



## DEVELOPMENT STAGES OF PHYSICAL EDUCATION, SPORTS AND NATIONAL GAMES IN UZBEKISTAN

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**Abstract:** During this period of independence in Uzbekistan, major events were held, focusing on the restoration and development of sports and National Games. Great attention has begun to develop many mass sports in these years. It was aimed at turning people into a way of life Physical education and sports. In its place, strengthening the reserve of professional sports through the development of mass sports, it was aimed at growing sports indicators.

**Keywords:** Mass Sports, national struggle, folk National Games, physical education, sports, harmonious generation, healthy lifestyle, Universidad, sprouts of hope, professional.

First, September 1, 1991 went down in history as a day that made a radical change in the life of our people. Our country has taken rapid steps towards the establishment of a democratic state on the path of independence that it has chosen. Thanks to independence, great opportunities have been created for re-studying our history. On this basis, there was an opportunity to study the stages of physical education and its development in our recent history. Studying the history of the development of physical education and sports in the Republic of Uzbekistan from 1991 to 2006, it is necessary to directly refer to the policy of our country in this field. It was primarily aimed at improving the general health of the population through the development of mass sports, making physical education and sports a way of life for people.

The goal of our country is to strengthen the professional sports reserve and increase sports performance through the development of mass sports. We can study them in the following periods.

The first stage, including the years 1991-1997, during this period, which made a fundamental turn in the life of our republic, relevant laws, presidential decrees and decisions of the Cabinet of Ministers aimed at developing the field of physical education and sports in the republic were developed. It defined the legal, economic and organizational foundations of sports and clearly indicated the measures for the development of sports.

During this period:

- the organizational foundations of physical education and sports management were improved;
- The National Olympic Committee of Uzbekistan, sports federations were established;
- physical education and health promotion, mass sports activities, national sports and games were developed;
- the system of providing funds for physical education and sports was improved, the material and technical base was strengthened.

In these years, great attention was paid to the development of many mass sports. In particular, the world championships in national wrestling since 1992, the "President's Cup" international tournament in tennis since 1994, the "Tashkent Open" international women's tournaments since 1996, as well as the "Challenger" in the cities of Fergana, Samarkand, Gulistan, Bukhara, Karshi. ", "Futures" and "Satellite" international tournaments began to be held.

In addition, the Asian Boxing Championship (1996) and many official competitions and international tournaments in wrestling, boxing, oriental wrestling, sports games were held in Tashkent, Bukhara, Karshi,



Termiz and other cities. The most influential athletes of many countries took part in it, which in turn led to an increase in the number of people interested in these types of sports and an increase in popularity.

During this period, Uzbek athletes began to triumph in international arenas. For the first time, Uzbekistan as an independent team took part in the Winter Olympic Games in 1994 and won the first gold medal (L. Cheryazova), and in 1996 the number of medals increased to two in the Summer Olympic Games (A. Bagdasarov, K. To Lyaganov).

In this period of the years of independence, the main attention was paid to the restoration and development of the national games of the people, and large events were carried out. On the initiative of U. Karaboev, on April 25, 1991, the first Republican national games festival was organized in the form of a theoretical and practical competition in Forish district (Jizzakh region). The team of the former Republican State Sports Committee, the Jizzakh Regional Government, the specialists of the Kori-Niyozu Republican Pedagogical Research Institute, professor T.S. Usmonkhujayev Jizzakh DPI team showed great initiative and carried out material, financial and organizational activities.

Such games were repeated every year in April-May in Forish. These games, held in 1994-1996, went down in history under the name "People's National Games of the Republic of Olympiad".

In May 1996, the II Republican People's Games Olympiad dedicated to the 660th anniversary of the birth of Sahibqiron Amir Temur was successfully held at the Kyzilkyr park near the center of Forish District, Yangikishloq. 11 teams took part in it to win 9 rounds and overall. The competition was watched by thousands of Jizzakh residents from other regions of the country, as well as guests from the USA, Norway, and Kazakhstan. The leading teams in the Republican Olympiad had the following points before the last round: Jizzakh - 157, Surkhandarya - 103, Kashkadarya - 87, Samarkand - 80, Fergana - 68 points. The State Physical Education and Sports Committee of Uzbekistan ceremoniously awarded diplomas and gold, silver, and bronze medals to the teams that took 1-3 places in sports during the competition. At the end of the Olympics, valuable souvenirs were presented to each member of the prize-winning teams.

Studying this stage is extremely important from a historical point of view, because it was this period that determined the prospects of physical education and sports in our country. Therefore, we can call this period in the first years of independence the period of "formation" of independent Uzbek sports.

The second stage, including the years 1998-2006, this period also started the period of "development" of physical education and sports as an organic and logical continuation of the above practical works. During this period, the leadership of our country made special decisions and developed measures for the development of national sports, professional and mass sports, women's and children's sports, national games.

In the first years of independence, the main goal was to instill the desire and desire of young people for sports, to further strengthen the principles of a healthy lifestyle in our country, and to organize a system of sports competitions aimed at attracting pupils and students to continuous sports training in our country in accordance with the National Personnel Training Program. year. In the decision, it was decided to hold sports competitions of students and young people "Umid Nihollar", "Barkamol Avlod", "Universiade" once every three years.

The plan for holding the republican final stages of these sports competitions in the regions has also been developed.

The principles of the competitions were formed based on the instructions given by the President of the Republic of Uzbekistan at one of the meetings of the sponsoring board of the Children's Sports Development Fund of Uzbekistan.

According to the official information on the organization of "Barkamol Avlod" sports competitions, more than 465 thousand students are studying in about 300 secondary special educational institutions, academic lyceums



and vocational colleges in the republic. More than 43,000 of them are engaged in physical education and sports, almost more than half of them participate in sports clubs.

The first final part of the "Perfect Generation" sports competition was held in Jizzakh in 2001, Andijan in 2003, and the next in 2005 in the cities of Tashkent region (Chirchik, Ghazalkent, etc.), and the physical fitness of future professionals was tested. Judging by the results of the competitions, wrestling, football, athletics, swimming and other sports are well underway in secondary special educational institutions and vocational colleges in Tashkent city, Samarkand, Andijan, Fergana, Bukhara regions. placed

Also, the results of the competitions showed that there is still a lot of work to be done in this field in a number of regions.

The pinnacle of multi-level sports competitions is the Universiade. In 2000, when sending a congratulatory message to the participants of the first Universiade held in Namangan, I.A. Karimov stated the following: "Sport is an important factor in achieving not only physical, but also spiritual maturity. It builds will, strives for a clear goal, teaches to overcome difficulties with patience and perseverance.

It cultivates feelings of confidence, pride and pride in the human heart. A nation with healthy, educated and dedicated children will surely build its great future.

The time demanded that students' competitions be called "Universiade" based on the model of the International Student Universiade. For this reason, universiades were held in Namangan (2000), Bukhara (2002) and Samarkand (2004). It was decided to hold the Universiade on the foundations of international programs and continuing education every three years. More than 60 sports teams (teams) of higher educational institutions took part in the first Universiade. A program was prepared for 14 sports, and the competitions were intense and interesting. UzDJTI took the lead with 758 points, 37 gold, 48 silver and 18 bronze medals. The second and third places were taken by Namangan DU (21 gold, 15 silver, 31 bronze medals, i.e. 668 points), and 59 Fergana DU of Uzbekistan (11 gold, 15 silver, 8 bronze, i.e. 316 points ) took over. Andijan University, Gulistan University, Bukhara University, Samarkand University, Jizzakh DPI, Termiz University, Tashkent Agrarian University took their places in the top ten.

One of the socio-educational and state policy aspects of the Universiade is that talented athletes are tested, and selected ones are invited to international tournaments, world championships and the Olympic Games.

Today, the activities of physical education teachers and sports coaches are of great importance in holding the sports competitions "Barkamol Avlod", "Umid Nihollar", "Universiade", and the participation of young people in the national teams at the district-city, regional and republic levels. is doing. Not only sports experts, but also famous writers, well-known representatives of education, employees of state agencies, heads of community organizations, veterans of labor, neighborhood village elders are involved in the promotion and practical work of attracting all layers of the population to sports. is directly involved.

It should be recognized that this competition is gaining the most importance in terms of content and essence as a new stage of continuous sports competitions ("Sprouts of Hope", "Barkamol Avlod", "Universiade"). Improving the health of the population, raising the physical fitness of schoolchildren and students, improving the skills of talented athletes based on the requirements of the time and international standards, as well as improving the working skills and productivity of the working masses and intellectuals, and most importantly, improving life through a healthy lifestyle. Special attention is paid to prolongation and education of a healthy generation.

Historically, evidence of the development of physical education and sports during the years of independence (1991–2006) is noteworthy. Statistical (digital) data of republican sports organizations, associations (communities, federations), public education, ministries of higher and secondary special education and annual reports, official documents, archival materials of the State Statistics Committee can be provided. . The



following comments are an example of some indicators of the first years of independence: 5.5 mln. More than 100,000 people were engaged in physical education and sports. Including about 135,000 in 60 higher educational institutions, more than 147,500 in 225 secondary special educational institutions, and 4,6 million in more than 8,300 general education schools. About 100,000 pupils and students engaged in sports. About 544,000 people were regularly engaged in physical education and sports in more than 5,500 production enterprises.

It is known that the development of physical education and sports in the republic, the selection of gifted and talented young athletes, their training and preparation for world sports competitions and the Olympic Games is well under way. Serious attention is being paid to organizing competitions in many types of sports in neighborhoods and villages, as well as in labor teams.

In general, for 30 years, the leadership of the republic has paid special attention to the prize-winners and participants of the Central Asian, Asian and world sports competitions and the Olympic Games, and they are duly rewarded. Sportsmen's services and achievements have a worthy place in the history of republican sports. During this period, authoritative historical sources reflecting the development of sports in the Republic and the victories of talented athletes in international sports arenas were created. As mentioned above, during the years of independence, by studying and reviving the national games of the people, they are being purposefully used to educate young students to become mentally and physically fit. It should also be noted that various sports competitions are organized in modern sports and national games of the working people, rural youth and residents.

Traditional holidays dedicated to "Navroz", "Independence Day", "Harvest" and other great dates, cultural events include wrestling, boxing, strength testing, stone lifting, oriental wrestling and others. People's national games, especially entertainment games such as kopkari (goat), race, goalie are also shown. The main goal of this is to improve the health of the population by promoting physical education and sports, and to increase the moral and physical fitness of schoolchildren.

National games are one of the most popular cultural events in the values of the people. "Navroz" holiday, weddings and various traditional rites, feasts, have not passed without wrestling, kopkari (goat), races and other games since ancient times. Such events are praised in all types of folklore, including epics. The works of great scholars Abu Ali Ibn Sina, Alisher Navai, and Mirza Babur are interestingly and comprehensively described.

People's national games have several directions, and in their structure dances, lapars, sayings, askiyas and art of many genres are much more prominent. There are also a lot of folk games and sports games inherited from ancient ancestors. They can be divided into the following large groups, namely:

1. Struggles (Bukhara, Fergana, Khorezm, etc.).
2. Horse games (kupkari-ulak, race (yalov), girl chasing, horse riding, chovgon, etc.).
3. Doorman (exercises on the gallows, jokes and sayings).
4. Lifting a stone.
5. Tug of war.
6. Wrist strength test.
7. Action games.

Almost all such games are widely used in competitions and weddings.

In the mountainous areas of Samarkand, Bukhara, Kashkadarya, Surkhandarya, Jizzakh, Namangan, Syrdarya, Tashkent and other regions, wrestling, kopkari-ulok, races and various action games are constantly held. These games bring grace and blessings to weddings, and are receiving the applause of the audience, especially the interest of young students in national folk games and modern sports.



In 1998, dedicated to the 1000th anniversary of the "Alpomish" epic, the Republican festival "Alpomish Games" was held in Termiz. The festival in 2000 was organized in the city of Fergana, and the third festival was organized in the city of Gulistan in 2002. In the programs of the National People's Games Republican competitions and "Alpomish Games" Republican festivals, wrestling, racing, kopcari (goat), "Storm", tug-of-war, wrist strength test, "Mindi", "Forty stones" (girls game) and other action games took place.

The purpose of this nation's national festivals is to preserve our ancient traditions and customs, restore national events that have been passed down from generation to generation, and deliver them intact for future generations.

It should be noted that republican scientific-practical conferences dedicated to the National People's Games (Jizzakh, Termiz, 1991), "Alpomish Games Republican Festivals" (1998, 2000, 2002) were also held. The contents of the national games of the people were explained in them. Also, a lot of lectures focused on the role of national games in the context of national values and their educational value were heard. Their summaries were included in the scientific collections of the conference. It would be appropriate if equestrian sports clubs were established among young people, and horse games were taught from a young age, and military-physical exercises performed on horses were taught to teenagers. Of course, the development of these sports requires a special natural environment or adapted conditions.

Also, it would be appropriate to introduce the use of national mobile games as part of mobile games and activities in families and kindergartens.

In conclusion, it can be said that during the years of independence, special attention was paid to the development of physical culture and sports in Uzbekistan. Today, sufficient legal and regulatory documents have been developed for the implementation of these works, and on the basis of them, the development of sports, participation in international competitions, and the promotion of national sports are gaining momentum. The main goal of the programs aimed at the development of the sports sector in the republic is to increase the interest in physical education of all levels of the population and to create the necessary conditions. The multi-level continuous sports competitions "Sprouts of Hope", "Barkamol Avlod", "Universiada" organized in our republic for schoolchildren, secondary-special and vocational colleges, and students of higher educational institutions promote physical education and sports. It was organized in order to popularize it and make it a way of life for young people. Athletes selected in these competitions joined the ranks of national teams and had the opportunity to participate in international competitions. In our republic, great importance is attached to the national games of the people, and many competitions and scientific conferences are organized in this regard. The revival and study of this national value of our people, which is passed down from generation to generation, expands the knowledge of our youth about national customs and traditions. It is appropriate to organize mass sports competitions in residential areas. In this, the games "Alpomish" and "To'maris" designed for people of all ages are popularized in our country by a popular sportsman in the neighborhood, self-governing bodies, holding meetings with scientists, psychologists, increasing the life expectancy of the population by involving older people in sports. In order to develop mass sports, based on international practice, it is necessary to organize "Gimnastrada" (mass gymnastics performances) for the population of all ages, to develop a special physical activity program for men and women;

- in order to know and promote national customs and traditions, it is necessary to include movement exercises from national folk games in the program of physical education lessons of schoolchildren.

- It is necessary to hold republican and international scientific conferences dedicated to various great dates, prestigious events, sports competitions related to the independence of Uzbekistan, physical culture and sports; It is necessary to expand the program topics of "Sport" TV channel, "Sport", "Uzbekiston futboli" newspapers and "Fan sportga" magazine. In them, it is necessary to provide analytical films about the participants, winners,



coaches of international sports competitions, to organize televised sports games with the participation of famous people. In addition, the activities of sports veterans who made a great contribution to the development of sports in our country should be widely covered.

By solving the above shortcomings and problems, we can achieve further development of physical education and sports in our country, and the growth of mass sports.

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