

OUTDOOR GAMES IN THE SYSTEM OF PHYSICAL EDUCATION AT THE UNIVERSITY

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Abstract

The use of outdoor games in physical education classes at the university allows students to become involved in a healthy lifestyle, stimulate motivation to play sports, cultivate important psychophysical and personal qualities, increase the effectiveness of the physical education process at the university.

Key words: Physical development, physical culture, sports, outdoor games, sports games, higher education institutions.

For all mankind, games are a means of educating children, learning about the world and preparing new generations for the coming life.

In modern conditions, outdoor games, combined with various physical exercises, are used as the most important means of physical education not only for the younger generation, but also for the entire population.

According to researchers, outdoor games are carriers of national culture and everyday life of the peoples of different countries. Outdoor games, despite the great diversity associated with ethnic and other features, reflect such common features inherent in this form of competitions as the relationship of the players with the environment and the knowledge of reality.

The features and characteristics of the game include a sudden situation and changing conditions, the need for a wide choice of actions, the manifestation of creative abilities, activity and initiative. Outdoor games are associated with the manifestation of emotions, independence and relative freedom of action, combined with the fulfillment of voluntarily accepted or established features while subordinating personal interests to common ones. In this regard, the use of games in the system of physical education is logical and justified within the framework of comprehensive development and formation of the younger generation.

An effective system of physical education of the population is of crucial importance for the preservation and strengthening of the health of young people in the country. In Uzbekistan, this system is a step-by-step learning process (kindergarten - school – university). The task of physical education is to introduce the younger generation to a healthy lifestyle, regular physical exercises, and most importantly, the further development of mass sports as one of the most important means of educating young people, strengthening health and preparing the younger generation to work and defend the Motherland.

One of the means of mass sports is sports games – the highest degree of outdoor games. The basis for the development of mass physical culture and sports movement in our country is to increase the level of sportsmanship and on this basis, athletes achieve high results in various sports at international competitions. At the same time, the level of sports achievements at high-level championships and championships depends on the foundation laid at the initial level of physical fitness.

Thus, the physical education of a child, received by him in kindergarten, school, university, is of great importance.

It is in childhood that a person gets involved in regular sports, participation in sports competitions and winning them. This path begins with children's outdoor games, "fun starts", children's sports and mass events. The use of outdoor games in physical education classes in kindergarten, school, university is the way to health, victories in sports, success in life. Selecting games, it should be borne in mind that there is no sharp line between the games of people of different ages. There are a number of games that both children and adults play with the same passion. For example, lapta, towns, amusement games, relay races. But at the same time, it must be remembered that the older people are, the wider their horizons are, and people from 18-25 years are better developed physically.

Having the methodology of the games, knowledge of modern rules of competitions and judging, means of restoring working capacity, knowledge of psychological and age characteristics of people, it is possible to organize an effective process of physical education at the university in order to prepare young people for the upcoming work and life.

Pedagogical observations and experiments conducted in many various educational institutions, which consisted in including mainly folk outdoor games, physical exercises in educational programs and conducting lessons based on them, showed an activation of students' attitude to these classes, faster mastery of motor skills, improved discipline, increased interest in physical culture and sports.

Outdoor games, as the most important means of physical education of the population, are widely used in educational institutions of our country. They are purposefully used in practical physical education classes at universities to increase the level of physical fitness, endurance and working capacity of students. An important factor is the improvement of the mental performance of students engaged in active motor activity, Physical exercises and games develop a sense of rhythm, that is, the ability to make a number of movements at the same time intervals, contribute to improving the coordination of movements in time and space, develop psychological resistance to stress and other very important qualities.

According to scientists, the main qualities that characterize the physical development of a person are strength, speed, agility, flexibility and endurance. These qualities are formed depending on the nature of outdoor games. In the future, they are improved in the process of training in various sports.

Outdoor games, in addition to physical ones, foster such important psychological and personal qualities as a sense of teamwork, activity, initiative, courage, discipline and perseverance in achieving the goal. It should be noted that the solution of the problems of versatile physical development of students can be achieved only under the condition of an organic combination of outdoor games with other sports or physical exercises.

Thus, outdoor games are a universal means of physical education of the younger generation. The games used for physical education are very diverse. They can be divided into 2 large groups: mobile and sports. Sports games are the highest stage of the development of outdoor games.

Sports games differ from mobile games by uniform rules that determine the composition of participants, the size and layout of the site, the duration of the game, equipment and inventory, etc., which allows for competitions of various scales. Competitions in sports games are of the nature of wrestling and require a lot of physical tension and volitional efforts from the participants. Outdoor games are the basis for mastering the technique of sports play. Outdoor games are one of the complex means of education: they are aimed at comprehensive physical fitness (through direct mastery of the basics of movement and complex actions in changing conditions of collective activity) and improvement of body functions, character traits of the players.

The main feature distinguishing most games is their cognitive nature. The goal is always set before the player – the fulfillment of some final task of the game, i.e. obtaining a result, although within the framework of certain ways to achieve it, but such that allow the players themselves to choose ways, to find new solutions according to their capabilities, depending on the constantly changing situation. Outdoor games, with proper guidance, have a beneficial effect on cardiovascular, muscular, respiratory and other body systems. Outdoor games increase functional activity, involve various large and small muscles of the body in various dynamic work, increase mobility in the joints. Especially valuable in health-improving terms is the holding of outdoor games in winter and summer, since when moving outdoors, metabolism significantly increases with an increase in oxygen influx, which has a beneficial effect on the whole body.

Games related to the motor structure of individual sports have educational significance. Such games are aimed at improving and consolidating previously learned technical and tactical techniques and skills of a particular sport. In outdoor games, it is very important to bring up the correct stereotype of movements, since then it will be difficult to correct it. In them, almost all physical qualities (speed, agility, strength, endurance, flexibility) develop in a complex; games develop people's sense of camaraderie, solidarity and responsibility for each other's actions. Participating in a collective game, a person must sacrifice his interests for the sake of the interests of the team: to give up the ball to a friend who is in a better position, try to help out friends who are "captured."

All this, from a methodological point of view, characterizes the mobile game as a multifaceted, complex in effect, pedagogical means of education. Complexity is expressed in the formation of motor skills, development and improvement of vital physical, mental and moral-volitional qualities. However, such a versatile impact does not prevent a selective orientation in the use of outdoor games. The presence of a competitive element in natural types of movements allows you to use outdoor games to prepare for sports games.

Outdoor games held on the ground in summer and winter conditions are of great educational importance: at recreation centers, on hikes and excursions. Games on the ground contribute to the formation of skills, necessary for a tourist, scout, tracker. Games foster solidarity, camaraderie and responsibility for each other's actions. The rules of the game contribute to the education of conscious discipline, honesty, endurance, the ability to "pull yourself together" after a strong excitement, to restrain your selfish impulses. In this regard, it is important to creatively approach physical education classes and, if necessary, independently compose game tasks containing such types of movements that a person especially needs at the moment.

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