



## PRIMARY SESSIONS IN PRIMARY SCHOOLS

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**Annotation:** The most effective way to teach elementary school children to play sports is through field trips. Sports games are primarily aimed at strengthening the health, improving the general physical fitness of children, meeting their biological need for movement. The main purpose of sports games is to introduce children to sports games based on the right techniques.

**Keywords:** elementary school, sports, coach, student, educator, method, activity, exercise.

Primary school educator and sports coach - organizes and conducts work on the mental, physical, moral, diligent and aesthetic development of children in educational institutions. Their work focuses on increasing children's social activism and developing relationships. More specifically, in order to improve their speech, they undergo exercises recommended by a speech therapist, teach a variety of poems and songs, and develop the skills of correct pronunciation of words. They also focus on strengthening children's health by following a strict routine of exercise, exercise, rest and exercise, and following the rules of personal hygiene. In addition, educators instill a sense of hard work in children through self-service (helping to prepare breakfast, lunch, dinner, decorating the classroom before various holidays ...).

They also educate children about bad habits. They learn about their individual characteristics, interests and abilities, inclinations and living conditions. Educators have a great responsibility for the health and well-being of children. In their work, they must strictly adhere to the Convention on the Rights of the Child and the regulations on education, civil and labor law, and technical and fire safety regulations.

The most effective way to teach elementary school children to play sports is through field trips. Sports games are primarily aimed at strengthening the health, improving the general physical fitness of children, meeting their biological need for movement. The main purpose of sports games is to introduce children to sports games based on the right techniques. But in no case should this be a highly specialized training, preparation for participation in competitions. For points, real competitions in which the fight for places is an unbearable psychological burden for the child. A distinctive feature of sports games is their emotion. Positive emotional tone is an important condition for health, prevents various diseases and maintains interest in exercise. Even after school, the child is in a happy mood.

When children are busy, they are interested in the lesson if the rest time does not exceed working hours. Boredom comes when children are idle, forcing them to perform the same, monotonous actions. A variety of exercises and games engage children: they sometimes "forget" time.

It is very important to ensure the availability of learning materials and an individual approach to children, as sports exercises and games are very difficult for preschool children. When choosing an exercise, it is necessary to take into account the age characteristics of the child, his abilities and on the basis of them to determine the tasks that are suitable for him. It is advisable to use leading exercises that help children quickly learn selected motor movements. Leading exercises include movements that are structurally similar to the basic elements of the mastered movement technique. It is important to

determine the optimal number of repetitions of leading exercises so that children do not develop bad habits that interfere with further learning. If a well-mastered movement is used as an approaching exercise, it is sufficient to repeat it several times immediately before learning a new motor movement.

Leading exercises may include: Individual parts of the motor movement being studied. Imitation of learned motor movements. Directly studied motor motion is performed under these lighting conditions. Such exercises are especially important when studying new motor movements associated with the possibility of falls and injuries. The movement of the studied medium itself was performed in slow motion. When the exercise is done with a slow motion, the child finds it easier to control the movements and he makes fewer mistakes. More complex movements of sports games can be studied in specially created conditions (outside the game). At the same time, it is advisable to focus the child's attention on the quality of movement.

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