

THE ROLE OF ACTIVITY GAMES IN THE DEVELOPMENT OF CHILDREN WITH HEALTH DEFECTS

Muydinov Shukhrat Mansurovich

Kokand State Pedagogical Institute

Lecturer at the Department of Sports and Outdoor Games

Abstract

The article describes the important role of sports and active games in the process of preschool education of children with disabilities. The game, which is an important factor in the physical development of the child, is also considered as a tool of the educational process, as a means of developing the mental and spiritual qualities of the growing person. From this point of view, sports and active play work as a way of correcting and preparing children with disabilities for the most comfortable life in the future and more effective interactions with the social environment. The article shows the specific features of socialization of a child with a health defect, as well as reveals the general and specific tasks of physical education and physical development of children. The importance of the game, in particular mobile, for the entire process of preschool education as a method of comprehensive development of basic skills and abilities of the individual is explained.

Keywords: limited health access (HHD); game; mobile game; physical qualities; physical education; physical development

Compatibility

One of the urgent problems of modern society is the problem of having a health defect, taking into account its medical, social, spiritual and economic importance. As in the rest of the world, the number of children with disabilities in Uzbekistan is steadily increasing.

In the scientific literature and social practice, there are different approaches to the selection of technologies for working with children of this category. At the same time, a characteristic feature of any preschool child is constant growth and development, which is reflected in quantitative and qualitative changes in the body, including the functional and morphological differentiation of all organs and tissues, their structural restructuring appears. At different stages of preschool childhood, the

processes of growth and development continue differently: periods of rapid development are replaced by periods of slow development. In addition, each organ and system has its own pattern of formation. Forming a child's movements and motor skills is one of the most important components of his physical development.

The purpose of the research is to study the effectiveness of sports and movement games as a method of development and education of children with health defects.

The purpose of the study is to describe the role of sports and movement games for the physical and mental development of any child, as well as to justify the use of these types of games for students with disabilities.

The scientific novelty of the study lies in the author's interpretation of the set of sports and active game functions in the context of educational work with children with health problems. Based on the analysis of various theoretical materials, the main functions justifying the importance of using the methodology in correction work were determined.

The development of physical characteristics is the basis of education, which should help to increase the student's mobility. Physical qualities are called strength, endurance, dexterity, flexibility and speed, which are manifested only when certain motor actions are performed. The development of physical characteristics, the achievement of high indicators of general physical fitness are effectively solved through sports and active games and physical education.

Play is a historically formed social phenomenon, a type of independent activity characteristic of a person. The game can be a means of self-knowledge, recreation, physical culture and general social education. It reflects all areas of material and spiritual creativity. Sports and active games have a healthy, educational and educational value. The teacher A.A.Talipdjanov highly appreciated the role of the game: "The child has a passion for the game and it should be satisfied. We must not only give him time to play, but fill his whole life with this game. A certain experience of motor skills, which is an integral part of movement culture, is formed. The most effective means of developing children's motor skills are sports and active games. Targeted play loads stimulate the body of a mentally retarded child and are better suited to meet the need for natural movement than other means. Sports and active

play not only fight against hypokinesia, but also help restore lost health, strengthen all body functions, and develop physical abilities.

In sports and action games, familiar and available forms of natural movements are used: walking, running, climbing, jumping, ball exercises, they do not contain complex tricks and tactics, and the rules are always changed depending on the physical and intellectual abilities of the child. possible The desire to play is the main incentive that motivates the child to play. During the game, children do things that seem boring and difficult outside of the game with pleasure and interest, so they easily overcome mental and emotional problems in the game.

It is sports and active games that play a decisive role in the formation of motor activity of children with disabilities. In the game, the child can show himself and his inner world. In sports and action games, children not only run, but also chase someone or avoid a catch; not only jumping, but depicting animals and characters, etc. Thus, the importance of special auxiliary games for mentally retarded children lies in the possibility of simultaneously affecting the motor and mental areas. The rapidly changing state of the game shows high demands on the efficiency of nervous processes, reaction speed and non-standard actions. Games force you to think more economically, adapt to the situation and respond to the actions of partners. The playing child has to choose and perform the operation that, according to his opinion, can lead to success from various operations. The more information enters the brain, the more powerful the thought process becomes. Therefore, a mentally retarded child develops interest, thinking, attention, imagination, memory, motor skills, speech, mental development of activities and general cognitive activity with the help of games.

This effect is achieved due to the semi-functionality of sports and active games, the correction of motor disorders initiates active brain activity, intact analyzers, mental functions, autonomic systems that provide movement. Such interdependence is especially important in the form of games, relays, role-playing games, and simulation games. clearly manifested in the implementation. to simplify the process of mastering the concepts of counting, quantity, size, direction, shape, amplitude from the simplest mathematical problems; activation of correct pronunciation and speech activity; expand vocabulary, improve memory, motor skills of small muscles of hands and attention.

It is known that mentally retarded children lag behind in the development of spiritual interests and needs. Thus, the children's game itself works, arouses children's interest and includes the necessary components of personality development, works as a means of spiritual development. The game is the formation of interpersonal relations, habits and rules of behavior. Children get to know each other and ordinary game situations, show independence, imitate, imagine, that is, active development of a person of great social importance takes place in the game. When choosing sports and active games, it is necessary to take into account the emotional state, character and behavior of children. The condition of a mentally retarded child is unstable, and emotional stress and fatigue can cause internal discomfort, which is often expressed through behavioral disorders, whims, quarrels and quarrels. Or other conditions may cause it: passivity, reluctance to engage in interpersonal relationships, separation. However, emotional stress can be overcome with the help of sports and action games.

Physical education and physical development of children with disabilities should be aimed at solving two types of problems:

1. Tasks common to all preschool educational institutions.
2. Specific tasks aimed at correcting, compensating and preventing deviations in physical development according to the nature of the violations.

General tasks: strengthening the child's health; ensuring the development of a harmonious physique and proper posture; determine the need for various types of physical activity; development of movement and motor qualities, mental and physical indicators; training of respiratory and cardiovascular systems; hardening.

Specific tasks: creating special conditions that stimulate the child's physical development; prevention of infectious and catarrhal diseases; implementation of a system of correction and restoration measures aimed at the development and improvement of basic movements, physical characteristics and prevention of secondary deviations in physical development. The direction of correction should go into the content of all work on the physical education of children of this category, including the performance of general tasks.

Research results. In the context of the advantages of their use in the education of children with health defects, it is possible to distinguish the main functions of sports and games in active air. First, in this case, we are talking about the development of

motor skills as one of the main problem areas of children of this category. Secondly, the continuous physical development and strengthening of the body is inevitable. As a result, the third function, which requires the correct and individual selection of matches, minimizes the consequences of corrective and physical deviations. The fourth function is to promote mental development. Mobile games require constant engagement of the subject and rapid response to changes in the process, which encourages the need for situational analysis. The fifth function complements the previous one and helps speed up the process of acquiring new knowledge and skills. During the game, it becomes easier for children to perceive complex material. The next function includes mediating mental and emotional development through the formation of basic socio-psychological relationships, mastering norms and understanding the emotional response to game elements. Next, the function of spiritual development, that is, the formation of spiritual direction and qualities by stimulating imagination and interest. Finally, sports and outdoor games are effective means of socialization because. Often we talk about group interaction, in the process of which the child establishes social relations with other children and the teacher, learns the peculiarities of interpersonal communication.

The main condition for the successful use of sports and movement games in the education of children with disabilities is to know the goals of the program. After mastering general education, they should be used taking into account the individual characteristics and physical capabilities of each child. Simple, convenient plot games, as well as exercises based on certain motor tasks are best used. Tasks in games and play exercises are selected according to children's capabilities. First of all, these are movements such as walking, running, jumping, jumping from low objects and crawling.

Summary

In planning, it is necessary to take into account which motor skills and abilities require special attention at specific times. Children with developmental disabilities are attracted to sports and active games through simple and well-remembered rhymes and texts with many simple actions; With successful learning, round dance, story games for children with disabilities will be understandable and convenient. In these games, children learn to act according to the rules of the game as they develop and improve their movements.



Thus, sports and active games play an important role in a child's life. Through sports and active games, children with disabilities expand their motor activity, get rid of chaos, give it meaning. Properly organized sports and active games help to satisfy the natural need for communication, emotional connection, expand the child's motor skills and individual reactions to physical activity. Various tasks for the development of motor creativity of children with developmental disabilities in sports and movement games help to correct deviations in physical development, which makes their use in the daily work of the teacher relevant.

List of references:

1. Барчукова Г. В. Теория и методика настольного тенниса / Г. В. Барчукова, В. М. Богушас, О. В. Матыцын. - М.: Издательский центр «Академия», 2010.
2. Хамракулов Т.Т., Якубжонов И.А., Муйдинов И.А. "Эффективные системы развития в физической воспитании и спорте." International scientific conference "Innovative trends in science, practice and education" (2022): 93-98.
3. Хамракулов Т.Т., Муйдинов И. А., Якубжонова Ф. И. "Спортивное оздоровительное воспитание студентов." International scientific conference "Innovative trends in science, practice and education" (2022): 99-105.
4. Xamraqulov T.T., Sarukhanov A. A., and Shokirov Sh.G. "New technologies increasing the healthy lifestyle of students in physical education." international journal of social science & interdisciplinary research 11.11 (2022): 225-228.
5. Xamraqulov T. T., "Analysis of issues of legal action for violation of agreements with athletes in uzbekistan and foreign countries." international journal of social science & interdisciplinary research 11.09 (2022): 175-178.
6. Xamraqulov T.T., "Innovative technologist of training students in higher educational institutions of sports and health in uzbekistan." Asia pacific journal of marketing & management review 11.12 (2022): 106-108.
7. Saruxanov Arsen Albertovich. "Issues of the formation of the professional component of future teachers (on the example of the science of physical culture)." International journal of social science & interdisciplinary research 11.11 (2022): 414-416.
8. Sultanov Usmon Ibragimovich. "Dynamics of morphological indicators in the physical development of long-distance running." International journal of social science & interdisciplinary research 11.01 (2022): 129-132.

9. Sultanov Usmon Ibragimovich. "Dynamics of formation of physical development and physical training of long distance runners." European Journal of Research and Reflection in Educational Sciences 7.6 (2019).

10. Sultonov Usmon Ibragimovich. "Analysis of the work carried out in the field of sports and mass health in the republic of uzbekistan." International journal of social science & interdisciplinary research 11.11 (2022): 430-431.

11. Talipdjanov Alijan Akramovich, and Akhmedova Nargiza Alidjanovna. "Teaching of the national sports center of wrestling in higher education." International journal of social science & interdisciplinary research 11.11 (2022): 178-186.

12. Talipdjanov, A. A., Axmedova N. A., "'UzBridge' электрон журналы."

13. Talipdjanov Alijan Akramovich, and Akhmedova Nargiza Alidzhanovna. "Pedagogical conditions for the formation of sports motivation." International journal of social science & interdisciplinary research 11.11 (2022): 107-115.

14. Xatamov Zafarjon Nazirjonovich. "The use of modern educational technologies in the organization of physical education is a guarantee to increase the effectiveness of education." ACADEMICIA: An International Multidisciplinary Research Journal 11.10 (2021): 477-480.

15. Хатамов Зафаржон Назиржонович. "Педагогические условия формирования спортивной мотивации." International scientific and practical conference "the time of scientific progress (2022): 32-45.

16. Muydinov Iqbol Abduhamidovich, Muydinov Shuhrat Mansurovich, Akhmedov Umid Usmonovich "Selection of talented wrestlers and education of physical perfection in the process of wrestling activities in sports schools." Asian Journal of Research in Social Sciences and Humanities (2022): 166-167

17. Mo'ydinov SH.M., Yakubjonova F.I., Umarova Z. U. "Jismoniy mashqlar orqali tennischilarning chaqqonlik sifatlarini rivojlantirish uslubiyati." International scientific and practical conference the time of scientific Progress: (2022): 50-55.

18. Mo'ydinov SH.M., Yakubjonova F. I., Axmedov U. U. "Jismoniy tarbiya o'qituvchilarining pedagogik mahorati oshirish omillari." International scientific and practical conference "the time of scientific Progress: (2022): 56-61.

19. Yakubjonova Feruza Ismoilovna "Development of sports motivation of teenage wrestlers based on the application of action games among young people." Asia pacific journal of marketing & management review 11.12 (2022): 117-119.

21. Yakubjonova Feruza Ismoilovna "The independence years of the republic of uzbekistan are a priority issue in the current development of the country through the sphere of physical culture and sports." International journal of social science & interdisciplinary research 11.09 (2022): 202-205.

22. Гофуров Абдувохид Махмудович. "Jismoniy tarbiya va sportda menejment hamda marketing predmetining maqsad va vazifalari Jismoniy tarbiya va sport tizimining o'ziga xos xususiyatlari." Инновации в педагогике и психологии 5-4 (2022):

23. Yakubjonov Ikrom Akramjonovich, "Methodology for organizing and conducting sports events." International journal of social science & interdisciplinary research 11.09 (2022): 197-201.

25. Yakubjonov Ikrom Akramjonovich. "Modern Requirements For Teaching Discipline "Sports" In Higher Education." The American Journal of Interdisciplinary Innovations Research 3.02 (2021): 21-23.

26. Якубжонов И.А., Шокиров Ш. Г., Қувватов У.Т."Развитие воспитательной работы в студенческой футбольной команде." International conference: problems and scientific solutions. 1.6 (2022): 140-147.

28. Gafurov Abdushokir Makhmudovich, "Movement is the main factor of a healthy lifestyle." Open Access Repository 9.12 (2022): 4-9.

29. Gafurov Abduvoxid Mahmudovich, Yuldasheva Jamilaxon Muxtorovna, Gafurov Abdushokir Makhmudovich "The role of gymnastics in the educational process." Open Access Repository, 8(12), (2022): 5–8.

30. Ziyayev Abdurahmon Abdullayevich. "Improving the quality of power in young sambo wrestlers in the process of dealing with sambo wrestling." International journal of social science & interdisciplinary research. 11.09 (2022): 231-233.

31. Alikulov Akmal Akramovich, Xatamov Zafar Nazirjonovich. "Technologies for developing of future physical education teachers through media education tools." Academicia: an international multidisciplinary research journal 11.2 (2021): 885-890.

32. Xatamov Zafarjon Nazirjonovich, and Axmedova Nargiza Alidjanovna. "The importance of travel and tourism in the formation of a healthy lifestyle danang

primary school students." International journal of social science & interdisciplinary research 11.11 (2022): 75-80.

33. Xatamov Zafarjon Nazirjonovich, and Axmedova Nargiza Alidjanovna. "Importance of travelling and tourism at the formation of healthy lifestyle of the pupils of beginning classes." International journal of social science & interdisciplinary research 11.11 (2022): 81-86.

34. Xatamov Zafarjon Nazirjonovich. "Special physical of students of higher education preparation." Educational Research in Universal Sciences 1.3 (2022): 151-157.

35. Xatamov Zafarjon Nazirjonovich, and Axmedova Nargiza Alidjanovna. "Social and pedagogical function of sport in spiritual development of youth." International journal of social science & interdisciplinary research 11.11 (2022): 255-260.

36. Arabboyev Qaxramon Toxirjonovich, Xatamov Zafarjon Nazirjonovich "The role of sport in people's health." International Journal of Early Childhood Special Education 14.7 (2022).

37. Xatamov Zafarjon Nazirjonovich, Inomov Faxriddin O'rmonjonovich. "Physical Education In Higher Educational Institutions Problems Of Formation Of Professional Skills On The Basis Of Science And Practice Ytegration In The Training Of Teaching Staff." Journal of Positive School Psychology (2023): 870-876.