



**THE RELEVANCE OF THE INFLUENCE AND IMPORTANCE OF
ACTIONABLE GAMES IN IMPROVING THE INTELLECTUAL CAPACITY
OF YOUNG ATHLETES**

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Jismoniy tarbiya va sport fani o`qituvchisi

ABSTRACT

Sport is a universal tool that helps it feel physically and spiritually great. Sports are especially useful for kids. When engaging in sports, a child develops physical abilities and, moreover, makes new friends, learns to be part of the team, the principles of fair play, appreciates himself and enjoys himself. Experts believe that children need to be personally exemplary in order to instil love for sports. The second most effective factor that allows children to get used to sports is to create conditions for this. As with life in sports, defeat is an integral part of the process. It is important that the sport after training does not make a bad impression on them. It is important to prevent your child from associating sports with negative emotions. Your child needs to make sure the sport does not cause stress, but rather relieves it.

KEYWORDS

Introduction

To do this, the use of moving games along with sports increases a child's self-confidence and interest. It is important to beware of factors that harm the health of a wrist child. Tried fHis diet, friends, and knowledge will be an important factor in the development and growth of his cheap health, as well as his interests. A lot of kids are currently heating up are computer games and there's a lot of the damage it isrepeat.

- inability to separate from games, computers or phones;- investing in paid games;- humanization;- not getting fed and sleeping;- drying the eyes, head and back pain;- increased fear, depression and anger.

Indeed, young children may be distracted by the main issues or waste of their time can cause bitter tears in the future. First of all, giving and teaching the boas memory exercise can be the basis and foundation for these next exercises. Therefore , it is important to take into account that the human brain has the ability to adapt to the environment , especially in children . Therefore, parents need to actively support the development of this feature from the moment their child is born. To do this, it is always considered important to learn some kind of innovation, to follow the agenda. Choosing him or her exercise for a child should be based on a new—complex—interesting principle. The failure of engaging in training in only the same direction is explained by this principle. To increase the capacity of brain activity, it is important to remember about physical activity. Doctors note that exercise causes

oxygen to reach the brain, which contributes to its effective functioning. Thus, the brain will be able to keep data in mind faster. Introducing and interesting young children in the gaming process will continue to develop not only the physical but also the spiritual condition of this child, and in this case, evolutionary preparation for an independent life will continue to increase. You can see the logical continuation of this in physical training, or moving games, when the blood is slowly increased. For example, with the growth and development of a child, the content of games also changes: if the playing activity is of a normal character in the early stages, it later becomes richer. P.F. Lesgaft represents games as a means of physical education in its physical activity system. He focuses on preparing the baby for life using the game. His demands for moving games have not lost their value to this day. For example, it should set specific goals before each game, match the strengths and abilities of the game participants, have a significant impact on the game participant, conduct them systematically and regularly, the activity of the students,

the need to try to improve their independence. Games that match the age of 7 to 10 can be divided into the following groups, depending on the development of physical qualities:

1. Games that nurture speed;
2. Power-enhancing games.
3. Agile development games.
4. Games that develop endurance.
5. Games that nurture flexibility;

Some types of games can fit all joints of children, namely, games aimed at improving physical qualities, where different physical qualities can develop in a row.

Such consistency in games is due to a child's academic achievements, expanding living experience, and deepening the lives of older people. Indeed, the growth of games from simple to complex is not limited to reflecting the increasingly new facets of life, but also takes place due to the fact that a particular game is rich in its own other manifestations.

To train agility, exercises must be performed in the maximum possible picture. Games that require a lot of effort to respond at a certain time unit and move quickly throughout the body or part of it in the phase will improve the student's speed. This focuses on hosting games that will lead to the active competition of more than two groups. Games that nurture a reaction to an object in motion do well in this context. Such games include "Who wins wearing a doughnut?", "Four Muyush", "The Space", and "Who plays fast". For example, the game "Who Wins Wearing a Doughnut" is considered one of the national games of the ancient Uzbek people and teaches a child to be quick and agile.

Power development games. At the same time, the teacher should choose games that will have a positive effect on the development of the necessary muscle groups. In power-developing games, the reader overcomes his or her body weight, any external weight, or opponent weight(resistance). For the development of power, the following games are recommended: "Rooster-Rooster", "Horse," "Horse Overturning," "White Wolf and Sheep," and "Drop into the Pit." The more children there are in the rooster game, the more interesting the game will be.

Agile nurturing games. It is necessary to act precisely, and the agility should be well developed in a changing national game in performance conditions. Based on this, it is recommended that you play games such as "Exchange Steps," "Resurrection," "Urdu-fleedi," "Olacha Chicken," and "Who Is Flashy" to train agility. For example, you can take a look at the game "Exchange Steps". The game

can be played in two by all graders. Rule of the game: Children line up long, then, when drawn in order, put their steps over the line chilling (sequentially). Three types of games can be used:

1. Stretching out his hands to the side over the line.
2. With hands back.
3. With hands holding the back of the head.

Games that nurture endurance. Many national folk games nurture physical qualities such as speed and endurance because of extremely slow exercise. In such games, the physical load (nagruzka) is also gradually increased. For example, enlargement of the field; reduce the number of players without reducing the area; increase the number of play equipment (sticks, doughnuts, doughnuts, jackets, balls, etc.); increase the number of barriers; applying complex exercises and increasing their numbers, etc. When these methods are applied consistently, the goal is achieved faster. Examples of these physical quality-educating games are the White Crow, Lanka, and The Herd. For example, "The White Crow" is a game of yestafeta.

The amount of players will be equal, lined up while facing each other in two teams. Each of the players alternates with one leg of his own with a gardener (a robe or a collar) to the number of bolts. With the command "Prepare -Bajar!" players from both teams walk one foot to the counter team's line, then take off the garden on their feet, run backwards and give it to the next player in their team. This is how it continues until the last player to bring a playgrown gardener to the teacher. The team that first brought the gardener to the teacher wins.

Nurturing flexibility. Special attention should be paid to nurturing flexibility in 11- to 12-year-olds, as we mentioned earlier, the growth in the quality of breastfeeding of children of this age will slow down.

In order to nurture flexibility, games that affect some muscle groups and joints are selected. These games are mainly held using special sports equipment. Participants in the place of weight can also participate.

Active strength depends on the strength of the muscles. And the prolonged characteristics of the muscles change when exposed to the central nervous system. Therefore, flexibility is high when students enjoy attending these games. Appropriate lightweight exercises should be performed before games that require flexibility.

There are unique reasons for classifying folk national games based on children's gender. Because there are some differences in the physical development of boys and girls of junior high school age. On average, the height and weight of the boys will be more, the chest will be wider, and the activity of the lungs will be larger. In boys, muscle strength develops better. Accordingly, their mobility differs. Boys run faster, jump farther and higher. They throw better, they become stronger and more resistant. The legal characteristics of physical development are not reflected in the selection of tools for physical education of boys and girls in grades 1 and 2. Starting in grade 3, girls can be given more exercises than boys. It involves lifting the load on them and moving them from one place to another, defeating resistance, running for longer periods, increasing the jump height, as well as extending the distance between the target when throwing.

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