

## TECHNOLOGY OF USING ELEMENTS OF SPORTS GAMES IN IMPROVING THE PHYSICAL FITNESS OF 7-8-YEAR-OLD STUDENTS

Ernazar Jurayevich Kholmirezayev

Associate Professor, Candidate of Pedagogical Sciences

Fergana State University, Uzbekistan

### Abstract:

this article is dedicated to the use of effective methods of movement games in the process of physical fitness activities on the educational agenda to increase the physical fitness of 7–8-year-old students in physical education classes and to plan movement games in fitness activities.

**Keywords:** movement games, physical culture, physical education, basketball, volleyball, handball, football, organism, physical training.

### 7-8 YOSHLI O'QUVCHILARINING JISMONIY TAYYORGALIGINI OSHIRISHDA SPORT O'YINLARI ELEMENTLARIDAN FOYDALANISH TEXNOLOGIYASI

Xolmirzayev Ernazar Jurayevich

Farg'ona davlat universiteti pedagogika fanlari nomzodi dotsent O'zbekiston

### Annotatsiya:

Mazkur maqola jismoniy tarbiya darslarida 7-8 yoshli o'quvchilarining jismoniy tayyorgaligini oshirishda o'quv kun tartibidagi jismoniy sog'lomlashtirish tadbirlari jarayonida harakatli o'yinlarni samarali uslublardan foydalanish va sog'lomlashtirish tadbirlaridagi harakatli o'yinlarni rejalashtirishga bag'ishlangan.

### Аннотация:

В статье рассматриваются использование эффективных методов подвижных игр в процессе физкультурно-оздоровительных мероприятий учебной программы для повышения физической подготовленности учащихся 7-8 лет на занятиях по физической культуре и планирования двигательных игр в физкультурно-оздоровительных мероприятиях.

**Kalit so'zlar:** harakatli o'yinlar, jismoniy madaniyat, jismoniy tarbiya, basketbol, voleybol, gandbol, futbol, organizm, jismoniy tayyorgarlik.

**Ключевые слова:** подвижные игры, физическая культура, физическое воспитание, баскетбол, волейбол, гандбол, футбол, организм, физическая подготовка.

Since the day of independence, the leadership of our government has focused on making the young generation a well-rounded person. Over the past years, a number of laws and decrees have been adopted for the growing young generation to become physically healthy and spiritually mature people. In particular, the adoption of the Law of the Republic of Uzbekistan "On Education" No. ORQ-637 of September 23, 2020 ensures that the issue of education is inextricably linked with



education. With this, it is intended to bring each young person to the enlightened maturity as a person at the current stage of our social life.

In addition, special attention is paid to the issue of preschool education and upbringing, which serves to improve the type of continuous education aimed at teaching and educating preschool children, preparing children for general secondary education.

At the same time, starting from the pre-school education system, general secondary and secondary special, vocational education, higher education, personnel retraining and improving their skills, the integrity of extracurricular education, content-wise sequence Special attention is paid to ensuring continuity.

In addition, it is decided to carry out education on the basis of two-year integrated programs of general education and specialized subjects in the form of full-time education on the basis of IX grade graduates in elementary, vocational and vocational schools.

Taking care of the young generation is one of the urgent tasks of today. Action games have a great role in strengthening the health of students.

T.Usmonkho'jayev, F.Khojayev, B.Boyboboev, Yu.Oripov, T. on the issues of organizing and conducting mobile games with 7-8-year-old children in general secondary education schools. Ismailov, T. Ismailov, K. Makhkamjanov, T. Ismailov, K. D. Rakhimkulov, V. V. Nigmanov conducted scientific research.

In school programs, sports are not given much place in physical culture lessons. At the same time, a number of programs have elements of sports games. For example, in the complex program of physical education, elements of sports games such as basketball (catching, passing, dribbling, throwing the ball into the hoop), handball (throwing the ball into the goal), football (hitting the ball into the goal) are learned.

In addition, the regional program of physical education has a section "Elements of sports games" starting from the 1st grade, which contains a list of tools for mastering 4 sports: basketball, volleyball, handball and football. In particular, the section "Elements of sports games" in the program for grades 1-2 includes:

Theoretical information. The history of the game and its current state. Basic rules of the game. Rules of conduct and safety measures while playing the game.

Basketball. Ways of lateral movement with lateral and transverse steps. Complex exercises with different movement options. Rolls with a ball. A multi-hit ball in a straight line and on the step and run with a change of direction. Catching the ball with both hands flying high and low. Passing the ball with two hands from the chest and behind the head. Complex exercises with movement, catching, dribbling and passing the ball. Throwing the ball into the basket with both hands from the chest and behind the head. Handling the ball is free handling of the ball with open hands. When passing the ball and moving with the ball, the palm of the hand bends when making a throw to the basket. In most cases, the ball is passed from above, from the chest, from the side, from the bottom to the back with two hands so that the ball reaches accurately, accurately and quickly. The ball can be passed from the position of the net with two hands, while moving (running) and while jumping. It is desirable to receive the ball with two hands as much as possible. At the time of receiving the ball, we extend both hands in the direction of the ball, and then pull the hand towards us to reduce the speed with the ball.

Volleyball. Ways of lateral movement with lateral and transverse steps. Complex exercises with



different movement options. Passing the ball from above with two hands. Receiving the ball from below with two hands. Complex exercises with ball movement and passing and receiving. Accelerations in different ways during the movement of the ball pass: stopping in different ways (jumping, jumping, sliding, etc.) during accelerations; change the type of movement; change the direction of movement and acceleration; change the speed of movement. By mastering the blocking element at a high level, the player will be able to counterattack and gain valuable points after blocking. The attack kick is an effective way to end the team's offensive action. These actions are performed above the top of the roof. Because the effectiveness of the attacks made below it is very low. Throwing the ball into play. Currently, the jump ball method is widely used. Since the basis of this technique is similar to attacking from the rear (defensive) zone, its essence will be explained below. Bringing the ball into play from above with the side. In the method of putting the ball from above with the side, the player stands with the side towards the net with his legs bent at the knees. Putting the ball into play from above The player takes a high position facing the net. Handball. Goalkeeper stand. Ways of lateral movement with lateral and transverse steps. Complex exercises with different movement options. Juggling the ball. A multi-hit ball in a straight line and on the step and run with a change of direction. Catching the ball with both hands flying high and low. Pass the ball from above. Complex exercises with moving and passing the ball. Throwing the ball from above to the distance and to the target. Catch the ball. This is a way to get possession of the ball. The ball can be caught with one or two hands. When holding the ball with two hands, the paws of the hands are brought closer to each other, creating a funnel-shaped depression. After the fingers touch the ball, the hands are bent to slow down the speed of the incoming ball. The lateral drop shot is used by a player to get away from the defender while shooting the ball. Tricks used in "false" ball shooting will help this. Falling into the goal while leaning on the ball is different from jumping into the goal. The first one is used when starting an attack from a standoff position, and the second one is used when attacking from a six-meter line. Shooting the ball in such a variety of ways is more difficult in terms of balance, because the player throws the ball at the goal with a loss of balance. Moreover, the direction of the player's fall can be different - forward and sideways. Throwing the ball into the goal is performed at the highest point of the player's flight after the jump, with the chest turned towards the goal and the legs wide open.

Football. Ways of lateral movement with lateral and transverse steps. Complex exercises with different movement options. Alternately dribbling the ball in a straight line with the non-leading foot. Passing the ball with the inside of the foot. Head kick. It is closely related to the skills of ball control (footwork and control) and shooting (passes and kicks). Heading is a very important skill for defense and possession. Running with the ball. This is the movement of everyone on the field with the ball. When a player knows how to control the ball well, he has constant control: it requires good balance and stability. Carrying the ball and running with the ball gives information about the actions taking place on the field. To control the ball, you need to subdue it. Proper control of the ball means effective movement. The focus should be on direct control of the ball and passing the ball on the move - this adds speed to the game.

In this program, the use of sports games at primary school age is also based, which shows the feasibility of using them as a means of physical education for students of this age. In particular, since the elementary school age is sensitive for the development of many motor skills and, first of all, for the formation of coordination, it is said that the more movements a child learns at this age,



the more successful he will be. there will be a process of physical education. In connection with the above, our further research is aimed at improving the methodology of using sports games in physical education classes for primary school students.

It can be concluded from the conducted scientific research that today, as a result of physical education classes with 7-8-year-old children, physical fitness activities on the educational agenda, and regular movement games in extracurricular activities, their physical fitness is primarily improves, and the body's desire for daily movement is satisfied.

## REFERENCES

1. Xo‘jayev F. Raximkulov K.D., Nigmanov V.V. Sport va harakatli o‘yinlar, o‘qitish uslubiyoti. –Toshkent. TDPU, 2008. -210 b.
2. Usmonxo‘jayev T.S. Meliyev X. Milliy harakatli o‘yinlar. –Toshkent. TDPU, 2000.– 160 b.
3. Xo‘jayev F. Rahimkulov K.D. Harakatli o‘yinlar va uni o‘qitish uslubiyoti. –T.: Cho‘lpon nashriyoti, 2011. – 188 b.
4. Akbarova, D. R. (2016). Plase of physical exercises in the schedule. International Conference on European Science and Technology, 86(1), 75-78.
5. Arzikbaev, A., & Akbarova, D. (2016). Features of anatomic and psychophysiological development of juvenile school students. Influence of knowledge and public practice on the development of creative potential and personal success in life, 38-38.
6. Акбарова, Д. Р. (2016). Адаптив ҳаракатга келтирувчи рекреация ва реабилитация шакллари. Дефектологиянинг долзарб масалалари, 1(1), 51-53.
7. Akbarova, D. (2023). The importance of types of medical supervision of a doctor in the development of medical knowledge of future teachers of physical culture. Science and innovation, 2(B4), 402-407.

