

RELATIONSHIP BETWEEN PARTICIPATION IN OUTDOOR PLAY, PHYSICAL ACTIVITY AND ACADEMIC PERFORMANCE OF STUDENTS

Ro'ziyeva Mahliyo Qayumovna
Fergana State University

Annotation: Physical activity and academic performance of students are two key aspects of student life that influence overall well-being and personal development. In recent decades, more and more attention has been paid to the role of outdoor games and general physical activity in the formation of sustainable academic success. This article is devoted to the study of the relationship between participation in outdoor games, the level of physical activity and academic performance of students.

Key words: physical activity, educational practices, social skills, comprehensive health care programs, sporting events, international cooperation, student interests.

Participation in outdoor games is directly related to the level of physical activity of students. Games such as football, basketball, volleyball not only stimulate cardio, but also develop coordination and flexibility. Research shows that students who regularly participate in outdoor play tend to maintain higher levels of physical activity in their daily lives.

There is a strong correlation between the level of physical activity and academic performance of students. Physical activity improves cognitive function, increases energy levels and reduces stress. Students who lead an active lifestyle often demonstrate better academic results and cope with course loads more easily.

Outdoor games not only stimulate physical activity, but also have a positive effect on cognitive skills. Research shows that regular physical exercise, including team sports, improves memory, attention and creativity, which in turn has a positive effect on student academic performance.

In addition to the physical and cognitive impact, participation in outdoor games also helps develop social skills. Students who play on a team learn cooperation, leadership, adaptation to changing environments, and conflict resolution. The introduction of elements of outdoor games into educational programs can promote physical activity of students as part of the educational process. Universities and colleges can encourage an active lifestyle by organizing sporting events, competitions and physical education activities. Integrating educational tasks in the form of outdoor games can improve the perception of material, facilitate the assimilation of information and develop the cognitive abilities of students.

Individual preferences in outdoor games can vary significantly. Conducting a survey and researching students' interests in sports activities will help adapt the approach and create the most attractive forms of physical activity. The process of forming sustainable habits begins at university. Organizing regular outdoor games can help students develop healthy lifestyle habits.

Studying the psychological impact of outdoor games on the stress level and emotional state of students can further reinforce the importance of such activities.

Universities can offer students special educational programs that include outdoor games aimed at developing physical activity, social skills and cognitive functions. Collaboration with professional coaches and physical training specialists can enhance the impact of outdoor play by providing students with quality guidance and personalized attention.

Additional research could evaluate the long-term effects of participation in outdoor games on graduates' academic performance. Analyzing results several years after graduation may reveal

consistent patterns of relationships.

Developing more complex metrics that include not only academic performance but also factors such as life satisfaction, stress levels, and overall physical health may provide a broader understanding of the integral benefits of outdoor play. Integrating outdoor games into new educational practices, such as hybrid learning and online platforms, requires additional research to determine effectiveness and possible improvements. The development of individualized programs for participation in outdoor games that take into account the characteristics of different categories of students, including students with disabilities, can expand the positive impact.

Research on effective strategies for encouraging students to participate in outdoor games can be aimed at creating methods that help increase motivation and levels of participation. Forming a review of best practices, taking into account the experience of various educational institutions, will help disseminate successful approaches and increase the effectiveness of introducing outdoor games into the educational process.

Integrating outdoor play into curricula may include the creation of special courses in which students not only develop physical skills, but also apply them in the context of academic tasks. Assessing the effectiveness of ongoing activities and outdoor games will allow us to determine the most successful approaches and make adjustments to increase their impact on physical activity and academic performance.

Collaboration with medical institutions and health authorities can further support research into the impact of physical activity on the overall health of students and the formation of preventive measures. Creating programs that include outdoor games, nutritional aspects and psychological support will help develop healthy lifestyle habits in students on a long-term basis. Combining knowledge from the field of physical education, psychology, pedagogy and medicine allows us to create a comprehensive research approach that takes into account various aspects of the influence of outdoor games on students.

Developing programs that target specific groups of students (e.g., integrated programs for students of different physical abilities) can increase participation and effectiveness. Analyzing the effects of the natural environment and different types of play on physical activity and academic productivity can suggest which environmental factors contribute to the best outcomes. Conducting pilot projects using new methods and forms of outdoor games will help identify best practices and determine their applicability in specific educational environments.

Establishing partnerships with other educational institutions will allow us to combine efforts in conducting research and developing effective practices. Organizing physical education activities taking into account the interests of students can become a powerful incentive for their participation in outdoor games and increasing physical activity. An in-depth study of the influence of outdoor games on students of various disciplines can reveal specific needs and effects depending on the direction of study.

The creation of training programs for teachers and trainers aimed at optimizing the use of outdoor games in the educational process will improve the quality of impact on students. The use of modern technologies, such as mobile applications and virtual platforms, allows us to expand access and increase the attractiveness of outdoor games.

Cooperation with foreign educational institutions and exchange of experience in the field of introducing outdoor games into educational programs contributes to global data collection and identification of international trends. The creation of open interfaces for the exchange of research results will create a society of scientists and practitioners that promotes the dynamic exchange of knowledge and experience. The development of comprehensive programs that include outdoor play, nutrition and mental health will contribute to a comprehensive approach to student well-being.

Conclusion: Promoting the relationship between participation in outdoor games, physical activity and academic performance of students requires continuous improvement of methodology and approaches. Diverse areas of research and implementation strategies will allow us to effectively create a healthy lifestyle and improve the quality of education, providing students with optimal conditions for comprehensive development.

References:

1. Kozlova, G. G. (2023). Social and pedagogical need for the development of volitional qualities in future physical education teachers. *Finland International Scientific Journal of Education, Social Science & Humanities*, 11(5), 346-352.
2. Kozlova, G. (2023). ANALYSIS OF THE INFLUENCE OF CIRCULAR TRAINING ON THE TRAINING OF BASKETBALL PLAYERS. *Academic Research in Modern Science*, 2(24), 100-107.
3. Gennadiyevna, K. G., I Gilfanovna, K. S. (2022). Means and methods of developing a positive attitude towards physical exercise in students. *International Journal of Research in Commerce, Information Technology, Engineering and Social Sciences* ISSN: 2349-7793 Impact Factor: 6.876, 16(10), 133-139.
4. Kozlova, G. (2023). Formation and development of volitional qualities in future primary school physical education teachers. *International Bulletin of Applied Science and Technology*, 3(4), 187-191
5. Kozlova, G. G. (2022). Self-control of those involved in physical culture and sports. *Ijodkor o'qituvchi*, 2(24), 22-29.
6. Gennadiyevna, K. G. (2021). Athletics in the system of physical education of student youth. In *Interdisciplinary Conference of Young Scientists in the Social Sciences* (pp. 143-145).
7. Gennadyevna, K. G. (2022). LONG JUMP FROM A PLACE. *Galaxy International Interdisciplinary Research Journal*, 10(3), 521-529.
8. Kozlova, G. G. (2023). Innovative educational technologies in improving the professional sports and pedagogical skills of students. *O'zbekistonda fanlararo innovatsiyalar va ilmiy tadqiqotlar jurnali*, 2(19), 38-42.
9. Kozlova, G. (2023). Development of volitional qualities in the process of volleyball lessons and their significance. *International Bulletin of Applied Science and Technology*, 3(6), 972-976.
10. Kozlova, G. G. (2023). Pedagogical and psychological foundations for the development of volitional qualities in future physical education teachers. *Innovation in the modern education system*, 3(30), 199-204
11. Kozlova, G. (2023). The need to introduce a competency-based approach, educational standards and principles. *Scientific journal of the Fergana State University*, (1), 215-215.
12. Kozlova, G. G. (2023). Volitional qualities and their significance in the process of developing a student's personality in physical education. *O'zbekistonda fanlararo innovatsiyalar va ilmiy tadqiqotlar jurnali*, 2(22), 61-66.
13. Kozlova, G. (2023). DIFFERENTIATED APPROACH TO THE DEVELOPMENT OF VOLITIONAL QUALITIES IN STUDENTS: THE IMPORTANCE OF AN INDIVIDUAL APPROACH. *International Bulletin of Applied Science and Technology*, 3(10), 157-162.
14. Farfel B.C. Movement control in sports. – M.: Physical culture and sport, 1975, -208 p.
15. Kitaeva, N. Kh. (2023). Pneumonia caused by atypical pathogens. *O'zbekistonda fanlararo innovatsiyalar va ilmiy tadqiqotlar jurnali*, 2(23), 109-114.

16. Kitayeva Natalya Khamidovna Spontaneous pneumothorax. Monograph Copyright 2023 Dodo Books Indian Ocean Ltd. And Omni Scriptum S.R.L. Publishing group ISBN: 978-620-6-78875-1
17. Kayumovna, R. M. (2021). Wellness Swimming as a Part of the Physical Education of Students. In Interdisciplinary Conference of Young Scholars in Social Sciences (pp. 149-152).
18. Qayumovna, R. M. (2021). Examining and monitoring of the impact of hypo dynamic factors on the state of physical fitness in students. Journal of Pedagogical Inventions and Practices, 3, 40-43.
19. Kozlova, G. G., & Ruzieva, M. K. (2022). Zhismoniy madaniyat yqituvchilarining kommunikativ kompetencesini yuksaltirish zaruriyati. INTEGRATION OF SCIENCE, EDUCATION AND PRACTICE. SCIENTIFIC-METHODICAL JOURNAL, 3(4), 12-17.
20. Bakhodirovna, K. B., & Kayumovna, R. M. (2022). FORMATION OF MOTOR CULTURE OF STUDENTS IN THE LESSONS OF RHYTHMIC GYMNASTICS. INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876, 16(10), 118-124.
21. Ruzieva, M. (2023). THEORITICAL RESEARCH OF THE DEVELOPMENT OF THE POTENTIAL OF SECONDARY SCHOOL AGE CHILDREN. International Bulletin of Applied Science and Technology, 3(7), 366-370.
22. Ruzieva, M. (2023). PHYSIOLOGICAL ASPECTS OF TEACHING CHILDREN PHYSICAL EXERCISES. International Bulletin of Applied Science and Technology, 3(4), 833-838.
23. Ruzieva, M. (2023). THE ROLE AND INFLUENCE OF OUTDOOR GAMES ON THE PHYSICAL DEVELOPMENT OF STUDENTS: THE BASIS OF A HEALTHY LIFESTYLE. Academic Research in Modern Science, 2(24), 108-113.