

**O’QUVCHILARNI JISMONIY TARBIYALASHDA O’ZBEK XALQ
MILLIY HARAKATLI O’YINLARIDAN FOYDALANISHNING
PEDAGOGIK IMKONIYATLARI**

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II-toyifali katta o'qituvchisi

Annotatsiya:

Ushbu maqolada o'zbek xalq milliy harakatli o'yinlarini ilmiy jihatdan tadqiq etish, ularni o'quv muassasalarida samarali tashkil etish, ijtimoiy-tarbiyaviy ahamiyatga ega bo'lgan turlarini sport darajasiga ko'tarish jismoniy madaniyat fani oldidagi eng dolzarb muammolardan biriga aylanganligi haqida fikr yuritiladi.

Калит сўзлар: jismoniy tarbiya, harakatli o'yinlar, o'quvchilar, milliy o'yinlar, sport, sog'lom avlod, ilmiy tadqiqot, pedagogika

Аннотация:

В данной статье научное исследование национальных двигательных игр узбекского народа, их эффективная организация в учебных заведениях, поднятие их социально и воспитательно значимых видов до уровня спорта стали одной из актуальнейших задач, стоящих перед наукой. физкультуры.

Ключевые слова: физическое воспитание, подвижные игры, учащиеся, национальные игры, спорт, здоровое поколение, научные исследования, педагогика.

Annotation:

The article examines the experience of the most advanced countries of the world in reforming, improving and improving the quality of higher education, active participation in global educational processes, the application of the best world practices in the development of higher education and the effective organization of independent work of students, the introduction of optimal criteria for evaluating results.

Keywords: higher education, training, method, process, quality, teacher, technology, professional competence, evaluation criteria.

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Jismoniy madaniyatning komil insonni jismoniy tarbiyalashlik muqaddas vazifalarini bajarishda barcha o'quv yurtlari ta'lim tizimidagi yosh avlodni jismoniy baquvvat, chaqqon, irodali, vatanparvarlik ruxida tarbiyalab voyaga yetkazish uchun jismoniy tarbiya va sport mashg'ulotlarini O'zbekiston Respublikasining “Ta'lim to'g'risidagi” qonuni, “O'zbekistonda jismoniy tarbiya va sportni rivojlantirish chora-tadbirlari to'g'risida”gi qonunlari, O'zbekiston Respublikasi Prezidentining 2002 yil 31 oktyabrdagi PF-374 sonli “O'zbekiston bolalar sportini rivojlantirish jamg'armasini tuzish” to'g'risidagi farmoni va uni bajarish tadbirlariga suyanan xolda yangi usullarni tashkil qilish va o'tkazish maqsadga muvofiqdir.

Ushbu ishlar samarali bajarilishi uchun bolalarning eng kichik yoshidan boshlab milliy o'yinlar vositasi bilan jismoniy salomatlik “poydevorini qurish” ni amalga oshirish mumkin.

Respublikada amalga oshiralayotgan jismoniy madaniyatning o'z oldiga qo'ygan maqsadi sog'lom, ruhan tetik va bunyodkor insonni xayotga tayyorlashdan iborat. Bu maqsad respublikamizda jismoniy madaniyat bilan shug'ullanuvchi barcha muassasa tashkilotlar uchun zaruriy vazifadir.

Ayniqsa, O'zbekiston mustaqillikka erishgandan so'ng milliy qadriyatlarimiz, an'analarimizga bo'lgan e'tibor yanada kuchaydi. Bu hayotning hamma jabhalarida turli darajada o'zini namoyon eta boshladi, jumladan tarbiyaning asosiy qismlaridan biri jismoniy tarbiyada ham. “Jismoniy tarbiya, - deyiladi O'zbekiston Respublikasining “Jismoniy tarbiya va sport to'g'risidagi qonuni”da, - xalqlar milliy madaniyatining ajralmas qismi, jismoniy va madaniy, ma'naviy kamolatining muhim vositasi” ekanligi ta'kidlanadi.

Har kim o'zini jismonan tarbiyalashi uchun jismoniy madaniyat va sportning zarurligini tushunib yetishi va qunt bilan o'ziga yoqqan ma'lum bir jismoniy mashg'ulotlar tizimi asosida salomatligini shakllantirishi kerak. Xalqimiz farzandlarining jismoniy qobiliyatlarini har tomonlama rivojlantirish tarbiyaning ajralmas qismi bo'lgan jismoniy madaniyat jarayonida amalga oshiriladi.

Jismoniy madaniyatning maqsadi jamiyatning sog'lom, har tomonlama jismoniy rivojlangan, Vatan himoyasiga tayyor turgan o'quvchilarni tarbiyalashdan iborat uzoq muddatli, uyushtirilgan pedagogik jarayonni tizimli va samarali tashkil etishdir.

Jismoniy madaniyatni shakllantirish jarayonida quyidagi asosiy vazifalar hal etiladi: a) sog'liqni mustahkamlash, organizmni chiniqtirish va jismoniy rivojlanish darajasini hamda ish qobiliyatini oshirish; b) hayotga zarur bo'ladigan, jumladan, amaliy xarakterga ega bo'lgan harakat malaka va ko'nikmani egallash; v) kishining ma'naviy va irodali sifatini tarbiyalash; g) jismoniy sifat (tezkorlik, kuch, epchillik, chidamlik) ni o'stirish; d) maxsus sport mashqlarini bajarish texnikasini egallash.

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Shu bilan birga o'zbek xalq milliy o'yinlarini to'plash va ularni hayotga tadbiq etish, ulardan oqilona foydalanish bugungi kunda oldimizda turgan ham nazariy, ham amaliy ahamiyatga ega bo'lgan muhim vazifa bo'lib hisoblanadi. Ushbu vazifa yosh avlodni sog'lom va barkamol qilib tarbiyalovchi jismoniy tarbiya oldiga ham katta ma'suliyat yuklaydi.

Yoshlarni har tomonlama jismoniy baquvvat qilib tarbiyalashga imkon beradigan, o'quvchilar jismoniy sifatlarini rivojlantirishga qaratilgan bu muammoni umumta'lim maktab o'quvchilari jismoniy madaniyatini tashkiliy va pedagogik jarayonlar bilan birga bir-biriga bog'lab kelgan uzviylikda ko'rib chiqish lozimligini keltirib chiqaradi, bunda milliy xalq o'yinlarining roli katta ekanligini qayta-qayta ta'kidlab o'tmoqchimiz. Shuning uchun xalqimizning asrlardan-asrlarga o'tib kelayotgan milliy o'yinlarini avaylab-asrab keyingi avlodga yetkazish yo'llarini izlash, ishlab chiqish va hayotga tadbiq etish bizning maqsadimizdir. Milliy xalq o'yinlarini xalqimizning bir necha yillik madaniy boyliklari haqidagi tasavvurlarini ma'lum darajada kengaytiradi, hozirgi hayotga singdirish yo'llarini boyitishga yordam beradi.

Milliy harakatli o'yinlar jismoniy tarbiyaning eng ta'sirchan usullaridan bo'lib, o'quvchilarda aqliy, ahloqiy va nafosat tarbiyasini birgalikda muvaffaqiyatli amalga oshirishda muhim vositadir. Shuning uchun bolalar o'yinlarining ruhi, tabiati, saviyasi, ishtirokchilarning hatti-harakatlari kabi jihatlariga ham e'tibor berish zarur.

Boshlang'ich sinf o'quvchilari jismoniy tarbiya mashg'ulotlarini qiziqarli va foydali o'tkazish uchun biz tavsiya etayotgan ba'zi milliy o'yinlardan foydalanishda ham xuddi shu xususiyatlarga e'tibor berish kerak.

Boshlang'ich sinf o'quvchilarida qadriyatlarga muhabbat uyg'otish, xalq an'analarini avaylab-asrashga o'rgatish ko'p jihatdan o'zbek xalq milliy o'yinlaridan unumli foydalana bilishga bog'liq. Chunki milliy o'yinlar orqali bola bir tomondan jismoniy bilimlarni egallasa, ikkinchi tomondan, jismoniy madaniyaga qiziqtirish muhim ahamiyat kasb etadi.

O'quvchilarning jismoniy tayyorgarlik va jismoniy rivojlanish masalalari ko'pgina olimlar tomonidan o'rganilgani kabi olimlarning tadqiqotlarida bolalarning jismoniy rivojlanishi va jismoniy tayyorgarligi, harakat faolligi sustligi aniqlangan. Shuning uchun ham hozirgi kunda o'zbek xalq milliy harakatli o'yinlarini ilmiy jihatdan tadqiq etish, ularni o'quv muassasalarida samarali tashkil etish, ijtimoiy-tarbiyaviy ahamiyatga ega bo'lgan turlarini sport darajasiga ko'tarish jismoniy madaniyat fani oldidagi eng dolzarb muammolardan biriga aylangan.

Xalq milliy o'yinlarining ijtimoiy-pedagogik xususiyatlarini o'rganish borasida talay ishlar qilingan. Bir qancha olimlar o'z tadqiqotlarida xalq milliy harakatli o'yinlarida foydalanish haqida u yoki bu darajada fikr yuritganlar.

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Bolalar va o'smirlarning harakat faolligini oshirishga yordam beradigan omillar: milliy harakatli o'yinlar, milliy mashqlar elementlari, bellashuvlar va sport turlari, jismoniy tarbiyaning an'anaviy vositalaridan foydalanish yo'llari ko'rsatilgan. So'nggi yillarda professor F.N.Nasriddinov boshchiligida bir guruh mutaxassisliklar, yosh tadqiqotchilar milliy o'yinlarni o'rganish, ularni xalq o'rtasida ommalashtirish maqsadida bir qator ilmiy-amaliy ishlarni, nashrlarni amalga oshirishga muvaffaq bo'ldilar.

Bu sohada professor A.Q.Atoyevning ilmiy ishlarini ham aloxida aytib o'tish o'rinlidir. Uning xalq o'yinlaridan maktabda, oilada, darsdan tashqarida, jamoat joylarida foydalanish haqidagi fikrlari va bolalarni tarbiyalashda chaqqonlik, epchillik, ziyraklik kabi xususiyatlarining takomili to'g'risidagi tadqiqotlari qiziqish uyg'otadi. Bulardan tashqari har yili o'tkazilayotgan ilmiy-amaliy anjumanlar va shu munosabat bilan nashr etilayotgan to'plamlarda ham xalq milliy o'yinlariga e'tibor kuchaygani, ularni o'rganish, to'plash borasida tadqiqotlar olib borilayotganligi quvonarli holdir.

Shu bilan birga pedagogika fani ham yoshlarning jismoniy tarbiyasi, ularda harakatli sifatlarni rivojlantirish, muntazam olib boriladigan mashg'ulotlar orqali jismoniy madaniyatga extiyoj va qiziqishni uyg'otish muammolariga xamisha diqqat qilib keldi va kelmoqda.

Ko'rinadiki, bir qator ishlarda u yoki bu tarzda mazkur muammo haqida fikrlar yuritilgan bo'lsa-da, o'zbek halq milliy o'yinlari vositasida 7-8 yoshli o'quvchilarning jismoniy sifatlarini tarbiyalash muammosi jismoniy madaniyat tizimida hamda, xalq pedagogikasida to'liq xolda maxsus tadqiqod predmeti bo'lgan emas.

Shu nuqtai nazardan qaraganda, hozirgi kunda mazkur muammo yechimiga qaratilgan ilmiy izlanishlar olib borilishi lozimdir. Bu esa, eng avvalo, xayot talablari asosida o'zbek xalq milliy o'yinlarini tashkil etish bilan bog'liq masalalarni to'liq va yaxlit holda ilmiy-pedagogik asoslash va ishlab chiqish zaruriyatini mavjudligini va ushbu muammo o'ta dolzarb muammolardan biri ekanligini asoslaydi.

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