

NATIONAL SPORTS GAMES

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Abstract : In this article, national sports games and development of national sports, which is considered one of the urgent tasks, and its importance are revealed. In it, the revival of the national sports games inherited from our ancestors for centuries, their development among the young generation, and the importance of holding competitions of various scales in the education of the mature generation will be widely explained.

Key words: national games, Olympiad, tournament, competition, national values, national traditions, result, skill, sports games.

It is known that the idea of a perfect human being has been a great dream of our people since time immemorial. For this reason, in our society today, great attention is paid to raising a healthy generation and bringing up well-rounded people.

As stated in the "Strategy of Actions" of the Republic of Uzbekistan for 2017-2021, the necessary measures should be established to create all opportunities for the young generation growing up in our country to grow up in all aspects, to become worthy successors who can take the future of the Motherland into their own hands. The role of national sports and games in the education of today's students is incomparable in the implementation of this great and honorable work [1,2,3,4,5,6,7,8,9,10,11].

From time immemorial, the world-famous wrestlers of our country have amazed everyone, the horsemen and women of the country have been spreading the word. Our scientists and philosophers, starting with our great grandfather Alisher Navoi, created wonderful and immortal works, wrote epics, and sang songs about them. Alisher Navoi's incomparably powerful image of Farhad, which is included in the treasure of world literature, is enough, or remembering the heroes of folklore masterpieces, Gorogli, Alpomish, Avazkhanu and Sherali, shows that the land of Turan has been a land of sheryurak and sherby . In recent years, the historical heritage of the Uzbek people - the national sport "Kurash" (hereinafter referred to as wrestling) and the national folk games, which have been revered for centuries as a symbol of courage, tolerance, nobility and honesty, have developed and become important in the education of the young generation . is coming Founded on September 6, 1998, the international association "Wrestling" today unites 129 national federations on five continents of the planet. In 2010, the international association "Kurash" received the recognition of the World Anti-Doping Agency, which is considered an important requirement for ordering inclusion in the program of the Olympic Games. At the 36th General Assembly of the Olympic Council of Asia held in Ashgabat on September 20, 2017, the national sport "Wrestling" was officially included in the program of the XVIII Summer Asian Games for the first time in history. The international association "Wrestling" and Uzbekistan are taking active measures to include wrestling in the program of international sports competitions and tournaments, and in the future, in the program of the Olympic

Games. Republican and international wrestling competitions and tournaments are held on a permanent basis. [12,13,14,15,16,17,18,19,20,21,22,23,24,25]

After Uzbekistan gained its independence, physical education and sports, like all other fields, were formed in the direction of a completely new status and are flying towards a higher peak. Sports games his own universality , frugality , beauty game content , big and small attention captivating _ _ h attack and h symbol combinations with our country in cities-villages , neighborhoods , weddings and on holidays , competition , health _ physical and spiritual perfection tool as service by doing is coming.

Last years inside our country h areas , even long village and in districts too more and more modern sports facilities set up done and the same today they are our children , our people in service activity showing is coming Day after day physical education and sports, including national sports _ and national mobile games national values as x appreciation , especially student - youth _ daily ha yo tiy either way _ _ is going Highlight preferably physical _ education and mass sports _ development with one in line , sports position to raise too priority importance is being directed . Year after year In our republic international and the world on the scale authoritative competitions transfer traditional events from the composition place is taking Uzbek athletes of Asia and the world and in Olympic competitions high to the results achieved , our country fame the world community in front of my praise reached is coming [26,27,28,29,30,31,32,34,35,36,37,38,39,40].

Struggle - from time immemorial nobility , bravery and honesty the symbol of our people one how many century to history have national - cultural of inheritance one part and priceless wealth is considered About the struggle first data Surkhan and Zarafshon oases , Ferghana valley , Sarmishsay in the gorges determined descriptive art samples reflection reached in artifacts-antiques , rocks and in the caves occurs . That's it to emphasize should be national sports equipment citizens , especially students _ young people and students between public color is taking Today's to the day until of the world many in countries struggle on more than 500 international tournaments was conducted . Our compatriots among 300 people more athletes struggle according to world , Asia championships and international of tournaments winner and prize winners was.

Our country directly support as a result "Wrestling" as an international sport wide confession done _ Like "fight " , " honest " , " bow " , " stop " and " side " . Uzbek in the language word and terms esa , international sports dictionary as in competitions referees by used it happened Uzbekistan Republic president Sh.M. Mirziyoev initiative with September 6 - National Day of Wrestling " as marked [41,42,43,44,45,46,47,48,49,50].

Today's in the day to us put task perfect a person in education too of national sports equipment place incomparable , yes as national sports _ _ in the younger generation through national pride and patriotism feeling consolidation as well in society healthy marriage style promote to do and on world sports fields high to the results in reaching family , neighborhood , education institutions , public information tools , it protection doer organizations , pedagogical personnel solidarity with work take positive if possible to achievements reach possible [51,52]. National people of games each in one our people culture , traditions _ _ and values special has been qualities own expression finds _ For example , " rope in the pull » game mutually collectiveness , harmony ; struggle regarding honesty , bravery ; riding in the competition dexterity , dexterity ; in the " hide and seek " game ingenuity , vigilance like traits is brought up . That's why for too teacher and coaches in training people games right choose them _ education - educational in terms of efficient organize to do necessary _ The game right choose and to the goal according to in the transfer is very important to the meaning have _ [53,54,55,56] Indeed , the people games the killers physically just make sure first of all , to them high moral education to give feature with too is characterized . Especially collective in the games of

participants « one person all for , everyone for one person » principle based on movement to do in students difficult in the situation mutually to each other help to show desire , each other shortcoming filling , tolerance , harmony and stickiness criteria decision finds _ « White poplar-blue poplar " , " Geese and swans » , « Strong and agile " , " Rope such as " pull " , " Kuvashmachok " . the games mother so games in turn input can _ "Durra", " Olib running away " , " Trinity ball stone " , " Hakkalakam condition " , " Two stones " , " Rooster battle " , " Kopkari " , " Donkey " Mindi " , " Beshtosh " games while students between mutually compromise , agreement , good goal around merger characteristics educates . In general during training _ people from the games use to the bottom the results showing :

1. Students to life has been interests is increasing .
2. In them creativity , to create relatively incentive is getting stronger .
3. Peers , friends respect do to them difficult in the situation help to give desire is waking up .
4. Pupils fair , honest , honest people to be getting used to it .
5. Regular with sports _ engage in not only lesson in training , but also in the family people from the games to use diary to training is turning [57,58,59,60,61,62,63].
6. Pupils between mutually friendly , kind , relationship environment surface to adults _ relatively respect to the little ones relatively honor with in relation to be skills is forming .
7. Own ancestors , national _ values of our people great the past and courage with to be proud feelings is forming . [64,65,67]

Of this for :

- family in the environment our children national people to the games prepared let 's go to them this of games useful sides our explanation necessary ;
- at school training , class except at events teacher and coaches by national people games to play high level attention focus need _
- national people games different forms of students _ desires and to their research according to without organize to be done it is necessary

In this, the first in turn, theirs spiritual to maturity big attention is being directed . After all, it is not a secret that it is spiritual and enlightened only human a person value knowledge , national and universal values essence realize to reach , freely and free in society living independently _ of our country the world in the community to himself worthy place take over always healthy for to be , dedication with fight take enable gives [68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,89,90,91,92].

Summary by doing so to speak , in our country grow up of the next generation each bilaterally perfect adult their arrival _ Homeland perspective own into his hand take who knows worthy successors to be for all opportunities not created and them harmful from habits save current matter is considered Also healthy _ generation in education people from the games high level use their different appearances education to the process deep app to do expected pedagogical results gives _

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