

## ORIGINAL ARTICLE

**Methodological Recommendations on the use of Ethnic Kyrgyz Games to Strengthen the Health of Preschool Children (5-6 Years Old)**ABDYRAKHMANOVA DZHIPARKUL<sup>1</sup>, TYNALIEVA BAKYT<sup>2</sup>, DZHANUZAKOV KANAT<sup>3</sup><sup>1</sup>*Candidate of Biological Sciences, Associate Professor. Faculty of Sports Sciences, Kyrgyz-Turkish Manas University, Pr. Mira, 56, Bishkek, 720001. Kyrgyz Republic,*<sup>2</sup>*Doctor of Medical Science, Professor. I.K. Akhunbaev Kyrgyz State Medical Academy, str. Akhunbayeva 92, Bishkek, 720020, Kyrgyz Republic*<sup>3</sup>*Candidate of Pedagogical Sciences, Professor. Faculty of Sports Sciences, Kyrgyz-Turkish Manas University, Pr. Mira, 56, Bishkek, 720001. Kyrgyz Republic,**Correspondence to: Abdyrakhmanova Dzhiparkul, Email: Email: [jiparkul.abdyrahmanova@manas.edu.kg](mailto:jiparkul.abdyrahmanova@manas.edu.kg)***ABSTRACT****Background:** The article presents methodological recommendations on the use of ethnic Kyrgyz games to strengthen the health of preschool children (5-6 years old), developed on the basis of the obtained results of the study of the effectiveness of their influence on improving physical development and the physical qualities of this age category.**Aim:** is to develop guidelines for the use of ethnic games to strengthen the physical health of children 5-6 years old and to identify its effectiveness.**Methods.** At the research stage, the method of analysis of documentary sources and scientific-methodological modern literature were used. Therefore, we selected and created a database of 51 ethnic games that affect the physical qualities and development of preschool children. A classification of games is given: for physical and mental development, games for the development of fingers and breathe.**Results:** Methodological recommendations on the use of Kyrgyz ethnic outdoor games for the development of physical and mental qualities, as well as the improvement of breathing of preschool children, were developed for the first time, and their effectiveness was experimentally validated. The classification and characteristics of ethnic games with a description of the game unit for the development of physical, mental qualities and the breath improvement are given. The content of the game, game unit, rules, game strategy, biomechanics of movements are described in detail. It also defines the ethnic principles and ethical norms that underlie in ethnic games.**Conclusion:** We have designed methodological instructions and a cycle of lessons for the teacher on the use of games to improve physical qualities, muscle groups, and consciousness, the formation of social skills and creative abilities of children.**Keywords:** Kyrgyz, ethnic games, children's health, preschool age, national culture.**INTRODUCTION**

Physical education, as it is known<sup>1</sup>, is "a set of material and spiritual values being specially created in society in connection with the need to prepare a person for life, for a certain public activity, to strengthen health<sup>2</sup> and the comprehensive development of physical abilities". As practice shows, ethnic outdoor games are also the basis of modern physical training. The phrase "ethnic games" reflects the national culture, since they have preserved information about the traditions and customs, rituals of the people, passed down from generation to generation<sup>3</sup>. Johan Huizinga<sup>3</sup> rightly believes that "the development of history is based on the development of a culture that is based on the game. The game is the highest manifestation of the human essence. And culture is not born in a game, but begins as a game." To designate a large group of games aimed at the physical development and health improvement of children, the term "outdoor games" is predominantly used. A mobile game with rules is a conscious and dynamic activity of a

child, characterized by accurate and timely performance of tasks related to the rules that are mandatory for all players. According to the definition of P.F. Lesgaft<sup>4</sup>, "an outdoor game is an exercise through which a child prepares for life". A. Kh. Karasaeva<sup>5</sup> believes that "the fascinating content and the emotional saturation of the game encourage the child to certain mental and physical efforts." Y. Komensky<sup>6</sup> singles out 7 main conditions of outdoor games: movement, physical looseness and freedom, social character, competitiveness, the presence of rules, ease, limited time.

V. N. Shebeko<sup>7</sup> sets out the conceptual propositions of pedagogical technology that promotes the development of a child's creative imagination by means of physical training and self-realization of a preschooler in motor activity. The creative principle in a child can develop only in creative activity. A common characteristic and structural component of the creative potential of a preschooler are cognitive needs that form the psychological basis of the dominance of cognitive motivation. The formation of the child's creative

potential is carried out in the development of creative imagination. The pivot of children's creativity is children's experimentation, in which the child's own activity that aims at obtaining new knowledge and new products of creation is most powerfully manifested.

As noted by a number of authors<sup>8,9,10,11,12</sup> as a result of practicing Kyrgyz national games and physical exercises, the child's personality develops as well as the perception, thinking, intuition, emotions, memory, speech, aesthetic perception, moral feelings are formed. In addition, well-being and independent decision-making skills are improved. The development of the game is associated with significant progressive transformations in the child's psyche and, above all, in his intellectual sphere, which is the foundation for the development of all other aspects of the child's personality. Also, Games and sports activities have positive effects on physical development<sup>13,19,20</sup> and psychological relaxation<sup>14,21,22</sup>. Based on the analysis, generalization, and systematization of scientific research data revealing the possibilities of the influence of ethnic games on the physical health of children, our study for the first time selected and described outdoor ethnic games of the Kyrgyz people, defined the concept of a game unit, the influence of games on the physical qualities of preschool children, described in detail the content of games: biomechanics of movements and the development of muscle groups.

The aim of the study is to develop guidelines for the use of ethnic games to strengthen the physical health of 5-6 year old children and to identify its effectiveness

## MATERIALS AND METHODS

At the research stage, we implemented the method of analysis of documentary sources and used scientific-methodological modern literature. At the first stage of the study based on the analysis, generalization and systematization of materials from biological-medical, scientific-methodological, psychological-pedagogical sources, a database and a classification of 51 ethnic games of the Kyrgyz people were designed (Kyrgyz - the Turkic people and the main population of Kyrgyzstan). These games affect on the physical development and improvement of physical qualities of preschool children: 1) for physical development and physical qualities - 28, 2) mental (sensory, intellectual) - 8, 3) finger - 10, 4) games for the development of breathing - 5.

At the second stage, the game unit of each game and its impact on the development of physical qualities have been determined.

[4] shows that in each ethnic game, one can distinguish a game unit as a complex of elementary movements organized in time and space. The unit of the game is a number of consecutive elementary movements aimed at achieving the result.

The unit of the game is a set of elementary movements

that form one action, but preserve the property of the whole, which is the essence and result of the game. In our opinion, the introduction of the concept of "game unit" into the theory and practice of physical education opens up new opportunities. In any outdoor game, using the concept of "game unit", we can measure: the amount of energy spent on the production of the main action-the game unit; the time spent on the implementation of the game unit; work out individual elements of the game unit for speed; the number of game units as an indicator of the player's skill; determine the ratio of the number of game units and the volume of "unproductive", energy-consuming types of movements. In the game of consciousness, by using the concept of "a game unit", conditions are also created for the transition from the description of qualitative changes to accurate quantitative indicators. This is important, since currently; there are no available and mobile measuring devices of the state of the higher parts of the human brain to assess the quality of consciousness. Just as the number of morphofunctional units of the kidney is quantified, so the number of repetitions of game units in one ethnic game can be measured. For example, we can assess the number of game units in any outdoor games. Therefore, objective indicators appear that can be obtained on the basis of game units' counting. It is possible to calculate the energy cost of one game unit. As the player's skill increases, the energy equivalent of the game unit will change. It will be possible to determine the skill level by the number of repetitions of the game unit to achieve the result. Scientific analysis in the usage of a game unit might involve reducing the volume of elementary types of movements contained in one game unit, or accomplishing the outcome of a game unit by different variants of elementary movements. Many ethnic games, relying on the physiological foundations of game units, can be introduced into the practice of healthcare as rehabilitation ways.

At the third stage, the content of the games, the game unit, methodological guidelines, organizers, ethnic principles, the development of physical qualities and muscle groups, the biomechanics of movements, and the development of consciousness, social skills, ethical norms, creativity, and the educational moment were described in detail. At the fourth stage, based on the obtained results, methodical recommendations were developed and lesson plans (30-35 minutes each) were prepared for classes with children in the older and preschool groups (5-6 years old).

## RESULTS

Table. 1 "Ethnic games of the Kyrgyz for preschool children 5-6 years old" presents a list of ethnic games for preschool children with a description of the game unit, the development of physical qualities and are classified into games for the development of mental and physical qualities, games for the improvement of breathing and fingers.

Table 1: Ethnic Kyrgyz games for preschool children aged 5-6 years

№ n/n	Name of the game	Game unit	Development of physical qualities
I. Games for the development of physical qualities			
1	"Chybyk at 1" (stick horse)	Horse control	Coordination of movements, speed.
2	"Chybyk at 2" (stick horse)	Horse control	Coordination of movements, speed.
3	Baldardyn at oyunu (horse game)	The ability to stay on the horse	Agility, coordination of movements, flexibility, endurance.
4	"At oyun" (game of horses)	Horse control	Endurance, coordination of movements, speed.
5	"Ata-bala at oyunu" (game of horses with the parents)	The ability to stay on the horse	Agility, coordination of movements, flexibility, endurance
6	"Kar atyshmay" (a snowball game)	Hitting the opponent's corps with a snowball	Reaction quickness, endurance, strength, will and fortitude. Coordination of movements, accuracy.
7	Kar menen uruu (hitting a figure with snowballs)	Hitting conditional targets per unit time	Coordination of movements, marksmanship, accuracy, precision.
8	Suunu tash menen urup chachyratuu (splashing water through hitting the water with a stone)	Throwing a stone for getting a lot of splashes	Quickness of reaction, coordination of movements, agility
9	Bat oturmay zhana turmay (fast standing up and squatting)	Squatting and standing up	Quickness, speed and strength qualities, flexibility, coordination of movements.
10	But menen zherdi taptamai (kicking the ground)	To hit with the whole foot, kick with the foot alternately with the right, left, and two legs	Quickness of the reaction, strength, rhythmicity, coordination of movements.
11	Tashtardyn ustundo basyp zhuruu (walking on the stones)	To walk over the stones without losing the balance.	Reaction speed, endurance, strength, will, perseverance speed and strength qualities, motor abilities, coordination of movements, agility, jumping ability.
12	Zhormoloo (movement on all fours)	Movement on all fours over a distance at speed.	Speed, flexibility, agility, coordination of movements
13	Mönkuu or oturuup zhyluuu (moving while sitting)	Moving, moving while sitting, moving for speed	Motor skills, strength, agility
14	Oonamai (flipping from side to side)	The ability to roll over without the support of hands and feet	Motor abilities, stability, reaction speed.
15	Ordok bysash (movement in squatting)	Movement in the squatting position	Agility, endurance, quickness of motor reaction, speed, motor abilities.
16	Zhuruu (walking)	Walking at speed using walking varieties	Endurance, strength, motor abilities.
17	Iz kuumai (walking and running on the traces)	The ability to follow the trail	Agility, quickness of reaction, speed, motor abilities.
18	Zhash baldardyn zharyshy (children's running competition)	Running at speed for a standard distance	Movement coordination, speed, motor abilities, agility, endurance.
19	Kol karmashyp zhuguryy (running by holding hands)	The ability to run in pairs	Strength, agility, endurance, reaction speed, motor abilities, balance.
20	Kubalap zhetmey (catch-up)	Catch up and touch the opponent	Coordination of movements, motor abilities.
21	Airy kuyruk (forked-tailed)	The bird of prey must catch all the chicks in a minimum amount of time.	Coordination of movements, accuracy, agility, quickness of reaction.
22	Ala-kuchuk (piebald puppy)	Don't letting to catch a mouse	Quickness of reaction, coordination of movements, agility.
23	Bash kiyim alyp kachuu (theft of a hat)	To pull the skullcap off the opponent's head	Coordination of movements, strength, resilience, speed, agility.
24	Jelmoguz kempir (seven-headed old woman/witch)	Catch a participant	Strength, agility, endurance, quickness of reaction, coordination of movements

25	Ak sandyk-kok sandyk (white trunk-blue trunk)	Partner's breakaway for more times	Speed, agility, strength.
27	Ortho top (ball game)	A precise hit	Precision, coordination of movement, strength, stability.
28	Uku (owl), like day-night	Confuse the players	Coordination of movements, agility, speed.
II. Mental games			
1	Kesedegi suunu tökpöy alyp keluu (bring water in a bowl without pouring)	the ability, without spilling water, to go to the end of the distance in a short time, holding alternately with the right and left hands	Speed, agility, coordination of movements, accuracy.
2	Aylan kochok (water beetle)	the ability to spin on its axis	Coordination of movements, speed, agility, strength, sense of balance.
3	Ailanmai (to spin around)	Circling around its own axis and passing along the line.	Coordination of movements, sense of balance, movements of qualitative significance, agility, accuracy.
4	Darakty karmap tegerenuu (spinning by grasping a tree with your hand).	spinning around a tree, holding on to the trunk for a while	Strength, agility, coordination of movements, sensory system.
5	Iz taanymai (trail recognition)	trace identification	Precision of movement, high pace and speed, motor abilities.
6	Aibanattardyn kyimylyn tuuramai (imitation of animals)	more accurate imitation of animal movements	Motor, speed and strength abilities, agility.
7	Karkyra-turna zhele tart (tongue twister)	well-built speech	Motor abilities, endurance, physical performance.
8	Daam tatuu (taste recognition)	guess as many names of dishes as possible	Agility
III. Finger games			
1	But menen tashty alystyokka yrgytmai (throwing pebbles with a foot for a distance)	throwing a stone for a distance with the gripped toes	Strength, strength endurance, agility, coordination of movements.
2	But menen tashty uyaga tushurmoy (throwing pebbles with the feet at the target)	grabbing a pebble with the toes of alternately right and left foot, throwing it at the target	Motor abilities, strength, agility.
3	Buttun manzhasynda turmay (getting on the tiptoes)	standing on your toes during the definite time	Endurance, accuracy, strength, stability, coordination of movements.
4	Darbyzdyn urugun bash manzha jana soomoi menen sygyp alystyokka atmai (shooting for a distance with watermelon seeds by thumb and forefinger)	Seizing the seed with two fingers and snapping out the seed for a distance with the right and left hand alternately.	Development of finger and hand muscles; accuracy, strength, agility.
5	Soomoy tiygzmey (to touch each other with forefingers)	precise touch with forefingers	Agility, quickness of reaction, coordination of movements.
6	Bashka kishige soomoi tiygzmei (with the forefinger to touch another person's sticked out finger)	precise touch with forefingers	Agility, quickness of reaction, coordination of movements.
7	Shapalak almai (slaps to the hands)	have time to touch the back of the opponent's moving hand	Agility, quickness of reaction.
8	Suu chertmek (the flicks on water)	achieve high-pitched sound	Sense of rhythm
9	Burkut tumshuk (eagle's beak)	to pinch another player as high as possible	Coordination of movements, marksmanship, quickness, agility, strength.
10	Alma uzmoi (the plucking an apple)	to pluck more apples	Agility, flexibility, quickness of reaction
IV. Games for breathing			
1	Un zhanyrtmay (echo)	pronounce the sound loudly	develops the lungs
2	Un chygarmai (sound uttering)	to pronounce the sound as long as possible	develops the lungs, chest
3	Shar uilomoi (inflating balloons)	inflate the balloon the fastest	speed, special endurance
4	Uylop zhyldyruu (shifting by deflating)	Move the object as far as possible	agility, quickness of reaction
5	Suunu alystyokka burkyq (sprinkling water from the	sprinkle the water further than others	Coordination of movements, agility

mouth for a distance)		
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## DISCUSSION

Let us give a description of some outdoor games<sup>15</sup>: The game "Chybyk-at 1" (stick-horse). Preparation for the game: number of participants - 10-16; place - ground, field, stadium, hall; equipment - thin rods of 1.5-2 meters. A leader is chosen, the others are divided into two equal teams and line up one behind the other. A distance is marked with a start and finish line. One child from each team goes to the start. A child sits on a "horse", prepares to run to a certain point, then returns, and passes the "horse" to the next player.

Content of the game: At the command of the leader players, begin to move along the distance. As soon as

the first player passes the distance, the "horse" is passed to the other player, etc. Unit of the game: control of a horse. Rules of the game: player cannot start moving without the leader's command; pass the "horse" to another player without passing the distance. Methodical instructions and safety measures: the playground must be flat, keep the sequence of the transfer of the "horse", do not push each other and keep distance (See Picture 1).



Picture 1: "Chybyk-at 1" (stick-horse)

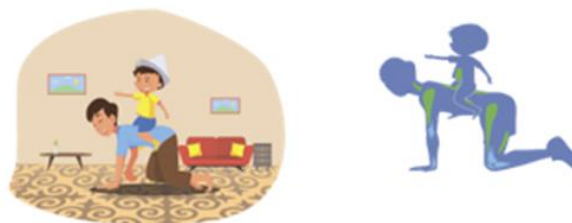
The organizers. Under the guidance of an experienced participant or teacher. Game strategy: identification of active children and leaders. Ethnic principles: the ability to get along with a horse, mutual understanding with an animal (friend) and riding capacity. Development of physical qualities: develops coordination of movements, speed, and dexterity. Development of muscle groups: develops the body muscles, legs, arms, hip joints and upper girdle joints. Biomechanics of movements: sustainability of position, maintenance of posture, consistency of movements. Development of consciousness: smartness, the speed of decision-making.

Social skills: interaction with the animal, with the environment, horse-riding skills. Ethical norms: understanding the value of the horse, love of nature, discipline. Creativity: riding manner, development of correct posture and coordinated movements, beauty of movements when managing the horse. Educational moment: self-discipline, self-knowledge, self-education, mutual assistance.

The game Baldardyn at oyunu (horse game) describes

the relationship between an adult and a child. Preparing for the game: the number of participants - 2-4; place - room, ground, and lawn. Participants are divided into "riders" and "horses". "Horses" are from among more adults (See Picture 2).

riders get on their back.



Picture 2: "Baldardyn at game (horse game)"

Game content: "Horses" walk around the room on all fours, gradually complicating the way of movement. Game unit: the ability to stay on the horse. Game rules: "Horses" i.e. an adult must keep an eye on his/her rider and keep his balance. The child must stay on the horse. Methodical instructions and safety measures: the area should be spacious, flat, and clean. You cannot make sudden movements. Players should not knock each other down. The game is conducted under the guidance of a teacher or a parent. Game strategy: stay on the horse. Ethnic principles: the will to win (to stay on horseback until the end of the game, conditionally if so it is "victory"), the development of a sense of rivalry, the acquisition of the skill of riding a horse. Development of physical qualities and composition of movements: agility, coordination of movements, flexibility, endurance. Development of muscle groups: the "rider" develops the muscles of the back, abdominals, legs and arms, as well as coordination of movements. "Horses" develop the body muscles and the arms, legs, back. It has a positive effect on the knee, hip, wrist, elbow, shoulder-shoulder joints and the spine.

Biomechanics of movements: stability of posture, coordination of movements. Consciousness development: purposefulness, the ability to quickly assess the situation, quick decision-making, intuition, emotions, intelligence, thinking. Social skills: ability to control a horse, decision making, character of a winner, ability to get along with a horse. Ethical standards: respect for the horse, respect for partners, a sense of justice, mood management, self-management, self-regulation of emotions, not to humiliate the dignity of another, fulfillment of obligations, beauty of movements. Creativity: the ability to distribute the horse's strength, the general emotional state of the rider and the horse, the ability to act in full force, the development

of tactics, strategies, the formation of unexpected new situations. Educational moment: a test of oneself, a horse. Respect for the opponent, honesty, self-knowledge, self-education, and the ability to draw conclusions.

The game Aylan kochok (water beetle). Preparing for the game: the number of participants - 2-5; place - ground, lawn, gym, stadium. The order of execution is determined, a circle with a diameter of 1-1.5 is drawn. Content of the game: the next participant on the command of the leader goes into a circle, spinning, chanting: "Aylan kochok" (water beetle) – repeated a lot of times. Then the exercise is performed by the next player, etc. The winner is the one who spins the largest number of times.

Game unit: the ability to spin around its axis (See Picture 3).



Picture 3: Aylan kochok (water beetle)

The rules of the game: at the moment and after the spin, the participant who leaves the circle is not credited with an attempt; at the moment of spinning, you cannot stop and start spinning again.

Variation: taking a whip in their hands, participants go into a circle. They hold on the one end of the whip, the other end is set into the ground, and then they start circling around a lot as much as possible. Methodical instructions and safety measures: you cannot leave the circle. The area should be spacious, flat, and clean. Organized by the most experienced participant and teacher. Game strategy: listen carefully to the teacher and accurately execute the movement. Ethnic principles: the will to win, the development of a sense of competition. Development of physical qualities and composition of movements: develops coordination of movements, speed, agility, strength. Muscle group development: develops the muscles of the body, the muscles of the upper and lower extremities.

Biomechanics of movements: sense of balance, movements of qualitative significance. Development of consciousness: complex, situational thinking. Social skills: joining a team, development of the vestibular apparatus. Ethical norms: strengthens and allows friendships between players to be treasured. Creativity: the ability to distribute the horse's strength, the general emotional state of the rider and the horse, the ability to act in full force, the development of tactics, strategies, the formation of unexpected new situations. Educational moment: a test of oneself, a horse. Respect for the opponent, honesty, self-knowledge,

self-education, and the ability to draw conclusions.

The game "But menen tashty uyaga tushurmoy (throwing pebbles with feet at the target)". Game description. Preparation for the game: number of participants - 3-5; place - playground; inventory - pebbles. A circle with a diameter of 1 meter is drawn; a line is drawn 3 – 5 meters from the circle. Participants come to an agreement on the game rules. Content of the game: participants taking turns at the line, pick up a pebble from the ground, and clutching the toes (right, left), throw them at the goal. The winner is the one who hits the target the greatest number of times (See Picture 4).

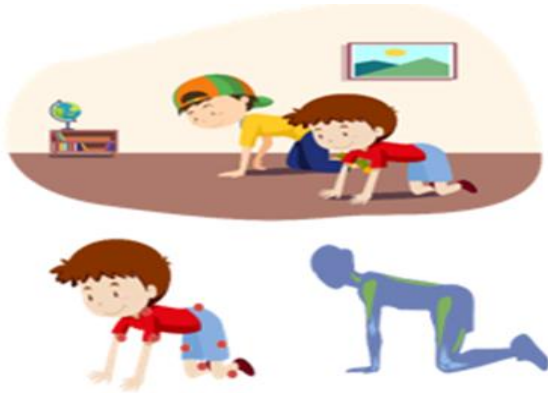


Picture 4: But menen tashty uyaga tushurmoy (throwing pebbles with feet at the target)

A game unit: a stone grasp with fingers of alternately right and left feet and throw it to the target. Rules of the game: no stepping on the line, breaking the order, interfere with each other. Methodological instructions and safety measures: the size of the stones and the number of attempts must be the same, keep a distance, you must not interfere with the player. Organized by the most experienced players and the teacher. Game strategy: firmly take a pebble with your toes and throw it right on target. Ethnic principles: the skill of movement accuracy. Development of physical qualities and composition of movements: develops motor abilities, strength, and dexterity. Develops the muscles of the body, upper and lower limbs. Consciousness development: thinking, quick wits, persistence. Social skills: situational, individual-group. Ethical norms: mutual respect, sports ethics - honesty, discipline. Creativity: introduction to new movements and perfect coordination ability. Educational moment: caring for other people.

The game Zhormoloo (movement on both knees and hands). Description of the game. Preparation for the game: number of participants - 6-8; place - lawn, field, playground, yard. The leader is selected, the start and finish lines are

drawn, and the distance between them is 15-20 meters. The participants stand in a row at the start line. Content of the game: at the command of the teacher, participants begin to move along the distance on all fours. The participant who comes to the finish line first becomes the winner and the leader. The exercise is performed until a certain time. Unit of a game: movement on all fours over a distance at speed. Rules of the game: it is impossible to start moving without the leader's command and interfere with each other. Methodological instructions and safety measures: the age of the participants should be the same, the distance should be appropriate for the age and physical fitness. Organizers: teacher. Ethnic principles: concern for the preservation of traditions. Development of physical qualities and composition of movements: speed, develops flexibility, dexterity, coordination of movements. Develops the muscles of the arms and legs (See Picture 5).



Picture 5: Zhormoloo (movement on all fours).

Development of consciousness: develops mindfulness, cleverness, prudence. Social skills: conditionally mobile, situational, complex, individual and group. Ethical standards: to respond adequately to their own and their comrades' successes and failures. Creativity: an unconventional approach to the task. Educational moment: increases personal responsibility, development of erudition, self-education, mutual learning and personal development.

The game At oyun (game of horses). Game description. Preparation for the game: number of participants - 10-16; place - ground, field, stadium, hall; equipment - 2 ropes 3m each. A leader is chosen and the others are divided into two equal teams and stand in rows at a distance of 5 meters from each other. The distance is marked with a start and finish line. Two people from each team go to the start. One of them puts the rope on and passes it under their arms at the back, the other one, having tied the ends, takes hold of the rope and stands behind, pulling the rope slightly taut. Content of the game: On the teacher's command, the players begin to move along the distance. Once they have covered the distance, the ropes

are passed to the next pair, etc. Unit of the game: steering the horse. Rules of the game: Without the teacher's command, it is not allowed to start moving and passing the ropes to the next pair without having covered the distance. Methodical instructions and safety measures: the playground must be smooth and flat. Players should not knock each other down and should keep distance (See Picture 6).



Picture 6: game of horses

Organizers: under the guidance of an experienced participant or teacher. Game strategy: identification of active children and leaders. Ethnic principles: the ability to get along with a horse, mutual understanding with an animal (friend) and riding capacity. Constituent of movements and the development of physical qualities: the development of endurance, coordination of movements and speed. This game develops body muscles, hip joints and upper belt joints, stability of position, maintaining posture, leg muscles and the beauty of movements when riding a horse.

Development of consciousness: smartness, quick decision making. Social skills: interaction with the animal, with the environment, horse-managing skills. Ethical standards: understanding the value of the horse, nature love, discipline. Creativity: riding manner, formation of the beauty of posture and movement. Educational moment: self-discipline, self-knowledge, self-education, mutual assistance.

As noted in a study<sup>5</sup>, ethnic games of the Kyrgyz people, one of the unique qualities of ethnic games is their connection with the process of self-identification of a person with a particular community of people - with ethnicity. The process of self-identification in psychology is called identity formation. Ethnic games are a mechanism of formation and fixation of one of the key characteristics of a personality - ethnic identity. All ethnic games address not to the abstract individuals, but first to the person as a part of ethnicity. Ethnic game reflects language, culture of emotions, basic ethnic and moral norms of interrelations between people.

Specialists in physical education claim that a person's ethnicity could be identified by his or her motor skills, gait and favorite poses. Ethnic games have another unique property - they address the community as a social unit, because they form the ethnic consciousness. Ethnic games are not the only mechanism for the formation of ethnic mentality, but they successfully consolidate it.

The formed ethnic community plays role of a social organism, which reproduces itself by means of ethnically homogeneous marriages and transmission of language, culture, traditions, ethical games, etc. to the new generation. Ethnic games weave individuals and, in general, ethnos into the groundwork of the natural environment, adapting the human to the rhythm of changes in nature, the social structure of society, and the economic and political aspects of life.

Physical education classes and outdoor games with preschool and older children are traditional means of physical education <sup>8, 9, 16</sup>. Outdoor games are essential for a child's knowledge and thoughts about the world, as well as for the development of his or her thinking, wit, agility, and dexterity, all of which are important moral and volitional traits. Preschoolers exercise their freedom of action in outdoor games, which are a leading method for the formation of physical culture. In pedagogical science, outdoor games are regarded as the most important means for the all-round development of the child. The profound meaning of the outdoor games is their full-fledged role in the physical and spiritual life that exists in the history and culture of every nation. The outdoor game can be called the most important upbringing institute, contributing both to the development of physical and mental faculties and to the assimilation of moral standards, rules of behavior, and ethical values of society. Being an important means of physical education, an outdoor game also has a health-promoting effect on the child's body. In the game, the child practices a wide variety of movements: running,

jumping, climbing, climbing over, throwing, catching, evading, etc. A large number of movements activates breathing, circulation and metabolic processes. This in turn has a beneficial effect on mental activity. The health-improving effect of outdoor games are increased when kids play outdoors. The role and significance of Kyrgyz ethnic children's outdoor games and entertainment as a means of physical education and means of forming spatial thinking in children of preschool age are reflected in the works of Kyrgyz researchers, like Anarkulova <sup>10</sup>, Saralaeva at all<sup>11</sup>, Kasen<sup>12</sup>, Kushchubek<sup>17</sup>, also, in the works of Siregar<sup>18</sup>. These works studied the use of traditional games for children aged 5-6 years, which can be used as effective basic models to increase children's motor activity.

Here is a fragment of one plan from the series of lesson notes for the development of physical qualities by means of folk games that were developed and experimentally tested by ourselves (See Table 2).

Theme: "At oyun" (game of horses). A game to develop motor skills mainly related to speed, strength, agility and interaction with a partner. Objective: To master the meaningful side of the game At oyun (game of horses).

Lesson objectives: 1. Learning a game unit of the folk outdoor game "At oyun" (game of horses).

2. Development of speed, speed-power qualities and dexterity.

3. Fostering respect for the opponent, honesty, self-knowledge, self-education, ability to draw conclusions.

The end result: 1) the formation of abilities, skills and mastery of the game unit - horse control; 2) the development of motor qualities associated with speed, strength, agility and interaction with a partner.

Venue and equipment: ground, field, stadium, sports hall, 2 ropes of 1.5 meters each.

Safety precautions: the playground must be flat and free of foreign objects.

Table 2: A fragment of a lesson for the development of physical qualities by means of folk outdoor games for preschool children aged 5-6 years

Part of the lesson	Content of the material	Dosage	Organizational and methodological guidelines
Preparatory part 6 min	1. Lining up in one rank. Explanation of task. At the signal of the teacher, the children are rearranged into a column one by one and walk along the hall behind the presenter.	10-15 sec.	Line up in a single file!
	2. Walking on the toes, hands at your waist, running.	1min.	When walking on socks, the teacher draws the children's attention to the fact that the legs should be straight, the steps are short, the trunk is straightened and tightened, the heels do not touch the floor, and the hands are comfortably placed on the belt. The pace is medium.
	3. Walking and running between objects placed in a row.	Distance 40 cm, 40-50sec.	In walking and running between objects, the most important thing is to walk and run between them skillfully,



			without striking or touching the objects. Exercises in walking and running are alternated.
	4. Relining into 3 columns at the signal of the educator.	10-15sec.	To the left, to a column of 3, march!
	5. General development exercises with a ball.	4 min.	Method of execution: group by group.
Main part 26 min	Learning an outdoor game "At oyun" (a game of horses). Preparation: a leader is chosen; the rest are divided into two equal teams and stand in lines at a distance of 1.5 meters from each other. The distance is indicated with a start and finish line of 15m. Two people from each team go to the start. One of them puts on a rope and passes it under his arms from behind, the other, tying the ends, takes hold of the rope and stands behind, with having slightly pulled rope. Number of players 10-16, no restrictions on gender or age.  Content of the game: At the command of the leader, players begin to move along the distance. As soon as they pass the distance, the ropes are passed to the next pair, etc.	8-10min.	Organize the emotional mood of the "rider and the horse", the ability to act at full force, the development of tactics, strategy, the formation of unexpected new situations.  Rules: 1. It is not permitted to start moving without the command of the leader. 2. It is not permitted to pass the ropes to the next couple without going the distance. 3. It is necessary to run to the end of the distance.  The team that finishes first wins.  Methodical instructions and safety measures: the site must be level. Players should not knock each other down. Maintain your distance.
	3. Summing up the results of the game	1 min.	Encourage the winners.
	4. Exercise for endurance and strength: - jumps (bouncing on two legs); - tossing a small ball (6-8 cm in diameter) up with both hands;	4-6 jumps  12-15 times	Perform in a row, then pause and jump again at the teacher's signal.  When making throws, the teacher draws the children's attention to the initial position of their feet: Legs apart, ball in bent arms in front of you. Watch the ball flight and try to catch it without pressing it against your chest.  Running at a medium pace in a column by one.
	- running at a medium pace	1,5 min.	
Final part 5 min	1. Lining up of a group in one rank.	10-15 sec.	Line up in a single file!
	2. Exercise for posture - Walking on the toes, hands on the belt; - Walking on the heels, hands behind the head.	1min.	Provide assistance with showing and telling. Keep your back straight. Take a deep breath on 1-2 and exhale on 3-4.
	3. Summing up the lesson.	3 min.	To identify the best team.
	4. Homework - high jump from a place; - throwing the ball up and catching by hands, with a clap of the hands.	4-5 times  15-20 times	They are performed at home.

## CONCLUSION

Thus, as the results of our research show that outdoor ethnic games, in particular Kyrgyz games, are an irreplaceable tool for enriching children's knowledge and understanding of the world around them, developing their thinking, wit, agility, skill, and valuable moral and volitional qualities. [6] indicates that there are unlimited opportunities for the integrated use of a variety of methods aimed at shaping a child's personality during the outdoor game. The game involves not only the exercise, consolidation, and enhancement of current abilities, but also the construction of new mental processes and physical traits in the child's personality.

It is important for the teachers to consider the role of growing tension, joy, strong feelings, and an undying interest in the results of the game that the child is experiencing. Conducted experiments have shown that a child's passion for the game not only mobilizes his physiological resources,

but also enhances the motion performance, which supports the development of speed, strength, endurance, and coordination of movement. During outdoor games, that are considered as a creative activity, nothing constrains a child's freedom of action. Children of 5-6 years old were uninhibited and free. Experimental data of the level of formation of physical qualities in children 5-6 years old show that by playing folk outdoor games, children learn to orientate in space, exercise the ability to independently and correctly choose the direction of movement. As Kushchubek k. Sh. notes [14], "A child forms the skill of rapidly changing direction according to varying conditions as well as the ability to give out the direction of movement, maintain it and achieve the goal. Along with it, the child develops spatial orientation. By moving around in space, the child learns the relationship between objects and determines its own position in relation to the objects around him by comparing

and distinguishing similarities and differences in the position of objects in the environment, i.e. the child develops an idea about space.”

A large number of movements activates breathing, blood circulation, and metabolic processes, which has a beneficial effect on mental activity. It should also be noted the huge educational potential of ethnic games for the formation of such moral and volitional qualities as: the ability to overcome any difficulties, discipline, perseverance, courage, a sense of collectivism. Ethnic outdoor games are closely related to the ethical values of nations. In particular, Kyrgyz people possess freedom of choice, dignity, and justice. During the lessons, preschool children also got acquainted with the culture, traditions, customs of their people preserved in ethnic game.

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