

**NATIONAL SPORTS IN EDUCATING THE PERFECT MAN  
THE IMPORTANCE OF THE GAME**

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***Abstract:** in the article at present is one of the urgent tasks of the game on the education of the perfect man revealed the importance of national sports. Then the legacy of our ancestors for centuries, is coming to the remedy of the game, national sports, youth competitions at different levels of development between them, the younger generation's education is of the vital importance of the conduction of the wide coverage is given.*

***Keywords:** Olympic games, tournaments, competitions, national values, national traditions, results, skills, sports games.*

Uzbekistan independence achieved when all of the fields in the form as the status of physical education and sport were also a totally new direction, the wing towards the high peak eitherz in. All chapters their sports games, low cost, the beautiful game content kitty-rom the small attention to himself, hand I uji hImo the city with a combination of country-in the village, and the neighborhood in place, and the wedding feast behs competition, physical and mental good health and has served as a means of perfection.

Our country in recent years in the regions, even then, both in remote and rural regions of many modern sports facilities have been built and they are now our children and our nation in the service of functioning. Day-to-day physical education and sports, national sports games, national and in particular the national mobile values as x andan all our especially reader-either dailyeitherfrom the eat ofeitherji has become. Worth mentioning, in addition to the development of physical culture and mass sport, sports pays attention to raise the status of priority. From year to year international and the world in the republic mieitheras it explains in prestigious conducting competitions taking place in the context of the traditional events. Asia Uzbek athleteseither, achieved high results in world and Olympic competitions, in front of the world community my praise have been the glory of our country [1,2,3,4,5,6].

As it is known, the kfactor from the beginning of the human noble idea has been a dream of our people. For this reason in our society today, to raise a healthy generation, the perfect adult men supply is a big issue.

Of the republic of Uzbekistan for 2017-2021 “Action strategies stated at the harmonious formation of the younger generation in the country to be a worthy successor to their motherland to get their hands who knows the prospects of all the opportunities to be created, the necessary measures should be defined. This is a huge and glorious work in the implementation of the national sports media has an important role in the education of today's students of the game.

Ancient-world-famous lol wrestler all of the country from ancient times to the left, rider, horse rider comes from the ending of the guy's dong. Alisher navoiy grandfather great about them we pulled from our scientists and philosophers, the great and immortal works were created, poems and poetry knew those lights, sing songs considered fantasy. Literature alisher navoiy image itself is enough power from the treasure of rarities creativity taking place incomparable farkhad oral groggily heroes or people, Alpomish, syrupy and remember himself and avaxxon the ground and because it was the first institution gives me s every heart turn. In recent years, for centuries, courage, tolerance, and virtue has been focusing honored as a symbol of majesty, the people of Uzbekistan metros of the historical - “the fight” the national sports type (referred to as the fight in the next place) and the national people's education of the younger generation and the development of the game has begun an important role in etib has [7,8,9,10,11]. 1998 6 centsyain br of the establishment of the “Fight” today,

the international association of the national federation of the five continents of the planet in the combining of 129 units. In 2010, to “fight” the international association of the Olympic games, which is an important requirement in order to be included in the program of the world anti-doping agency is deserving of recognition. 2017. in the city of Ashgabat Olympic council of Asia, which was held on September 20 of 36-the general assembly to "fight" for the first time in the history of the national sport of the summer program was introduced to the Asian games, officially the xviii. “Fight” the struggle of the international association of Uzbekistan and international sport competitions and tournaments, while the program of the Olympic games also in the future to implement active measures on the input of the program. The fight is being held on a permanent basis in national and international competitions and tournaments. [12,13,14,15,16,] The fight - beginning-beginning majesty, a symbol of courage and honesty of our people and a part of national cultural heritage in the history of the century a few of the wealth is invaluable. The first information about the fight Surkhon Zarafshan and the troughs, the Fergana valley, already detected in samples reflected sarmishsoy designed to promote fine arts-antique in rock and occurs in caves. It should be noted that the national sports media, citizens, particularly students and between the students take in the popularity of shades. Until today more than 500 international tournaments were held in many countries around the world on the fight. More than 300 athletes among our compatriots on the fight world, the Asian championships and international tournaments are the winners [18,19,20,21]. The direct support of our state as a result of the “Fight” was recognized as an international sport. “Fight”, “honest”, “bow”, “stop” and “iliac” in English like words and terms, while the dictionary used by the judges in the competition as international sports. Of the republic of Uzbekistan the president Sh.M.To assign the initiative, “September 6 – national day of the fight sport” has been defined as. The task before us today, the role of the media in educating the perfect man put national sports is incomparable, so the sense of national pride and patriotism in young people through sport the national consolidation, as well as to promote a healthy lifestyle in the society and world in achieving high results in the area of sports, families, communities, educational institutions, the media, protection of the organization, understanding of the pedagogical staff with the ministry of works, can achieve positive gains[22,23,24,25,26]. Games of our people in each of the national people's culture, customs-the customs and values of the specific qualities finds its expression. For example, "pull the rope" game team spirit mutual gift; the honesty in the field of fight, masculinity; the agile rider in the competition, resilience; " hiding place" ingenuity in the game, was nurturing qualities such as alertness. Therefore, in the training of teachers and mentors of the game is to be the right choice for the people, their education and the educational aspects should be organized effectively. Proper selection according to the purpose of the game is very important and they have omiyage conduct. [27,28,29,30,31] Indeed, the people are physically take cjust wondering students of the game, first of all, to give them a high moral is characterized with the features. Of the participants, especially in a team game, "all for one and one for all" act on the basis of the principle of mutually aspiration to show students to help each other out in a difficult situation, the disadvantage fill of each other, tolerance, harmony and unity explains criteria decision not find. " Is it poplar? white-blue teak", "geese are swan " , "strong and smart", "pull rope", " The chaser " in turn so you can add the games like those games. "Durra", "escape" take "Three ball stone " , "terms Xakkalakam", "two stones", "Cock fight", and "various parse dishes", "ass", " Five stones " games between the students while mutual compromise, agreement, nurturing the qualities of the noble is around mergers. In general, to training people in the use of the game below shows the results:

1. Life has increased the interest to readers.
2. Creativity in them, than the incentive to create is increasing.
3. She, to the respect of friends, the desire to help them in a difficult situation-people sport admiration.

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4. Students are fair, honest, honest men to be getting used to it.

5. Regularly engage in sports not only in lessons, but people from the use of the game in the family too into daily lesson plans.

6. Mutual care among students, can, arising in relation to the environment of adults with respect to small compared to self-esteem skills to be in a relationship with the form.

7. Of their fathers, national values, our people are a form of pride going with great courage and sense of the past[32,33,34,35,36,37,38,39,40].

Conclusion words in the harmonious formation of the younger generation in the country, their motherland, who knows the prospects of all the opportunities to get their hands and preserve them to be a worthy successor to harmful habits not created a pressing issue. Also, the education of a healthy generation in the upper levels of their use see different people in the game thoughtful pedagogical integration into the educational process will give the expected results. To do this:

- our children in a family environment we have prepared for national people's games go, this game is useful side of them understand necessary;

- lessons in school, in extracurricular activities by teachers and coaches to play the game at a high level of national people's attention should be focused;

- national district people's various forms of the game, readers should be arranged in accordance with the wishes and without looking for the antichrist.

Thus, in the first place, pay attention to the fullness of their spiritual. After all, it is secret, that a man only know the value of education and moral character of a man, the essence of national and universal values, to realize a free and liberated living in a society, our independent state in the world community itself always be healthy for you to take a worthy place in selfless to be taken in the fight with you.

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<b>121</b>	ISSN 2277-3630 (online), Published by International journal of Social Sciences & Interdisciplinary Research., under Volume: 11 Issue: 09 in September-2022 <a href="https://www.gejournal.net/index.php/IJSSIR">https://www.gejournal.net/index.php/IJSSIR</a>
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