



IN SOCIAL-CULTURAL LIFE OF ANCIENT PEOPLE THE ROLE OF PHYSICAL EDUCATION AND SPORTS

Academy of the Armed Forces of the Republic of Uzbekistan
teacher of the department of physical training and sports
lieutenant colonel **Rakhmetov Takhir Tulaganovich**

Abstract: The role and importance of physical education and sports in the formation of the young generation is studied in the article. Also, physical education and sports are considered as one of the main factors in raising the mature generation.

Key words: Physical culture, physical education and sports, adult generation, health, agility, initiative, activity, development, education.

There are countless sources about the general culture and social conditions of the peoples of the world. Historical events and important dates related to the history of the ancient world are widely and deeply expressed in the history sciences. For this reason, we considered it necessary not to dwell on historical periods and various events, taking into account the fact that students have a certain understanding and knowledge in this field. The main goal was to provide the most important information and evidence about physical education as a component of general culture during the period of social formations.

The origin of physical exercises and movement games, in turn, is one of the scientific-pedagogical activities in which the peoples of the world study physical culture and its content, conduct scientific research, and continue for a long time. The services of N.I. Ponomarev, S.D. Sinikin, F.I. Samoukov, N.I. Toropov, G.D. Kharabuga, Y.P. Simakov in studying the history of physical education, applying the results of scientific research in science and everyday life worth noting. In particular, in the second half of the 20th century, V.V. Stolbov played a special role in the publication of "Physical education and sports history" textbooks and training manuals. His textbooks have been repeatedly published and are widely used in educational institutions.

Based on their teachings, we have the opportunity to study the ways of development of the history of physical education from the first period of human development to the present day.

According to archaeological findings, the results of various scientific studies, human society appeared on earth 3.5 - 4 million years ago. They had a lot of social life experiences, such as making hunting weapons, lighting fires, dressing, training children with special exercises to be physically fit.

It is known that scientists from Western Europe (Germany, France, Greece, Italy, etc.) made a great contribution to the scientific justification of ancestral culture and social work and living conditions. At the end of the 19th century, at the beginning of the 20th century, the opinions of Bucher and Gross (Germany), Spencer (England), and Lestourneau (France) who put forward theories about the biological process of human development were put an end to. According to them, physical training was inherited by man from his animal ancestors in a purely biological way. They did not see the main difference between the involuntary actions of animals and the conscious actions of humans.

One of the leading figures of his time, the philosopher and Russian Marxist G.V. Plekhanov scientifically proved that primitive games and physical exercises did not originate from biological factors, but from human



labor. Although play appears before work in children's lives, in society as a whole it reflects only work, the conscious activity of people.

In the early times, people fought with nature for survival. That is, they invented ways to protect themselves from various natural disasters (wind, tornadoes, floods, cold, attacks of wild animals, etc.), manufacturing processes such as making weapons. It is not difficult to imagine that the physical qualities, skills and abilities necessary for people's life are created in the process of their work.

It is natural that young people learn all labor and physical movement activities from adults and develop them by imitating them.

Social living, especially animal hunting, led to the improvement of productive forces. The appearance of light spears with various strong and sharp points, and then arrows and bows, led to the improvement of hunting and the development of hunting. As a result, the time spent on finding food was significantly reduced. As a result, opportunities to settle down and raise children have increased. These aspects are also found in the lives of our oldest ancestors, the Zoroastrians, Oghiz (Avesta).

With the emergence of new forms of economic management, the conditions for organizing the personal society became much stronger. On a clan communities appeared, their members united on the basis of kinship relations and began to live by working. This, in turn, created the public. Also, changes have gradually occurred in the field of culture. Building a house, clothes will appear. Fine art (painting on rocks, making wooden and clay figures of mothers and various forms) was created. Songs, games and dances were performed in the team, and celebrations took place. It was during these times that religious ideas appeared (such as belief in divine forces, obedience to them, sacrifices). Various competitions and games related to work acquired an independent educational value and were used by different age groups of the clan community. The division of labor according to gender and age was carried out.

The emergence of art enriched people's thoughts and imagination, improved their spiritual world. Actions of a labor and defensive nature, repeated in games and dances, developed not only as labor, but as physical exercises. The appearance of various physical exercises (wrestling, horse racing, javelin throwing, fencing, etc.) in the form of games was the impetus for radical changes in the education of primitive society. People began to acquire new tools and tools to prepare themselves for life, especially for work. M. O. Kosven, one of the leading researchers of the former Union, recognizes some of the activities of people in the pursuit of movement in the "History of Primitive Culture", that is, "They performed hunting and military dance exercises in the evening in order to release the fatigue and fatigue of the labor process." This, in turn, indicates that preparation for hunting and military campaigns served as training.

It should be noted that the work experience of the European countries has a great place in social life, especially in raising children to be physically fit, and in improving the fighting conditions of those participating in military and defense work. The system of physical education of the ancient Greeks (Greece) is historically significant. Because over time, this system gained its meaning and significance for almost the entire world, as well as in the former Union.

Athenian system. The system of slavery in Athens has its own characteristics. Class differences were strong in the 5th-4th centuries BC. Craft, trade and science made Athens the center of Greece. Every slave had opportunities to actively participate in community affairs. Citizens of Athens had the right to participate in the education and training system. The Athenian system, unlike the Spartan system, combined military and physical education with multidisciplinary propaganda. According to the Athenians, a person should find harmony in all aspects. Mental, spiritual (ethics), aesthetic and physical education is required to be the main tool in this. This demand and need has been gradually improved.



It is worth noting that the socio-labor and cultural processes were formed on one or another level in almost all continents and later developed more and more. The lack of ownership and social inequality in the early periods is explained in many sources. The breeding community is divided into the mother's clan (matriarchy) and the father's clan (patriarchy). It is natural that each of them has its own characteristics of social development and physical education.

Physical education during matriarchy. During the development of the mother seed, specially prepared equipment for the game (wool ball, ball, javelin sticks, pointed spears, toy, sword, chess, toy bow, crooked head of a cane, stick, etc.) appeared. Teaching young people to throw a hammer, spear, mace, and shoot arrows from a bow is considered one of the primary physical education directions and is its main component.

In Indian farming, rubber balls and special sleds ("Toboggan") were made. They used them purposefully for farm work and various competitions. It is said that during the time of Columbus, Europeans recognized that Indian balls were better than Spanish (Castilian) balls.

Among the peoples of eastern Brazil, young men and women had to have the skills and qualities needed in life, such as dexterity, agility, endurance, courage and determination. In tribes like Baroro and Konella, young men are not allowed to marry until they pass certain tests.

Among the primitive tribes of East Africa, pole vaulting and high jumping competitions were also held. They were shown on various holidays.

During the period of the primitive society, swimming, rowing in light long boats such as canoes and kayaks were also widely used.

In North and South America, prior to the European conquest, summer and winter hockey-type games played with large rubber balls, pucks, and rackets were recorded in authentic sources.

Physical education during patriarchy. Production processes have reached new levels in the period of sorghum and tribalism. Men's work and creative opinions were in the forefront. The appearance of iron weapons, the development of plows, axes, agriculture and animal husbandry reduced the economic importance of hunting. Experiences in herding, training, domestication, and farming ensured that the community was dominated by men. The family became a family of big men (patriarchy). Monogamy (mongamy) arose. The seeds unite to form tribes. At the initial stage of the development of patriarchy, disputes and quarrels between tribes were resolved by the struggle (one-on-one struggle) of representatives of the tribe, who were often opposed to each other. In some cases, the controversial issues are organizing joyful hospitality together, giving each other gifts, brotherhood, friendship, etc. end with

This, in turn, was of great importance in the development and strengthening of friendly relations between tribes. In the course of inter-tribal competitions, the concepts of team honor, mutual support, and helping the weak have developed.

The first collective (complex) exercises (wrestling, boxing, weight lifting, running, jumping, etc.) were gradually studied as an independent type, presented in traditions, ceremonies and organized as a competition, and customs such as praising and awarding the winners were implemented.

People engaged in farming, animal husbandry and other professions have been inventing various games and exercises in their fields. For example, reindeer herders, organizers of reindeer competitions.

Various tribal situations have led to internecine fighting, conflict and wars. For this reason, new activities such as making defensive fortresses and weapons have been formed and they are more developed. As a result, special attention is paid to the training of special fighters. In the physical training of warriors, examples of a new system of physical training, which envisages the use of conquering and oppressing other tribes and peoples, subjugating the majority to the ruling minority, began to emerge. Such processes created the system of slavery.



In the early period of slavery, the tradition of people's rule of tribal relations was preserved and the power of tribal nobles was limited. But the clashes between the tribes had serious military characteristics. Their main reason was to gain wealth and establish their rule. Special guards (druzhina) appeared under the leadership of military geniuses. Geniuses are often considered the leaders of tribes. People's councils began to appear. Their duties were to protect all members of the team. Ovul (village) fortifications (barracks) appeared, and the culture of military defense against the attack of foreign guards developed.

Drawings, images, statues, and monuments depicting sports competitions of ordinary noblemen in Ancient Greece (Greece) in the XII-IX centuries BC, such as running, fighting, boxing, javelin and lappak (disc) throwing, archery, horse racing on wheeled carts, found in archaeological sites. Also, their content, forms and essence were expressed by Homer in his works "Iliad" and "Odyssey". The collapse of the primitive community and the formation of the slave system occurred in ancient Germany, Oceania, Indian tribes (Aztec, Inca, Maya) and other places, which also led to the development of specific physical exercises and games. For example, in the Mayan tribe, it was a tradition to play a team game with a rubber ball, which is very similar to basketball. That is, its form and content may have formed the basis of the now popular sports game. In the ancient country of Peru, physical exercise served as the most important tool in the training of military units of young people.

Used literature.

1. Абдуллаев А.А., Хонкелдиев Ш.Х., Жисмоний тарбия назарияси ва услубияти, дарслик, Фарғона, 2001.
2. Абдумаликов Р., Жисмоний маданият ва спорт ихтисослигидаги талабаларни бошқарувчилик фаолиятларига тайёрлашнинг назарий ва амалий асослари, моног., 1994.
3. Абдумаликов Р., Қудратов Р.Қ., Ярашев К.Д., Кўпкари, илмий-оммабоп китоб, 1997.
4. Абдумаликов Р., Холдоров Т.Х., Туризм, ўқув қўлланма, Т., ўқитувчи, 1988.
5. Абдумаликов Р., Эшназаров Ж.Э., Аждодлар жисмоний маданият тарихини ўрганиш масалалари, ўқув қўлланма, - Т., Матбуот, 1993.
6. Акрамов А.К., Ўзбекистонда жисмоний маданият ва спорт тарихи, ўқув қўлланма, 1997.
7. Омонжолов Т., Мастерские памятники Ташкентского оазиса, автореф. Дис. На. Соис. Ст. канд. ист. наук. Ленинград, 1984.