

## Development of Physical Qualities of School Students through Activity Games Related to Athletics

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**Abstract:** This article shows the use of action games related to athletics in the development of physical qualities of students in physical education classes.

**Keywords:** physical qualities, athletics, activity games, time, place, interest, sports training.

In the system of physical education, there are general and special principles (principles) and methods for teaching young people exercises and active games, that is, a series of games is determined depending on the age, physical fitness and gender of the participants. In the physical education program of general education schools, national movement games are defined according to classes (1-4,5-7,8-9,10-11). Because, as mentioned, games are taught according to the age of children. Action games designed for elementary school students will be too easy and less fun for high school students. Games designed for higher grades will be difficult for lower grade students.

Although such situations are not used in academic lyceums, secondary vocational colleges and higher educational institutions, games should be adapted to their future professions. M: To future specialists in agriculture and water management (livestock industry), "foot bridge", "donkey ride", "shepherd", "herd ball", wrestling, foot race, to Relays and similar games are appropriate if used.

It should be noted that special preparations are required for the organization and conduct of physical education classes, sports training, (training), and action games during various sports competitions. (Information about this is given in the second sections). In particular, the teacher (organizer) should have a thorough knowledge of the games of various sports competitions and use their various options. For action games, first of all, it is necessary to take into account the conditions (time, place, interest). Large and clean spaces make it much more convenient to organize active games on the fields. There will be opportunities for especially active children to run freely, jump and perform various actions independently, and have fun and play happily.

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## **RUNNING SMOOTHLY**

**Preparation for the game.** Pupils are divided into two equal teams and stand facing each other in single lines at a distance of 10-30 m (it depends on the age of the relay participants and the size of the field). The players in front of the team will have a baton in their hands.

**Game classification.** After the teacher's signal, players number one run in the opposite direction, bypass the second group, pass the baton to the first player in their line and go to the end of the line. The second player repeats himself and so on. When the last player eats, he goes around the line of the opposite team, goes to him and raises his baton up. The team that finishes first is considered the winner.

**Pedagogical importance.** The game helps to strengthen and improve the skills of shuttle running in students.

In the game, children develop attention, intelligence, readiness, diligence. The game requires players to mobilize to protect their team's interests. The main type of movement in the game is running.

**Methodological instructions.** It is difficult for children to understand the game at once. It is better to first theoretically explain its implementation, and then run it for testing. Errors during the game will be corrected.

## **JUMPERS**

**Preparing for the game.** Children are divided into two to four teams and stand in a row behind the starting line. Several lines are drawn at 20 cm intervals 1 m from the starting line. These lines are 1,2,3,4, etc. marked with numbers. At the same time, these lines represent the number of points, i.e. the number of points the child jumps to. Three or four referees are selected during the game.

**Description of the game.** After the teacher's signal, the first players try to jump as far as possible from the starting line. Then the second and remaining players jump. Judges calculate the number of points, determine how many points each team has earned and announce the winning team.



**Pedagogical importance.** The game helps to improve children's standing long jump skills. The game develops qualities such as attention, intelligence, enthusiasm. The game develops the ability to creatively assess the strength of oneself and one's friends. The main movement in the game is a standing long jump.

### THE CHASSER'S RACE

**Preparing for the game.** A circle with a diameter of 10-25 meters is drawn. Pupils are divided into two teams and stand facing each other on opposite sides of the field.

**Description of the game.** After the teacher's signal, the first players start running in a circle. They pass each other and are ready to pass the baton to the next player. The team that finishes the relay first is the winner.

**Options of the game:** 1. Each participant can pass the circuit two or three times. 2. Each participant can repeat the relay two or three times without stopping.

**Pedagogical significance.** The game educates attention, reaction speed, and discipline in children. The game develops the quality of agility, quickness, strength, endurance. The characteristic movement of the game is fast running.

### JUMPING OVER THE HOPE

**Preparing for the game.** Players are divided into two equal teams and line up in two parallel lines. The distance between the participants of the game is 1-1.5 steps. The players standing at the beginning of the rows will have one gymnastic hoop in their hands.

**Description of the game.** After the teacher's signal, the player standing at the beginning of the line raises the belt up and throws it down so that it returns back. As soon as the hoop hits the ground, it rolls back, where all players jump up with their feet to the side and pass the hoop back. The team that performed the task well is the winner.

**Pedagogical value.** The game trains movement speed, endurance, courage. It requires features such as attention, observation, and aiming from the game participants. The characteristic movement of the game is running and jumping with both legs open to the side.

### SHOT AND RUN

**Preparing for the game.** The game can be played on the sports field or in the hall. Before the start of the game, the place to throw the ball is determined. The finish line is marked 25-30 m from the throw line. Participants of two teams draw lots to stay at the shooting spot.

**Description of the game.** The team of players remaining in the shooting area is placed on the field, and one of them throws the ball. From the starting point, the player has to hit the ball far, then run to the finish line and return to the place again. If the ball does not go far, the player goes inside the circle and rests. If the defenders catch the ball from above or below, they will hit the runner, and if the ball touches him, the defenders will run towards the line of scrimmage. The player who hits the ball immediately catches the ball and throws it to one of the defenders. In this case, they also run to the shooting line, that is, they do not exchange places again. Therefore, regardless of which team the players are in, the team that finishes the game without touching the ball in a row is considered the winner.

**Rules of the game:** 1. It is required to throw the ball correctly on the field. 2. As much as possible, a tennis ball should be used in the game, otherwise a ball made of rubber or fabric is used.

**Pedagogical value.** The game helps to develop dexterity, sensitivity, attention. This game also develops quickness, throwing, quick reaction, catching the ball, coordination of movements.



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