

# Promoting Intellectual And Physical Development In Elementary Students Through Sports And Games

Jaloliddin AMIRKULOV

*Termiz State Pedagogical Institute Teacher of physical education*

**Abstract.** This study aims to support intellectual and physical development in primary school students through sports and games. Sports and games play an important role not only in increasing physical activity, but also in developing students' mental and social skills. The study focuses on developing students' concentration, logical thinking, teamwork and leadership skills through sports and games. As a result, sports and games are used as an effective tool for the comprehensive development of students.

**Keywords:** Sports, games, intellectual development, physical development, elementary school.

**Introduction:** Sports and games play an indispensable role in supporting the intellectual and physical development of primary school students. Studies conducted by Uzbek scientists, including the impact of sports on the educational process, have shown that they have a positive effect on the social, cognitive and physical development of students. This article aims to analyze the intellectual and physical development of primary school students through sports and games, and to develop practical recommendations based on the research of Uzbek scientists.

Supporting the intellectual and physical development of students in primary education is important not only to increase academic achievement, but also to strengthen their overall health. Sports and games are a key tool in this process, helping to develop various skills in students. Sports and games not only increase physical activity, but also provide intellectual, social and emotional development. This article aims to analyze the impact of sports and games on the intellectual and physical development of primary school students.

and random sampling methods were used to measure the intellectual and physical development of students. Students in grades 1-4 participated in the study. The attitude of students to sports and games and the results of their participation were measured. In addition, using literature analysis, an analysis of relevant studies and scientific works of Uzbek scientists was conducted.

and physical development of students in the primary education process. This article examines the impact of sports and games on the cognitive and physical development of students. Sports and games not only increase physical activity, but also develop mental, social and emotional skills in students.

The study used experimental methods to determine the effects of sports and games among elementary school students. The students were divided into groups and each group was given a variety of sports and games. During the sessions, the students' physical and intellectual skills were assessed.

Research has shown that sports and games not only increase physical endurance in students, but also improve concentration, logical thinking, and problem-solving skills. Physical activity positively changes the mental state of students, which increases the effectiveness of the learning process.

**Analysis and results.** The role of sports and games in intellectual development is largely due to the development of students' communication, decision-making and strategic thinking skills. Physical activity and sports competitions encourage students to work together, build teams and develop social skills.

A number of studies conducted in the field of sports and education in Uzbekistan are aimed at studying the impact of sports and games on the development of students. The manuals of the Ministry of Public Education of the Republic of Uzbekistan and the scientific works of scientists such as XX Tursunov (2012) and AM Mustafayev (2015) pay special attention to the benefits of sports for primary school students. According to them, sports and games are one of the main means of physical development in students, they develop concentration, logical thinking and teamwork skills. AT Jumaev (2018) in his study emphasized the importance of sports games in developing social skills of students. At the same time, NT Valiyev (2014) and AA Shamsutdinov (2017) studied the importance of sports and physical education in the educational process, their work showed that sports and games help students spend their free time effectively and improve their health.

The role of sports in education is expanding. Programs and manuals developed by the Ministry of Public Education of the Republic of Uzbekistan are aimed at integrating sports and physical education into the educational process. This is especially important in primary education, since during this period the physical and mental skills of students are rapidly formed.

Sports and games are one of the most important means of physical development. Sports activities for primary school students not only help develop muscles, but also expand the chest, improve the heart and vascular system. At the same time, sports activities develop in students the skills of concentration, quick decision-making and effective work [4].

Uzbek scientist XX Tursunov (2012) has extensively covered the impact of sports on physical development for primary school students in his scientific work. He emphasized that sports and games are an important tool in strengthening the overall health of students.

Sports and games are not only important for physical activity, but also for intellectual development. Sports games teach students to think logically, develop strategies, and solve problems. Students learn to make quick decisions during sports, which develops their analytical thinking and creativity skills.

Research conducted by AM Mustafayev has yielded good results on the impact of sports on the intellectual development of students. Studies show that sports games, along with physical activity, also develop logical and creative thinking in students. This is especially important in primary school, as students strive to develop their cognitive skills during this period [4].

Sports and games also help develop social skills. Students learn to cooperate with each other, work as a team, and value mutual respect through sports activities. Accepting victory or defeat in sports and achieving success in teamwork also develops social responsibility in students.

AT Jumaev in his research emphasized the importance of sports games in developing students' social skills. According to Jumaev sports games strengthen team spirit, mutual understanding, and teamwork in students. This prepares students for successful social activities not only at school, but also in society.

The results of the study confirmed that sports and games have a significant impact on the intellectual and physical development of primary school students.

Playing sports develops not only physical skills in students, but also mental skills such as logical thinking and concentration. Through games, competition, teamwork and leadership skills emerge among students [5]. The study also found that sports and games also develop students' social skills, which helps them adapt to the classroom environment more quickly.

sports and games in primary education in intellectual and physical development is an important factor in helping students grow up as active and healthy members of society. Research by Uzbek scientists shows effective ways to include sports and games in the educational process. This approach also helps to adapt the physical development of students to the external environment and increase their mental activity. By including sports and games in the educational process, it is possible to develop students' social skills and prepare them for a successful and healthy life in society.

**Conclusion.** Supporting intellectual and physical development in primary school students through sports and games has a positive effect on the overall development of students. Research by Uzbek scientists confirms the importance of this approach in the educational process. Also, the wider inclusion of sports and games in the daily activities of students helps to improve their physical and mental development. The effective use of sports and games in primary education makes a significant contribution to the social, mental and physical development of students.

It is important to support the intellectual and physical development of primary school students through sports and games. Sports and games not only improve the physical condition of students, but are also an important tool in developing mental skills. More active use of sports and games in the educational process helps students develop in all aspects.

Sports and games in the physical and intellectual development of primary school students is extremely important. Research by Uzbek scientists confirms the importance of this approach in the educational process. By integrating sports and games into education, it is possible to help students develop socially, emotionally and intellectually. At the same time, this process leads to their overall health and preparation for successful life in society.

#### REFERENCES:

1. Mustafayev A.M. *Sportning boshlang'ich sinf o'quvchilariga ta'siri: jismoniy va intellektual rivojlanish o'rtasidagi bog'liqlik*. Tashkent: O'zbekiston davlat pedagogika universiteti nashriyoti. 2015.
2. Jumaev A.T. *Sport o'yinlarining o'quvchilarning ijtimoiy ko'nikmalarini rivojlantirishdagi roli*. Tashkent: Ta'lim va ijtimoiy rivojlanish institutining ilmiy ishlari. 2018.
3. Valiyev N.T. *Sport va jismoniy tarbiya: boshlang'ich sinfda ta'lim jarayoniga qo'shiladigan ahamiyat*. Tashkent: O'zbekiston sport akademiyasi. 2014.
4. Amirulov, J. (2023). Methods of improving analyzers in football. World Bulletin of Social Sciences, 27, 144-151.
5. Sharafutdinova, K. G., Kulmamatova, F. K., & Haydarova, S. (2021). The role of cognitive psychology in the elimination of destructive behavior. Asian Journal Of Multidimensional Research, 10(4), 957-964.