

Methodology for Developing Creative Skills of Future Physical Education Teachers on the Basis of Innovative Approach

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ABSTRACT

this article describes in detail the mechanisms for the development of students ' spiritual thinking by teaching the history of action games and categories of action games based on an innovative approach.

Every nation has a cultural heritage left over from past generations, and folk games are also included in its treasure of cultural wealth. Folk games are not an unusual phenomenon in terms of their creation and development, but are an activity that figuratively and specifically reflects the life of the people and is determined in accordance with the laws of society's development.

In the process of historical development, it is necessary to take into account the specific aspects of folk games when considering issues related to the gradual development of folk games and their use for educational purposes. The games are created by the people and depict the events and incidents of people's daily life, embody their life impressions, observations, experiences and emotions, embodying the forms of words, music, and dance. For example, a characteristic aspect of children's education in the primitive system was to familiarize them with the customs, traditions, history of the clan, as well as with the oral creation of the people: narratives, songs and dances. In the primitive society, festive and religious ceremonies, which are called joining the youth to the ranks of adults, are widespread. They consist of unique games and competitions, the content of which is organized by labor activity, tribal customs, traditions, and folk art. In such games and competitions, young men had to show that they can skillfully use weapons, that they can satisfactorily follow religious customs, and that they know the sacred traditions of the tribe. Dances were also performed during ceremonies, in which primitive people expressed their life events, successes and failures, joys and sorrows.

Primitive people's desire to hunt wild animals and subjugate them created the need to create hunting events and show them creatively. D.U. Elkonin, researching the origin of games and art, says that "Primitive people represented hunting, war events and other serious activities in games." It was

concluded that playing out the hunting failure helped them to identify the mistakes made and the reasons for the failure.

Each nation has its own national games, which were created on the basis of national traditions, culture and life characteristics of nations. Folk games are one of the manifestations of spiritual culture.

They reflect the traditions, social relations, some elements of ideology-belief, moral-aesthetic standards that go back to the ethnic history. Folk games express the national characteristics of the country, the character, customs, labor processes, and geographical conditions of the adults. Accordingly, it is necessary to look at Uzbek folk games as one of the sources of studying the moral-aesthetic history of the nation, its culture and relations with other nations. In studying the history of Uzbek folk games, it is very important to highlight the stages of development of the national spiritual culture.

Uzbek folk games are a product of collective creativity of the Uzbek people, created and preserved by the general public.

Uzbek folk games were created in ancient times before our era. This is also confirmed by archaeological finds and ethnographic materials of the ancient Roman writer Elian. Because they have information that games and competitions are very common in the Sakas tribe and they are a favorite custom of the people. According to his testimony, the young men of the Saka tribe got the right to marry the girls they defeated in these games and competitions.

In ancient times, the peoples living in Central Asia had physical exercises such as wrestling, archery, horse riding. The Greek historian Herodotus wrote about the skilled snipers of the Sakas tribe who lived side by side with the Khorezmians: "The Sakas were famous among all the snipers in the world as very skilled shooters who did not miss an arrow." The Roman writer Clement of Alexandria (2nd century BC) wrote about the women of the Sac tribe: "The Sac women used to run away cunningly and shoot back like men on horseback."

National folk games were created on the fields several hundred years ago as ancient spectacles. This is also confirmed by archaeological finds and ethnographic materials of the ancient Roman writer Elian. Because they have information about the fact that games and competitions were widespread in the Sakas tribe and that they were a favorite custom of the people. According to his testimony, the young men of the Saka tribe got the right to marry the girls they defeated in these game competitions.

At one time, the game of wooden spoons was widespread in our region. The stilt walkers ran, jumped, danced, played tunes on national musical instruments such as trumpets and trumpets, and gave wonderful performances. There is a lot of information about this in "Boburnoma". "Stick game" is widespread in Khorezm.

According to the study of the traditional life of the Uzbek people, it was known that once there were mostly nomadic and semi-nomadic peoples living in the territory of the present Republic of Uzbekistan. Their main occupation was animal husbandry. Not only semi-sedentary, but also sedentary farmers engaged in animal husbandry. Peasants used cattle for plowing, threshing wheat, and drawing water from rivers and wells. Also, livestock were used by merchants and artisans. Thanks to this, a number of Uzbek folk games such as "The Herdsman", "The Lame Wolf and Sheep", "Goats and Shepherds", "The White Camel", "The Wolf Came" were born.

Among our people, very interesting dances on the theme of animals and birds, such as "Pigeon Game", "Chag'alak", "Yumronkaziq", "Horse Game" were widely popular. Also among the Uzbeks are "Trumpet, Trumpet", "Nina, Rope and Knot", "Tapir-topur kairagoch", "Pumpkin Planting", "Battle of Roosters", "Rooster and Chicken". , "Run away boy, the bird came", "White poplar-blue poplar" games were also popular.

National folk games were created in very ancient times, changed in content at each historical stage of development and fulfilled various social tasks.

The social life, labor activity and lifestyle of the people are reflected in their own forms in the national games of the people. They show very rich feelings and experiences, loving and protecting their Motherland.

According to the content, national folk games can be classified as follows:

Dramatic games

A. Vital (historical-vital, cultural-vital, professional-vital).

B. Funny games.

V. Song and dance games.

Meaningful role-playing games

A. Content-active.

B. Sports games.

Creative games.

Analyzing the historical emergence of national folk games, coming to the conclusion that dramatized games were created based on the art of "puppetry" of the ancient people, which became the basis of Uzbek puppet theater. possible

A doll representing a certain artistic image reflects historical and life events in the life of the country and people, expresses the beauty and shortcomings of the practical manifestations of cultural and household changes.

Dramatized games are based on Uzbek folk tales and legends. The purpose of such games is to perform fairy tales and legends. Dramatic games are very bright according to their content. Those who take part in them are persons who embody all the characteristics of an artistic image, whether it is an animal, a consciousness, or a person. In this, the animal world will have human characteristics.

Song and dance games are based on folklore as a unique genre of folk culture, as a propagator of the national oral, theater and musical traditions of our people. They represent the spiritual wealth and aesthetic taste of our people.

Content-role-playing and content-action games are attractive and interesting and introduce excellent content and qualities of various worlds, nature, and certain things. The essence and importance of the games in this group are different.

Creative games include:

A. Games created by students themselves based on Uzbek folk tales and legends.

B. Voluntary and thematic games aimed at aesthetic goals.

V. Games according to the purpose, games with different beginnings and endings created by the students themselves, games with a known outcome.

G. Games that activate the students' creative abilities: poetry, singing, dancing, gestures, imitation, etc.

D. Games related to visual creativity, performing things necessary for games.

Folk games refer to life events and express them in extremely diverse artistic images that fascinate a person with their richness and variety.

As explained at the beginning, many action games came from abroad and became nationalized. Because their content, purpose and essence correspond to the climatic conditions of our country, the social work and life culture of the population. For this reason, it is necessary not to be surprised if there are opinions about the action games of other nations that are part of the national action games.

The scientific-theoretical opinions of famous scientists M.Murodov, U.Koraboev, M.Jabborov, J.Toshpolatov, A.Atoev, R.Abdumalikov, T.Usmonkhojaev, S.S.Tajibayev, M.J.Abdullayev and others and the contents of the games Based on this, national action games can be divided into the following categories:

1. Games related to natural scenery, science. Examples of this include "Plant Planting", "Planting Potatoes", "Rain", "Grandfather Frost". Their content and game situations (places, execution procedures, rules). The beauty of nature, the change of weather, the ability to avoid cold and rain, etc., serve to educate the physical qualities of the participants, such as vigilance, dexterity, and endurance, as well as the mental qualities of a person.
2. Games related to the animal world, "Birds have flown away", "Kalhat came, run away, my child", "Wolves and hunters", "Wolves in the wild", "Geese" ", "Fox and Rooster", "Dog and Crow" and many similar games, together with the virtues of mutual relations, good and bad, self-care, all physical qualities are cultivated. is increased. On this basis, children can be interested in the world of animals and take care of birds.
3. Games related to work. Human activity is determined by mental and physical work. They can also be found in the content of action games.

The series of games for mental work includes "Counting games", "Writing and thinking of numbers", "Singing names or objects without leaving and mixing", "Singing by jumping", "Draw pictures quickly", It includes games that involve "making shapes (cups) into their own shape" (shape making) and similar activities.

There are also a lot of action games that reflect physical labor. They include "Chopping wood", "Herd ball" (shepherd), "Double plowing" (ploughing, running), "Hanging", "Pulling", "Carrying", "Donkey rode", "Pedestrian race", "Train" etc. enters. In their content, the ways of working, the methods of performance, and the feelings expressing endurance are embodied.

In general, in all national movement games, mental and physical work are combined and mainly serve to educate physical fitness.

4. Complex and simple action games are used in mass cultural events (holidays, weddings, various ceremonies, sports competitions, etc.), that is, for the purpose of demonstration and competition. They include parts of fighting (elements, horse games, kopkari-goat, race), goalkeeping, stone lifting, tug-of-war, shoulder wrestling, cockfighting, etc. is entered.
5. Games that serve to educate physical qualities are also divided into different categories. You can show them the following as an example, that is:

Games related to speed: "Trap", "Who's first", "Insiz kuyon", "Running on all fours" (crawling), "Stuttering birds", "The third is more", various relays and others.

Strength games: "White bone", "Chilik", "Shoulder bridge", "Donkey ride", "Tug of war", "Wrist strength test", "Hesitation in hands" and others.

Endurance games: "White poplar-blue poplar", "Get out of the circle", "Alamon poyga", "Doorboz", "Lame crow", "Lover" (gardkam), "Swordsmen", "Five stone", "Nine stones", "Burn your back", "Bota soldi", "Tightishmachok", "Blindfold", "Bekinmachok", "Who came", "Dorboz", "Zuv -zuv" etc.

The complex and simple (simple) national games of the Uzbek people, whose names are mentioned above, along with training the physical qualities of all ages, also directly serve to form human qualities and improve them further.

In the development of children's characteristics such as dexterity, conciseness, ambition,

perseverance, and perseverance, one should not be limited to physical education classes only with active games. It is desirable to ensure that they can freely engage in the yard, street, and fields in their free time, and that they can engage in sports games, gymnastics, athletics, wrestling, and other parts (elements) of sports. .

The conclusion is that it is necessary to use the action games divided into different categories in a timely manner.

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