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THE METHOD OF USING KAZAKH OUTDOOR GAMES AS AN UNIVERSAL FACILITY OF PHYSICAL EDUCATION

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Kazakh outdoor games take one of the important places in the the younger generation's life. The outdoor games were widespread among youth in аулы and cities. None of the folk holidays were held without these games.

Ethnographic materials say that parents see the key to the upbringing of children's nature in the game. Because of this, a variety of emotional ways of involving children in the game are created: toys, chanting, special items (asyks, sticks, wool balls), competitions, etc. (1)

Even children's wrestling matches are played in the form of games, and adults do not forget to think out the details in order to create favourable conditions for games. Preparation of playgrounds, the production of toy bows and arrows, covering the asyks with lead (saka) to make them heavier, and many other things are done with the help of the parents. During the harsh colds, room games are mainly conducted using alchoys and pebbles. These games are held in conditions where the game is able to carry the warmth of the home, the wealth of folk customs, spiritual generosity and wisdom of the ancestors, thereby contributing to spiritual and moral development. (1)

The next step of age graduation are seven-year-old children. A seven-year-old boy is already a skilled rider who can correctly control all his actions during horse riding. The same requirements are applied to girls. Speaking about the physical development and physical abilities of girls - riders, sources say that "they feel on horseback as dexterously as on their own feet." The boys of the 7th and 8th years were allowed to participate in the sporting events such as a big baiga and alaman-baige. They were the main group of tai-jars (horse racing), kunan-baigi (three-year-old jumps) and donen-baigi, which were held on shorter distances.

All nomadic peoples play mostly in the bosom of nature. In natural conditions, the movements of children become more natural and unconstrained. The value of outdoor games and physical exercises is not only that they are based on different types of vital movements, but also that these movements are performed in a wide variety of conditions and situations. Skilful use of mobile, outdoor games and various physical exercises, with a certain consistency, contributes to the fact that Kazakh children are already acquiring considerable independence, while at the same time they have good physical training by the age of ten and twelve. They run fast, climb well, shoot accurately, skillfully control the horse. (2)

The games of thirteen - fourteen-year-old children significantly differ from the games of younger children. Teenagers are more inclined to games and physical exercises with complex plot lines reflecting the manifestation of the best spiritual, moral and physical qualities that create favorable conditions for independent creative activity and game movements in game situations. Teenagers already have experience of playing in the team. In connection with the growth of physical abilities and physical abilities, the games with short-term power voltages are widely used. These include games such as zhaiau - kokpar (pedestrian kokpar), zhaiau - audaryspak (pedestrian audaryspak), beech - tartys (pulling on all fours), etc.

The structure of games of this group, having a sporting orientation, is more definite and more precise. The composition of teams in these games is limited to the number of participants, their

duties are strictly distributed. Such games with elements of folk sports have strictly directional rules that determine the accuracy of motor actions. (2)

Among the games and exercises, the number of games, which have an entertaining value, increases. It may be supposed that it is explained by the fact that physically the growth and development of the young organism basically stabilizes. Young people are actively involved in working life. Sharply increased the need of active leisure, in games, in games with which you can bring up not only strength, dexterity, courage, but also resourcefulness, as well as intelligence and comprehension of action.

The proposed Kazakh national games, which are of great interest: this is an excellent tool of physical education; They are numerous, diverse in form and content.

The main purpose of this work is to recommend some Kazakh folk games for the physical education program that contributes to the successful accomplishment of the tasks of physical education: health promotion and the development of vital motor skills.

"Who's next?"

Place, implements. Playing field. Small balls are required for the game.

Preparation. At the beginning of the sit, a line is drawn. Participants align in a single row.

Description of the game. Participants of the game throw small balls forward in turn. The one, who throws the closest of all, drop out to collect balls and give them to the other participants. Whoever throws the ball three times further than everyone, is eliminated from the game and is considered to be the first winner. In this order, the second and third winners are determined.

Rules. To throw and collect sport equipment only with the permission of the instructor.

The pedagogical significance of the game. In this game all the players are very active. The game contributes to the development of strength, agility and speed. The kind of movement in the game is mostly throwing.

Methodical instructions. Throwing is separately performed between young men and girls. Winners are determined in the same order.

"Blind Goat"

Place, implements. Playing field. Gym. For the game a scarf or kerchief is required.

Preparation. Players form a circle by holding each other's hands. Three-four people are inside the circle, and one of them is blindfolded with a handkerchief.

Description of the game. The players in the circle touch the driver, approach him from different directions and must run away from him so that he does not catch them. If the driver caught one of the participants in the game, who are in the circle, and guessed who he caught, then he takes off his bandage and blindfolds the caught player.

Rules. 1. Players should not leave the circle.

2. It is forbidden to push the driver and put him trip-ups.

The pedagogical significance of the game. The game contributes to the development of attention and speed of motor skills. It develops independence, determination and ingenuity. The game accustoms to movement and run with a change of direction, to orientation in space.

Methodical instructions. It is best to conduct this game by the end of the session, when it is necessary to focus the attention of the practitioners and relatively calm them. If there are 20 players in the playing group, it is best to divide them into 3-4 groups and conduct a game in each group.

"Duel of the Horsemen"

Place, implements. The Wrestling Hall. The game does not require any sport equipments.

Preparation. The players are divided into two equal teams and line up against each other. Both ranks are calculated for "first" and "second" and by lot one is "horse", the other is "rider".

Description of the game. With the signal of the instructor, the players "riders" of one team begin to pull off the "horse" of the "riders" of the other team. They resist and, at the same time, try to sneak attackers to the ground. The team, which has more "riders" on the "horses" left, is thought to be the winner.

Rules. 1. The fight begins with the signal of the instructor.

2. It is not allowed to put footrests on each other.

3. It is not allowed "horsemen", who have fallen from the "horse", to re-enter the game.

The pedagogical significance of the game. The game contributes to the development of endurance, quickness in action. It requires participants to be observant, accountable to the team. The predominant form of movement is resistance and struggle.

Methodical instructions. In order to give a chance for everyone to participate evenly in the game, players should change with roles after the end of the fights. Since the "horses" get tired quickly, the game can be played not till the full victory, and set the time, about 2-3 minutes. In this case, the team wins, if in a certain amount of time managed to sneak more "riders".

"The Game of Jumping"

Place,implements. Playground, gym. The game requires a tape-measure.

Preparation. Firstly, a jump start is drawn on the ground. All the players are divided into two equal teams and line up from the starting line in two columns. Then, the teams choose their captains.

Description of the game. Team captains send one player to the starting line. Players stand at the dash and jump forward, as far as possible.

Where the heels touch the ground, a line is drawn. Players become in place. Now the next couple of players are coming and jumping from the dash where the first player has landed, where the player has landed three times from the heel, a line is drawn. Then the next pair, and so on, goes to the jump line. The team that jumped far is winning.

Rules. 1. When jumping from the spot, a player cannot step over the line that he is jumping from. If he has entered, he needs to jump again.

2. If the player has fallen, his landing is marked on the nearest place of touching the ground to the starting point of his jump.

3. Each team player must take part in the jumps.

4. Players go to the start in turn or at the discretion of the captains, but everyone has the right to jump once.

The pedagogical significance of the game. The game develops attention, perseverance and concentration. It contributes to the improvement and consolidation of the skill of long jump from the place. The game requires the players to exert all efforts to protect the interests of the team. The main kind of movement in the game is a long jump from the place.

Methodical instructions. The game can be conducted with the students only when they have mastered the technique of jumping from the ground. During the game, it is necessary to correct errors in the execution.

"Dragging on All Fours"

Place, implements. Wrestling Hall, a large game room. A five meter cloth is required for the game. The ends of cloth are sewn or tied.

Preparation. In the middle of the hall or the wrestling mat, the line is drawn. Participants of the game are divided into two teams and line up in two ranks, one against the other. In each team, the captain is chosen.

Description of the game. Captains send one player from their teams to a tug-of-war. Players are on all fours head in different directions, put the cloth on the shoulders. The center of cloth lies on the line. At the signal of the instructor, both players begin to pull in their direction for the line. To whom it is possible, that is considered the winner and wins one point for his team. Then the next pair goes to the bridge, etc. In conclusion, the team wins if the players more often became winners.

Rules. 1. Each time the participants of the game enter into a tug-of-war only with a signal.
2. Participants in the game cannot hold onto the carpet.

The pedagogical significance of the game. The game develops the ability of an objective self-assessment and evaluation of the strength of friends, as well as perseverance in achieving the goal. It promotes the development of strength, agility and ingenuity. Players defend the interests of their team in the game, which contributes to developing of the sense like responsibility for their team, the ability to distribute the strength of players in their team. The predominant form of movement is resistance and struggle.

Methodical instructions. This game can be conducted without division into teams. In this case, the players go to the tug-of-war competition at own will. The winner remains and against him comes a new comer, etc. In conclusion, there are players who managed to win more times.

«Arrows»

Place, implements. Playground. A small rubber ball is required for the game.

Preparation. The players are divided into two teams. A circle with a diameter of 15-20 meters is drawn on the site. By lot, one team receives the ball and is then positioned around the circle. The other team is located inside the circle.

Description of the game. With the signal players located around the circle, start to spot the players located inside of the circle. Stained player leaves the game. The game is timed. The team that knock out all players or more players in a given time wins.

Rules. 1. A player is considered to be stained, if the ball touches from the flight.
2. It is forbidden to step behind the line of the site.
3. Catching the ball is allowed, but if the ball is not caught, then the player is stained.
4. Nobody can run around with the ball in hand.

The pedagogical significance of the game. All players are active in the game. The game promotes the development of a sense of camaraderie (conspiracy in the game with the aim of making a unified decision, supporting comrades, coordinated work with comrades to achieve the goal, etc.). The game contributes to the development of determination, resourcefulness, quickness of reaction, dexterity and quickness in actions. The game also improves skills of throwing into a mobile target and skills of catching the ball.

The primary type of movement is throwing the ball into a mobile target.

Methodical instructions. The instructor should pay attention to the fact that the players acted with the ball in concert: they often passed the ball to each other and threw them into the opponent in a convenient way.

"Foot Kokpar"

Place, implements. The flat field which is 50-60 meters long, 20-25 meters wide. A medi exercise ball is required for the game.

Preparation. At the beginning and at the end of the field, two circles with a diameter of 1 m are delineated in the middle. A middle line is drawn through the field. Teams are lined up in the middle of the field and one goalkeeper is elected in each of them. Goalkeepers take a place in opposite circles.

Description of the game. At the signal of the leader, players transferring the prize to each other must deliver it to their goalkeeper. For each delivery of the prize to the goalkeeper, the team receives one point. The winner is the team, which gains the most points at the set time.

Rules. 1. During the fight for the ball, players should not keep each other for clothes, put footboards and apply fighting techniques.

2. Goalkeepers are not allowed to run out from the circle.

The pedagogical significance of the game. In the game, players are trained to organize themselves in an organized way: to run in an organized manner, to act simultaneously, to quickly join the game. The game contributes to the development of students in strength, determination, speed and ingenuity. The primary movement in the game is a run with a change of direction.

Methodical instructions. It is necessary to ensure that players follow the rules of the game. The instructor should keep a record in order to determine the winning team. This game is for young men. (3)

Considering the mobile game in the system of physical education and taking into account its connection with moral education, it is difficult not to notice the existence of a certain sequence, expressed in the achievement of the ultimate goal - upbringing and the formation of a harmoniously developed personality.

Gambling ethics are the same moral rules and requirements that are cut from the idea of healthy and honest competition. Solving educative problems, we solve and educational, i.e. In the game many willed qualities are brought up: independence, perseverance, self-control, endurance and the will to win.

Moral activity of the younger generation in the mobile game significantly affects the nature of the goal achievement. This, on the one hand, exerts increased demands on participants in moral stability, and on the other hand, this is one of the characteristic features of Kazakh games, as an important tool in the formation of competitive youth. (3)

Literature:

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