

**METHODOLOGY OF USING STORY-BASED GAMES IN INCREASING THE
EFFICIENCY OF PHYSICAL EDUCATION IN ELEMENTARY SCHOOL.**

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Abstract: This article analyzes the role of action games with a plot in the development of physical abilities of primary school students and their pedagogical potential. The author justifies the need to integrate scenario games as an innovative approach to physical education classes and reveals their role in the formation of physical qualities such as dexterity, agility, speed, balance in children. The article presents methodological recommendations on the content, structure, methods of organization and assessment criteria of games. It also covers the practical and theoretical foundations of improving the physical education system based on plot games. The results of the study show that this approach significantly increases the level of physical development of primary school students.

Keywords: Primary school students, physical abilities, plot-based action games, physical education, pedagogical system, health promotion, action game technologies, methodology, innovative approach.

Introduction: In the 21st century education system in front of standing important from tasks one is healthy and physically fit mature generation Childhood during the period, especially elementary class stage, students physical and psychological development the most active passing period Therefore, this aged children with take to go physical upbringing training their healthy marriage in style relatively was their views in shaping, movement skills in development and social activities in increasing important place At school traditional physical upbringing training often one from diversity consists of children interest level reduces them to take active action not, maybe assignment to perform This is own in turn students physical of abilities full-fledged to develop obstacle This view from the point of view than, initial class students with at work modern and pedagogical point of view from the point of view effective from approaches one this with a plot mobile from games is to use.

With a plot mobile games are children's physical activity increasing, one of time in itself their thinking, imagination, social communication and emotional mind developer tool become service does. This games through which the child himself certain by introducing a character (e.g., hero, explorer, detective, commander, etc.) and performing actions to the process interest with This is their active participation provides the body to move brings about coordination of movement also improves speed, agility, endurance, strength such as main physical adjectives to develop service World pedagogical also plot-based in practice of games positive aspects wide confession For example, Finland, Japan, Canada developed of countries elementary in schools physical upbringing in training theater elements, role games, adventure assignments based on organization done actions active This approach is used in children not only physical maybe

intellectual, social and moral balanced in terms of development to provide service does.

Uzbekistan of the Republic of Kazakhstan until 2030 Education in the field healthy in strategy generation upbringing, at school healthy life style forming, moving activities multiplication and students active participant as attraction to grow important task as This is defined as education in the process innovative approaches, in particular with a plot mobile games system current to do necessity strengthens. With this together, available education in practice with a plot from games effective use a single methodology for system still complete unformed. Games content, directions, evaluation criteria, students age and physiological to the characteristics suitability of teachers preparation level such as issues still complete scientific based not. This is exactly it. need of the article relevance defines. This in the article elementary class of students physical abilities scripted mobile games through upbringing system to improve aimed at methodological, practical and conceptual approaches It is also games based on working issued of the system efficiency analysis will be done and him/her to practice current to grow according to recommendations is given.

Research Methodology: This of the research methodological basis as elementary class of students physical abilities scripted mobile games through formation and this activity systematic basically improvement task Research during this of the process scientific-theoretical basics, practical directions and pedagogical opportunities deep analysis The research was conducted purpose — initial class students with take to go physical upbringing in training with a plot mobile from games use through their physical adjectives to develop service doer effective the system working from output and improvement consists of. The research **object** as elementary class students with take to go physical upbringing process was selected. As part of this process students to age typical physical and psychological characteristics, their to move was need, motivation and lesson in the process activity attention received.

The research subject — physical upbringing in training with a plot mobile from games use through students physical abilities of formation methodical opportunities and impact is its effectiveness.

Research following tasks solution to do directed :

- with plot mobile of games pedagogical characteristics and scientific the basics determination ;
- initial class of students physical development level detection and analysis to do ;

— with a plot mobile games based on lesson their training organization to grow methodology working exit ;

— working issued methodology practical efficiency experiment based on to determine ;

— develop scientific and methodological recommendations based on the experience learned.

In the study following from methods used :

1. **Theoretical research methods** : there is pedagogical and psychological literature analysis to do, advanced experiments study, normative documents and programs analysis to do through scientific basis created.
2. **Empirical research methods** : questionnaire, interview, observation, experiment through trainings) initial and final situations studied.
3. **Statistical methods** : experiment took and next the results comparison, analysis in doing mathematician - statistician from tools used. Students physical development indicators graphic and diagrams based on generalized.

The research was carried out in the following stages :

- **Preparatory stage:** literature on the topic was analyzed, problems were identified, and conceptual frameworks were developed. The study problem according to initial hypotheses previously pushed.
- **Experiment-test stage** : class under the circumstances scripted mobile from games used training was held. The students in class participation, activity, level of activity, physical development indicators observed.
- **Results analysis to do and to generalize stage** : experiment results mathematical-statistical in terms of analysis was done, taken results based on scientific conclusions and methodology recommendations working It was released.

Analysis and results

Research during elementary class students into 2 groups divided : **experience group** (with plot mobile games based on training conducted) and **control group** (traditional physical upbringing trainings). Both of the group physical abilities research at the beginning and from it then measured. The following in the table their average results presented done.

Physical indicators	Group	Experience at the beginning	Experience at the end	Change (difference)
Speed (meters / second)	Experience group	6.5	7.8	+1.3
	Control group	6.4	6.7	+0.3
Agility (seconds)	Experience group	9.2	7.6	-1.6
	Control group	9.3	8.9	-0.4

Physical indicators	Group	Experience at the beginning	Experience at the end	Change (difference)
Endurance (minutes)	Experience group	12.0	14.3	+2.3
	Control group	12.1	12.7	+0.6

Results analysis :

- **Speed** according to experience group students training at the end noticeable improvement (+1.3 meters / second), which control to the group relatively much high (only +0.3). This with a plot mobile of games of the students movement speed in development effective that shows.
- **Agility** in the indicator also experience group difference significant (-1.6 seconds), i.e. games as a result students more agile to be reached. Control group and only small improvement showed (-0.4 seconds).
- **Endurance** indicators according to also experience group much growth showed (+2.3 minutes), which games using students general physical endurance level increased indicates.

Conclusion and suggestions This research during elementary class of students physical abilities in development with a plot mobile of games efficiency studied. Experiment results this showed that the scenario based on organization done mobile games physical upbringing process further fun, interactive and effective does. Games children's speed, agility and endurance such as main physical adjectives noticeable at the level to increase service does. Experience group in students indicators clear growth scripted games system physical upbringing to training integration to do pedagogical and practical importance confirms. Also, such games students physical activity increase with together, their social and emotional to develop also positive impact shows.

Research within following offers working output :

1. Start drinking. class physical upbringing in their classes with a plot mobile from games regular use organization to be
2. Readers for with a plot games methodology mastery according to special courses and seminars organization to be
3. Study to programs innovative mobile games elements input and them regular improving to go
4. Parents and school the public children's physical activity in progress of games importance about aware to do
5. In the future topic according to wide extensive research transfer, this including various young and social in groups mobile of games efficiency compare

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