



THE IMPORTANCE OF UZBEK NATIONAL SPORTS GAMES IN SPIRITUAL AND MORAL EDUCATION OF STUDENTS

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Annotation. This article discusses the importance and benefits of Uzbek national action games in the spiritual education of young people. Well, it is written that physical education and sports are healthy lifestyles, practicing it becomes an integral part of everyday life, benefits, in the process of such a lifestyle, information is provided about the activities of the Uzbek national action games, with or without physical education and sports, which additionally arise the natural requirement of all members and systems in the human body for movement.

Keywords: action games, National Games, fencing, wrestling, multiplayer, custom, tradition.

TALABALARNING MA'NAVIY-AXLOQIY TARBIYALASHDA O'ZBEK MILLIY SPORT O'YINLARINING AHAMIYATI

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Annotatsiya. Ushbu maqolada yoshlarning ma'naviy ta'lim-tarbiyasida o'zbek milliy harakatli o'yinlarining ahamiyati va afzalliklari haqida so'z boradi. Hamda, jismoniy tarbiya va sport–sog'lom turmush tarzi ekanligi, u bilan shug'ullanish kundalik turmushning ajralmas qismiga aylanishi, foydalari haqida yozilgan bo'lib, bunday turmush tarzi jarayonida inson tanasidagi barcha a'zolar va tizimlarning harakatiga nisbatan bo'lgan tabiiy talabi qo'shimcha ravishda yuzaga keltiradigan serharakatlik bilan yoki jismoniy tarbiya va sport bilan shug'ullanishva o'zbek milliy harakatli o'yinlari haqida ma'lumotlar keltirilgan.

Kalit so'zlar: harakatli o'yilar, milliy o'yinlar, qilichbozlik, kurash, ko'pkari, urf-odat, an'ana.

A new approach to physical education work, to search for the practical foundations of the system in order to implement directive documents related to the issues of maintaining the health of the young generation growing up in Uzbekistan, raising them to be physically fit, agile, business-minded, and preparing them for life, work, and defense of the Motherland requires scientific-theoretical and redevelopment.

Movement, muscle activity, and physical work play an important role in the development of the human body, because its life and lifestyle require direct active movement. Such a bond has been an integral part of living since the dawn of man and has been strengthened by evolution.

Therefore, movement is not only necessary for living, but it is necessary for the normal functioning of all external and internal organs. In the current conditions, the rapid development of technology, the increasingly widespread use of automation and mechanization in life have greatly limited the direct actions of a person.

With the restriction of active movement, the normal functioning of all organs in the body is disturbed, because they mainly perform their functions fully in the conditions of active movement. That is why physical training



and sports should become an integral part of everyday life. In other words, in the process of such a lifestyle, the natural demand for the movement of all organs and systems in the human body should be covered by additional activity or physical education and sports.

Games with rules of action are an important overall educational process.

Children's movement activity, which is the basis of this process, has a positive effect on physical development, the formation of movement skills and physical qualities, the strengthening of health by increasing the functional activity of the body and strengthening feelings of emotional joy. Action games, as one of the main means and methods of physical education, help to effectively solve the above-mentioned tasks.

The healing effect achieved by active games is inextricably linked with the positive emotional state that occurs during children's play and has a positive effect on the child's psyche. Emotional excitement awakens in children a desire to achieve a goal common to all, and it is expressed in a clear understanding of tasks, mutual compatibility of actions, accurate targeting in space and game conditions, and accelerated execution of tasks. Due to children's strong desire to achieve the goal and enjoyable pursuit, the role of will, which helps to overcome various obstacles, increases. Active games serve as a method of improving the movement skills acquired by children and training physical qualities. During the game, the child focuses on achieving the goal, not on the way of performing the action. This is subject to the terms of the game. It shows agility and thus improves movements. Therefore, for example, the game "Wolf in the ravine" is given after children learn to run and long jump.

The origin of action games goes back to ancient folk pedagogy. Information about the origin and history of games has reached us through the book "Devonu lugotit turk" by the great linguist, historian, ethnographer of the 11th century Mahmud Kashgari. The work contains examples of game forms such as calling, gathering, beginning of the game, check throwing, which are performed before the start of Uzbek action games.

Zahiriddin Mohammad Babur's work "Baburnoma" also paid special attention to sports games such as fencing, wrestling, and many others, and it was shown that they have a great impact on the physical development of young people.

Children of early age are brought up in families with the help of toys and fun games related to the child's initial movements. In the lives of children older than that, folk games with colorful action content (including game beginnings that frame children, khyrgyi, counting games) have a great place. National and action games taught for each age group are also specified in the basic programs for the education of interest in learning the customs, traditions, and history of the people.

Famous Russian pedagogue P.F. Lesgaft "considers the game as an exercise that helps prepare the child for life".[3] This exercise is an independent activity, in which the child's personal initiative develops and moral qualities are educated. He says that every game should have a goal.

For this, the activities in the game should match the child's ability to manage himself; these movements should be mastered in advance in systematic exercises.

Regular playing of active games helps children to develop control of their movements, they regulate their bodies, that is, they teach them to move in different tensions. ; teaches to follow the rules, to behave, to value friendship.

It is known that any activity aimed at a specific destination is effective, therefore, it is appropriate to choose the right physical exercises in the formation of a healthy lifestyle in the family and proper upbringing of children.

Parents, kindergarten teachers, primary school teachers, science teachers, physical education coaches, who are directly involved in the process of personality formation, are fully mature only when they know and understand national values and treat them with great respect. they can form a perfect person. Parents and



teachers who have been teaching their little ones by reading and studying folk works that they have heard from their ancestors, will definitely achieve their goals. Because the lifelong game makes the children grow up and prepares them for life. The Uzbek people are a young nation. This process has been ingrained in our psyche for thousands of years and passed on to our heredity. The craft also makes bones, the little one, without fully realizing it, involuntarily strives to master the profession that his descendants were engaged in and tries to make things formed in the mind of the bird. These actions are realized through games. And games cover our lifestyle in every way. For example, jumping, who is the first, chasing, hiding, sitting quail, get in the middle, horse game, ball game, ball and stone game, Uyakam game, move- street game, mudslide, bath pie game, etc. The list can be continued. Let's analyze some of them, their place of execution, goals and tasks: Children's games are very fun. They exercise themselves by playing these games. For example, in the jumping game, children try to be fast and agile. All members of the body participate in it. Jumping in a dance, fast jumping, running and jumping, jumping in a row - these games make children strong, healthy and energetic. There are many such games.

Children born in peasant families gather on hot summer days and enjoy playing the game of Hammompish. This game is similar to its name, it is a home construction game, and the little ones make a dome of the bathroom by pressing wet on the sand that has been collected. They freeze the upper part of the dome. While opening a door at one end of the dome and taking out the raw sand inside, they gently pat the dome and begin their traditional bath song:

In the process of this game, the child's passion for homemaking appears. It gives love to the profession and increases the ability to work.

Loyparsildaq game is also very interesting. If you make a cup out of clay, turn it upside down, and hit it on the smooth ground, the compressed air in this "bowl" bursts out and blows out the area as big as the head's fingernail. joins the songs... When the clay is pounded on the ground and matured, they make long bricks from it and build houses in the style of ancient buildings, each with its own unique history. This is also one of the games that teach a child's hand and sharpen his eye to the art of homelessness. Both mental and physical results are important for the young generation.

No matter what form, topic, or direction the game has, whether it is with clay, soil, wood, or rope, the young sapling is brought to life, to health, to marriage, to life. It served as a special vocational school in preparation for heavy work. Young children prefer to imitate the behavior, speech, and work of adults. Along with singing songs, they like to work while standing on the floor of their parents and siblings. He inspires the children who are strong enough to work according to their abilities, and encourages them to weave and perform songs related to work. Children who follow the adults and guard the corn field from sparrows sing this song.

Children especially perform labor songs in a very upbeat mood during the process of doing some work. At this moment, they feel like adults. Because the desire to grow up in them makes the waves of the bird's heart sing and sing in life. In this regard, the children sing songs in harmony with the play-work ritual they are engaged in. Adults, especially elementary school teachers, should monitor the process of children's psyche and encourage them in their place. It is necessary for them to give instructions depending on their abilities and performance possibilities. If he makes a mistake, it will be appropriate if he is gently and sincerely explained without humiliating him. In particular, if parents take their children with them during the work process, give them work so that they do not get bored and tired, and if they work as a singer, they would have fulfilled one of the methods of mental, physical, and national education of these children.

So, the social and spiritual essence of the play songs related to the normal work of children is very big and serves as one of the main means of forming them as a healthy person. Uzbek children's national games are old and modern, the themes are diverse, the words are rich and melodious, the action is compact, the form is rich,



and the treasure is rich. Their core is the dignity, spirit, and aspirations of a hardworking Uzbek, they set fire to any heart.

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