

**THE PROBLEM OF CHILDREN'S PHYSICAL DEVELOPMENT THROUGH
ACTIVITY GAMES**

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Abstract: In the practice of pedagogy, subject, action and didactic games with subjects are distinguished. Movement games are very important in children's physical education, movement games can have a small, medium and high level of movement. Children of preschool age learn natural movements with the help of games (walking, running, jumping, throwing, crawling). Active games are one of the main means of physical education of children.

Keywords: Action games; children's physical education; pedagogy.

Humanization of preschool education is the basis of the process of its renewal. More and more scientists and practitioners come to the conclusion that the system of physical education of children of preschool age should have a complex, humane effect on the individual, and ensure that every child's right to regular and as full as possible physical development is realized. The environment surrounding children is changing. Simple, simple games were replaced by computer games. Mental and aesthetic development of the child is becoming a priority. Without denying their importance, it should be said that the child's time for active games, walks, communication with peers is getting less and less. Game and other types of children's activities, imbalance between different types of games (moving and sitting, separate and joint) have a negative impact on the health of preschool children and the level of development of motor skills. The search for new ways to solve the problems of physical development of preschool children is connected, firstly, with the need to resolve the indicated conflicts, and secondly, with the need to study the laws, methodological and methodological conditions of improving the development process of the physical fitness of the growing young generation.

Independent movement games with various toys are very useful. Children can for all intents and purposes be grouped by two or three. The child's actions mostly are usually determined by the types of toys, for example, running with flags, hoops, driving cars, rolling balls, throwing, catching. Children mostly are interested in sort of such toys in a subtle way. In some independent games, children cannot immediately show activity and initiative, their actions actually are uniform and kind of limited in a sort of big way. But in games related to the fulfillment of adults' tasks, children's actions are directed to a generally specific goal, they kind of repeat the actions really several times, strengthen their movement skills, specifically develop agility and dexterity. It basically is very important to guide the children even when they really are engaged in the game in a subtle way. It for the most part is advisable to essentially complicate the game of some of them, to definitely teach others to essentially finish what they started, and if the third one for the most part is playing quietly, it actually is advisable to keep talking in a subtle way. Children often actually perform fairly wrong and even dangerous actions in generally independent games.

Thus, in our final words, we can definitely essentially say that the results obtained during the pedagogical experience essentially are not unambiguous in a subtle way. In 4-year-old children, when one or another muscle group particularly is developing definitely more strongly at one or another stage of ontogenesis, the heterochronic aspect of strength development is considered natural, and therefore, the inadequate indicators we obtained are the result of a poorly planned experiment in a subtle way. The age-related characteristics of the development of children's motor activity in the conditions of pre-school education institutions definitely were determined

through experiments and theoretically justified. In the conditions of pre-school educational institutions, the use of mobile games in physical education training really helps to mostly develop children's movement capabilities, generally physical fitness, and also increases the quality of their preparation for the transition to basically junior school age in a definitely big way.

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