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Abstract: During the period of independence, Uzbek athletes have been achieving high results in international competitions and world championships, as well as in the Olympic Games. Depending on the achievements of our athletes on the international arena, the highest places of the awarded. One of the factors that lead countries to the world is their achievements in physical culture and sports. Of course, in order to achieve these results, great responsibility and perseverance are required from our athletes. In our society, great attention is paid to the training of young athletes, the construction of modern sports facilities, and the holding of many international competitions in our country.

Key words: sports, physical education, healthy lifestyle, sports games.

The tomorrow, the future development of any country is primarily measured by the physical and spiritual maturity of its people and youth. Currently, the mutual competition between countries, the competition to show their strength, is gaining priority in two areas - sports and physical education and intelligence, that is, in the field of intellectual activity. Scientifically speaking, the realization of the physical and intellectual potential of the people, the formation of appropriate reserves in this regard is becoming a guarantee of development and growth in the 21st century.

Usually, most people understand the term "sport" only as a person's physical development, i.e., he is full of energy and walks in a healthy manner. This is a one-sided misconception. After all, sport is very important for the physical, spiritual and intellectual development of a person. Not only the body of a person engaged in sports, but also his mind and thinking will be renewed, noble qualities characteristic of sports will be formed, he will get rid of unnecessary worries, he will think only of good and noble deeds.

Another main reason why great attention is paid to physical education and sports development in our country is explained by the need to bring up a mature generation not only physically, but also spiritually. Because sport increases the pride of the people, the nation, gives spiritual strength, moreover, it unites the whole society through this sense of pride. The most important thing is that sports, as one of the foundations of a healthy lifestyle, allow young people to use their opportunities and potential, not for all kinds of trivial work, but to increase the reputation of the country, to improve their physical and spiritual maturity. mobilizes to spend on the way. After all, the body and soul of a child who is constantly engaged in sports will be refreshed, his whole body will develop harmoniously. His thoughts are occupied only with the love of showing his talent and winning in various competitions.

In order to raise the popularization of physical education and sports in our republic to a higher level, develop the movement of physical culture, restore national national games, form a healthy lifestyle, train talented athletes in modern sports and improve their sports skills. the decrees and decisions adopted by our government, in particular the President of our country, are an important factor in the popularization of MSOs.

For example, the DECISION of the Cabinet of Ministers of the Republic of Uzbekistan "On the organization of the Children's Sports Development Fund of Uzbekistan" (October 31, 2002), "Improving the provision of sports schools for children and teenagers with values" "about" ORDER of the Ministry of Education of the Republic of Uzbekistan (May 13, 2005), REGULATION on the Children's Sports Development Fund under the Ministry of Public Education of the Republic of Uzbekistan (July 6, 2005), O' Composition of the Board of Trustees of the Children's Sports Development Fund of Uzbekistan (Appendix 2 to the Cabinet of Ministers' Resolution No. 374 dated

October 31, 2002), on approving the budget of the Children's Sports Development Fund and the targeted program for the construction of children's sports facilities in 2007 Official normative documents such as the DECISION of the President of the Republic of Uzbekistan (December 26, 2006) encourage young people in the neighborhoods to participate in the national sports game. created the legal foundations of education through

If we pay attention to the chronology of these events, it should be noted that many scientific-theoretical and practical conferences aimed at the development of MSOs and their wide dissemination among young people were held in the following years. In particular, in 1991, the first festival of National Sports Games was held in Forish district of Jizzakh region. In this regard, it has become a tradition to hold it every year.

"Reasonable ways of training substitute athletes in the Republic of Uzbekistan" (Tashkent, 1992), "Terms in the Uzbek language used in physical education and sports" (Termiz, 1993), "Higher and Uzbek Events such as "issues of physical education and sports development in special educational institutions" (Tashkent, 1993) opened a wide way for the development of the scientific and theoretical foundations of MSOs and its popularization among young people.

In addition, in 1994, the National Festival of Sports and Action Games held in Forish District of Jizzakh Region received the status of the Olympiad. In 1998, a republican festival of folk games and a scientific-theoretical conference dedicated to the 1000th anniversary of the "Alpomish" epic were held in the city of Termiz. In 1999, the "To'maris" festival dedicated to the "Year of Women" was held in the city of Jizzakh. In 2000, the 2nd Republic Festival of "Alpomish" Games was held in Fergana.

In a number of documents of our state on physical education and sports, special attention is paid to the development of national sports and folk games, which are the national value of our people. For example, the physical training and sports complex for assessing the physical fitness of the population was named "Alpomish and Barchinoy".

In addition, the Center for the Development of National Sports in Tashkent, the Center for the Development of Republican Wrestling in Karshi, the Department of "National Sports" at the State Institute of Physical Education of Uzbekistan, specialized sports schools and sections for children and teenagers have been established in all regions. In addition, district competitions in national sports and folk games are held every year, and Republican festivals are held every two years.

Sports games are formed on the basis of human play activities. Game plays a big role in human life. IN childhood play is the main activity, a means of preparation for life and work, an effective means of physical education. Games related to competitive sports are distinguished in a separate group - sports games or team sports.

The characteristics of sports games are determined by the specific characteristics of competitive activities that distinguish them from other types of sports.

Competitive confrontation in the game is carried out according to the established rules using competitive actions specific to a certain game - game technique (technique). In this case, the presence of the opponent is mandatory. In team games, the goal of each fragment of the competition is to deliver the object of the competition (ball, puck, etc.) to a certain place on the opponent's site and prevent it from happening to itself. It defines a competitive unit - a block of actions of the "defense-offensive" type, as well as includes actions for intelligence, disinformation, conspiracy, etc.

In team games, the whole team wins and loses, not individual athletes. No matter how well an individual athlete plays, if the team loses, it loses. And vice versa, no matter how bad the athlete played, if the team won, he also won. Thus, a sports team is the same inseparable sports unit as an athlete in individual sports.

Such uniqueness of team games determines a number of requirements for athletes, their attitudes, attitudes, personal qualities and the nature of their actions in the competition. Ideally, the

main psychological attitude of the athlete to the game should be the desire to completely subordinate his actions to the interests of the team (even despite the personal well-being, which may "harm himself" in one way or another). Without this attitude, even if each athlete of the team is made up of individually well-prepared players technically, physically and tactically, it cannot have a strong, well-coordinated team as a whole.

Consequently, the education of collectivism, the ability to sacrifice one's own interests for the victory of the community, the desire to see and understand the collective interest in everyone. this moment is one of the most important tasks of the preparation process in competitive team games. Practice shows that the very conditions of the team's competitive activity contribute to the development of this attitude through the influence of the team on the participants of the game. Often, such an influence is very strong, strong, effective, and helps to develop relevant personal qualities in a person.

In this regard, team games are an effective means of education, of course, with the appropriate activities of coaches, educators, teachers and others.

The complex nature of competitive gaming activities creates constantly changing conditions, requires assessment of the situation and selection of actions, as a rule, with limited time. An important factor is that the athlete has a wide arsenal of technical and tactical actions, which allows optimizing strategies that ensure the effectiveness of team actions to achieve results in conflict situations.

An important feature of sports games is many competitive actions - game techniques. These steps should be repeated several times during the process. competitive activity (in one meeting, in a series of meetings) achieving a sports result (winning in a meeting, competition) - therefore, reliability, skill stability, etc. are required.

In team games, competitive activities are carried out by several athletes, and a lot depends on the coordination of their actions, the forms of organizing the actions of athletes in the course of competitive activities in order to win over the opponent.

A distinctive feature of sports games is the step-by-step nature of achieving a sports result. In sports involving single competitive actions (for example, jumping, throwing), the optimal combination of two factors - motor potential and rational technique (basically, even in one attempt) leads to determining the sports result (jumping height, throwing distance, etc.) . In games, this is a kind of first step - "technical and physical". It is also necessary to organize the actions of athletes as a way of realizing technical and physical potential in competitive activities specific to individual, group and team games.

The main criterion of the effectiveness of competitive activity in sports games is victory over the opponent. The number of victories determines the place in the tournament table of all participants. In many years of sports practice, it became clear that the sports result - the place taken in competitions - has become a criterion for evaluating the level of sportsmanship of the team and its members. Research has shown that such a representation of the sports result in terms of the position in the team sports standings does not fully reflect the level of the athlete's skill, as it is objective indicators quantitatively. With the same high skill of all teams participating in the competition, their different positions in the tournament table (first and last places) are inevitable. Even if clearly weak teams participate in the tournament (theoretically), the champion of the country will be determined and the players of the winning team will be given the right to give high marks. sports title. Thus, it is necessary to set objective indicators, on the basis of which it will be possible to successfully plan and control the preparation process.

The number of objective indicators in sports games includes: an elementary set of game techniques (tactical aspect); the ability to quickly and correctly assess the situation, choose and effectively apply the optimal attack or defense action for a specific game situation (technical aspect); special qualities and abilities (requirements for temporal, spatial and power parameters of execution)

on which the performance of the action directly depends; athlete's energy regime; emotional-motor control, etc. It is very important to express all this quantitatively. The availability of such information serves as a basis for determining the content of training of athletes and the management of this process, development of model characteristics, programs, plans, standards, etc.

Summary

1. In a number of documents of our government on physical education and sports, special attention is paid to the development of national sports and folk games, which are the national value of our people. , creates conditions for the formation of motivation for physical activity. It is becoming an important issue on the agenda, especially in the neighborhoods to accelerate the activities of MSO.

2. The famous physician Ibn Sina divides physical education, which is one of the folk games, into five main parts, looking at the health of the human body and treating the disease. They are: a) fast movements; b) fine and light movements; c) stronger actions; g) medium strong movements and; d) are special movements for the body. This classification is extremely relevant today, and there is a need to regularly implement it in the activities of young people.

3. It is appropriate to widely promote the tradition of patronage, which is growing and developing in our country. It would be a good thing if industrial and production enterprises and people living in the neighborhood organize delivery of various sports equipment, special clothes, and equipment of sports fields for children and young people.

4. It is a priority for parents to engage in national sports games for young people, to understand that this activity is important for improving the physical health and spirituality of young people. This is at the center of the socio-psychological aspects of this problem.

The external structure of the Constitution describes its relationship with other sources of law, the totality of relations, its place and role in the legal system and its significance in the system of social and normative regulation in society.

The article presents the role of family, forming system of upbringing, traditional-educational system and traditions in Uzbekistan.

In an article consistently revealing the principles of the Bologna process for measuring the quality of education, the dynamics of internationalization and the logic of integration in European higher education and in Eurasia.

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