing games, distributing roles, evaluating the behavior of their peers. Also, the qualities of physical fitness include agility, dexterity, quickness, and strength.

In our country, many authors and scientists are studying action games in the educational system. The work of T.S. Usmonkhojaev, F.Khodjaev, A.Lesittsa, K.Mahkamjonov, D.Abdullaev, F.Akhmedov and others in collecting national folk games, recording their new samples and popularizing them is one of them. About 200 national and active games for children of preschool age are recommended in the book "500 action games" prepared by T.S. Usmonkhuaev, X.A. Meliev and others, published in 2014.

Active games, such as walking, running, jumping, throwing or throwing, climbing are important in developing and improving the child's movements. Along with the formation of movements, physical abilities also develop, the activity of the heart and respiratory system improves. In general, it occupies a large place in the world of children.

In this regard, we found it necessary to implement the following methods and recommendations regarding the physical development and physical fitness of 6-7-year-old children in our scientific-research activities conducted in 2019-2021:

- Creating a list of national action games for physical development of 6-7-year-old children;
- Formation of a collection of national action games that serve to improve physical fitness of 6-7 year old children;
- Selection of national action games related to the activities of the "First Step" state educational program;

Development of recommendations based on innovative pedagogical technologies to improve the physical development and physical fitness of 6-7 year old children ; development of technologies for organization of contests, competitions and sports holiday events related to the physical and spiritual development of 6-7 year old children;

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- Forming a model of action games played throughout the year in the seasons (spring, summer, autumn and winter) taking into account the climate of the republic and regions to improve the physical-spiritual development and physical fitness of 6-7-year-old children.

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