

amendment of the tourism issue as a cross cultural communication phenomenon represents great scientific and practical interest. Not long ago, Uzbek nation possessed the possibility of make their direction to a foreign soil without difficulty; it led to tourism development. The trivial of this topic is confirmed by the fact that tourism began to be considered by Russian and foreign authors more often. The role of travelling abroad in the modern world is enormous, as we have the amenities not only to have a rest, but to enrich ourselves with cultural, historical and communicative plans. Tourism is one of the leading and most dynamic fields of the world economy. It was recognized as the economic phenomenon of the century for quick growth rate and it's becoming the most important sector over recent years. To the view of some authorities: "In many countries tourism plays a significant role in actuation of foreign -trade balance. It influences greatly such key fields of the economy as transport, communication, construction, agriculture and the production of consumer goods, in other words, it plays the role of special accelerator of social economic development". This means that the role of tourism is irrefutably important. Therefore, travelling abroad can be considered one of the best means of enhancing English communicative skills. People are crossing national and cultural boundaries more easily and more frequently than ever before. This is especially true for people participating in short term stays for business, travel and tourism. Furthermore, taking a trip abroad and converse with native speakers to hear their particular accent and vernacular and to practice everyday speech patterns. Remembering to use multiple resources will provide greater satisfaction and accelerate your progress in English. The idea struck us that we could go abroad, travel to Europe or even America and try to merge into another culture and consequently, improve English, having more practice. It is a fact that it is impossible to conceive of a person being communicatively competent without being linguistically competent. In order for communication to be successful, learners need to know the appropriate social conventions. And in order to develop communicative skills it's important to come face-to-face with another culture, to be part of it even for a short period of time. Only travelling abroad can help you achieve this aim. Being acquainted with new traditions the first or two weeks will probably be some of the toughest weeks of your life, but also the most rewarding. Especially, if they have a desire to travel with the purpose of learning a language will not only enrich their day-to-day travel experiences, as well as the daily necessity of interacting with local people has been the impetus they need to advance in English. but meaning that they come home with a new skill, ready for their next worldly adventure or future job application.

To put in a nutshell, Learning English through following new trends and travelling abroad makes people willing to learn the language, develop their ability to speak fluently and advocate them to overcome the language divide. Therefore, the aim of this article is to detect the best way of enhancing communicative skills in English and prove that travelling abroad can be considered one of the means of speaking skills development.

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## HARAKATLI O'YINLARNI O'TKAZISH METODIKASI VA AHAMIYATI

**Qambarov Rahmatjon Muhammadovich**

*Farg'ona Prezident agentligidagi*

*ixtisoslashtirilgan maktab*

*jismoniy tarbiya fani o'qituvchisi*

**Annotatsiya:** *maqolada jismoniy tarbiya darslari orqali harakatli o'yinlarni o'tkazish metodikasi va ahamiyati haqida fikr yuritilgan. Shuningdek, jismoniy tarbiyaning inson ma'naviyati rivojlanishi uchun ta'siri va uning hayotimizdagi o'rni ko'rsatilgan.*

**Kalit so'zlar:** *salomatlik, barkamol inson, sog'lom avlod, harakatli o'yinlar*

Bugungi kunda ta'lim sohasida, jumladan, jismoniy madaniyat sohasida ham ustuvor islohotlar amalga oshirilmoqda. Ayniqsa, yurtboshimiz sport sohasini rivojlantirishga alohida ahamiyat qaratdi. Bu bejiz emas, albatta. Sport – sog'lom muhitni yaratishda, yosh avlodni har tomonlama jismonan va ma'nan kamol toptirishda hal qiluvchi kuchga ega. Sababi, biz hamon taraqqiyot sari ketayotgan ekanmiz, hali yo'limizda yechilishi kerak bo'lgan ta'limiy muammolar talaygina. Masalan, shu kunlarda hayot talabi va tarbiya uslublari o'rtasida qandaydir zaiflik, bo'shliq mavjud. Binobarin, mana shu bo'shliqni to'ldirish uchun xalqimizning bebaho an'analari, noyob qadriyatlaridan hisoblanmish xalq harakatli o'yinlari, jismoniy tarbiya mashg'ulotlari muhim o'rin tutadi.

Tarixga murojaat qiladigan bo'lsak, ibtidoiy jamoa davridayoq halqharakatli o'yinlarining dastlabki namunalari paydo bo'la boshlagan. Fidoiy halqimiz necha yuz yillar davomida har bir o'yinni qalb- qo'ri bilan yaratdi, sayqalladi va mukammallashtirdi. Saralangan o'yin turlarini kelgusi avlodlar uchun ko'z qorachig'iday asrab-avaylab keldi. Taraqqiyotning har qanday bosqichlarida ham katta avlod vakillari kenja avlod vakillari uchun yordam qo'llarini cho'zib, imkon qadar, o'zto'plagan bilim va tajribalarini sevimli mashg'ulotlariga bo'lgan munosabatlarini yoshlarga ham tinmay o'rgatib, tadrijiy bog'lanishni vujudga keltirdi. Demak, yoshlarni jismoniy tarbiyalash jarayonida halq harakatli o'yinlaridan o'z o'rnida ko'prok foydalanilsa, o'yinlarning ta'sirchanligi ham oshadi. Buning mamlakatimiz va millatimizning dunyo miqyosidagi nufuzi yuksalishi uchun ahamiyati katta. SHunday qilib, halq yaratgan harakatli o'yinlar mexnat, turmush tarzi, atrof-muxit tabiati, halqning madaniy merosi, an'analari, urf-odatlarini, umuminsoniy kadriyatlarini bilan birikib, ajoyib ajoyib mutanosiblikni hosil qiladi. O'zbek halq o'yinlarini o'rganish, tadqiq qilish va uni yoshlarni tarbiyalash amaliyotiga joriy qilish, o'z qadriyatlarimiz, madaniyatimiz va ma'naviy boyliklarimizning yuksalikka ko'tarilishida asosiy vositalardan biri hisoblanadi. Halq yaratgan buyuk xazinani ehtiyot qilib saqlashimiz, milliylik bo'yog'ini asrashimiz hamda uni kelajak avlod uchun bekam-u ko'st yetkazishimiz zimmamizdagi asosiy vazifadir. Harakatli o'yinlar davomida bolalarni muayyan rollarga, obrazlarga (ovchi, mergan, topqir, ayiq-polvon, tulkivoy va boshqa taqlidlar) kirib ketishi