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## METHODS OF USING MOVING GAMES IN THE DEVELOPMENT OF COMMUNICATIVE COMPETENCES OF PRIMARY SCHOOL STUDENTS

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**ABSTRACT:** The article discusses the use of movement games in the development of communicative competence of primary school students, the positive effect of movement games on the body of students, ways to form the mental, aesthetic and spiritual abilities of students.

**KEYWORDS:** Movement play, physical quality, national value, physical fitness, ways to teach movements, infancy.

### INTRODUCTION

The main purpose of educating primary school students is to educate the younger generation on the basis of the ideology of independence as a healthy, well-developed person and prepare them for school education.

The main tasks of education of primary school students are to develop children physically, mentally and spiritually, to prepare them for regular education (school) on the basis of national and universal values, taking into account their innate abilities, interests, needs and capabilities.

The implementation of the goals and objectives set for the development of communicative competence of primary school students is controlled by the state requirements for the education of these preschool children.

The state requirements set out the main directions of the educational content aimed at developing the communicative competence of primary school students, as well as the minimum requirements for their level of preparation, which is recognized as a state document.

The social order of the state and society in determining the indicators of state demand is based on the development of communicative competence of primary school students, physical health, abilities, needs and opportunities, ie the priority of the child's personality.

### THE MAIN FINDINGS AND RESULTS

In the main directions of the content of education, great importance is attached to the physical development of children.

One of the important indicators that determine the development of communicative competence of primary school students is their level of physical development.

The educator is in a community of preschool children, occupies an educational and upbringing program, and carries out a variety of play, study, and labor activities. Physical and mental disability, which is an integral part of the concept of "health", implies the normal course of growth and development of the child. The hygienic and physical health of children will largely depend on the collaborative efforts of health and public education systems. In children, movement skills and competencies begin to form rapidly. They grow rapidly in height, body weight and muscle strength, improve coordination, improve the ability to distinguish and evaluate the amplitude, direction of speed, tempo, rhythmic expression, the ability to analyze movement, to distinguish certain phases.

In the process of physical education, it is necessary to create conditions for the formation of mental, moral, spiritual, aesthetic, volitional qualities of the child's body, as well as physical development, along with the skills of proper shaping, self-management, adherence to the agenda and hygienic requirements. The high level of positive impact of physical activity and physical exercises on the development of the child's body and their effective implementation in physical education classes largely depends on the practical knowledge, skills and professionalism of the teacher.

In the process of physical education classes with children, it is important to stand in line and move, to perform general developmental exercises, to breathe properly and to ensure that the exercises are methodically organized and performed correctly.

Conformity of the place of physical training to sanitary and hygienic requirements, suitability of children's sportswear and footwear for the purpose of training is an important tool for the elimination of medical, physical defects and shortcomings in children's physical development and physical development. Failure to ensure that the classroom and the hygienic requirements for children are met by the teacher can have a negative impact on the proper development of children's basic movement organs and posture, as well as their physical development.

Teaching children age-appropriate mobility, including the names and rules of national games, running and jumping, age-appropriate standards, cleansing, agility, and exercise to ensure the physical development of preschool children. is the basis of educational content.

The organization of physical education should take into account the age, sex, personal, mental and physiological characteristics of children. the teacher should regularly monitor the children's regular adherence to the daily routine and hygienic requirements, proper nutrition in a timely manner, the correct organization of morning physical education classes.

Information about the origin and history of the games has come down to us through the book "Devonu lug'otit turk" by Mahmud Kashgari, the great millennial, historian and ethnographer of the XI century. The play contains examples of game forms, such as summoning, gathering, starting the game, checking, which are carried out before the start of the Uzbek action games.

To do this, the actions in the game must be appropriate to the child's ability to control himself; these movements should be pre-mastered in systemic exercises.

Regular movement games help children develop control of their movements, they regulate their body, that is, they are taught to move at different tensions.

Games allow the child to move with great agility, specific purpose and speed; teaches to follow rules, to behave, to value friendship.

Early childhood children were brought up in families with the help of toys, fun games associated with the child's first movement. In the lives of older children, folk games with a variety of action content (including children's play beginnings, rhymes, countdowns) have played an important role.

Moving games are a basic tool of physical education. Motion games have a creative effect on the physical development of children's motor activity, the formation of motor skills and physical qualities, strengthening health by increasing the functional activity of the body and enhancing feelings of emotional joy.

The healing effect achieved by conducting active games is inextricably linked with the positive emotions that occur during children's play activities and have a positive effect on the child's psyche. Emotional upliftment arouses in children the desire to achieve a goal that is common to all, and it is necessary to have a clear understanding of the tasks, the coherence of actions, a clear goal in space and play, to complete tasks quickly.

The role of the will, which helps children to overcome various obstacles, increases based on their strong passion and goal-oriented aspiration to achieve the goal. Motion games serve as a method of improving the motor skills and physical qualities previously acquired by children.

During play, the child focuses on achieving the goal, not on the way the action is performed. He moves according to the conditions of the game, showing agility and improving his movements at the same time.

As a movement activity, movement play has certain characteristics: it requires the child to respond quickly to signals and sudden changes in play. Almost every action game has action and children's movement signals. For example

"Sparrows and cars", "airplanes".

Active movement activity in the game exercises the child's nervous system, improving the processes of excitation and braking, develops observation, resourcefulness, ability to target in the environment, courage, agility, initiative in choosing an independent way to achieve a goal.

## CONCLUSION

We recommend the following: Moving games as a main tool in the system of physical culture and sports, along with the use of various exercises in sports, the widespread use of mobile games, first of all, helps young people to grow up physically and mentally healthy. serves as one of the main tools in parenting.

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