

## History of the Origin and Development of Moving Games

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**Abstract:** Action games have content that provides human activity. Even our most ancient ancestors were well aware of this and practiced dealing with them in their daily lives. In addition to wrestling and equestrian sports, they hunted wild animals by shooting arrows, piercing spears, and throwing sticks, stones, and other objects. The article discusses the origins and history of action games.

**Keywords:** physical education, sports, movement games, national games, the importance of movement games in society.

Due to the exchange and development of social systems, living conditions have also changed and developed. For work, raising children in the family, hunting, getting into fights with enemies, and many other reasons, action games have been targeted and widely used in a variety of physical exercises.

N.I. Ponomarev's monograph (Leningrad, 1972) on the emergence of physical culture and physical culture in the time of primitive society emphasizes that the ancients came into contact with nature to live and work. People living on the Asian and European continents were mainly engaged in hunting, as a result of which they discovered a variety of action games. The behavior of these animals is compared to various changes in nature.

Aware of the need for physical qualities such as agility, strength, endurance in the hunting process, avoidance of wild animals, tribal chiefs attached great importance to the special training of young people. At the same time, they trained physically strong, agile tribesmen and used them to raise children.

During the period of slavery, small crafts and later production developed. As a result, battle and labor weapons such as swords, spears, knives, axes, and sickles were made from metal objects. A game element was in various ceremonies from them.

Since there were many wars in ancient times, the manufacture of military weapons was at the forefront. Soldiers are well-prepared in every way, physically, to fight skillfully. Some parts (elements) of combat exercises became games and later became popular among the people.

For example, in Greece and Italy, martial arts, the most complex exercise, was shown as a public spectacle (remember movies like “Spartacus”, “Courage of Hercules”).

During the period of feudal society, various new games emerged on the basis of the work of rich feudal lords and peasants. They were involved in games such as fencing, javelin throwing, archery, as well as boxing, wrestling, rock climbing, and swimming.

During the middle Ages and the next few centuries, the aforementioned complex action games took the form of competitions, testing strength and endurance, becoming weapons of war.

Admittedly, each nation had its own national games and ceremonies to organize them.

In the Arab world, horse racing, horse jumping, and chavgon are the national games, while in India, catching elephants and snakes, teaching ulama, and playing field hockey are national games. . In African countries, capturing tigers and other wild animals, training them, spear and archery are games that have been going on since ancient times.

Residents of eastern countries such as China, Japan, Korea, Taiwan have long been engaged in individual martial arts such as wushu, taekwondo, karate, kung fu.

Wrestling, horse games, checkers and other games are popular among the peoples of the Caucasus.

Depending on the region of residence of the peoples of Russia (north, east and south), such national events as cross-country skiing, skating, boxing, wrestling, ice swimming, horse, deer, dog chariot, sleigh races The history of the games dates back to ancient times.

It should be noted that many of the ancient games later became sports. This can be seen in the example of competitions that were first organized in Europe in the first half of the XIX century. These activities became international and later led to the formation of various sports federations. These eventually led to the organization of the European and World Championships as well as the Olympic Games.

Each country has its own national movement games. They are mainly used for physical education of children, recreation on holidays, and sometimes as competitions.

It should be noted that in the former Soviet Union, movement games were widely used only in physical education classes. For this reason, special packages have been prepared, which mainly feature action games from Russia and surrounding countries. Thus, almost all of the action games mentioned in them were considered major games among the peoples of the former Soviet republics. It is obvious that 70-80% of the mobile games used in physical education classes in Uzbekistan are foreign games (mainly in Russia). Nevertheless, it cannot be denied that the content, goals and objectives of these games meet the needs of the whole nation. On their basis are concentrated educational processes worthy of training all physical qualities.

Although all physical qualities are embodied in the content of action games, general considerations are made in categorizing them. For this reason, in subsequent editions of the collections, national action games should be distinguished according to each physical quality (speed, agility, strength, endurance, flexibility, etc.). This, in turn, facilitates the use of games in accordance with the types of lessons (gymnastics, athletics, wrestling, sports games) and the content of sports training (training). At the same time, opportunities will be created to organize games depending on the physical fitness of your student.

Another important aspect is the training and retraining seminars in districts, cities and regions, a comprehensive explanation of the socio-pedagogical features of national movement games in institutes, the ability of listeners to write new games and publish them. activities such as training.

In this case, it is necessary to make extensive and targeted use of the following opportunities:

- Establishment of a poster "Sport" in educational institutions and various labor unions, institutions, neighborhoods, villages, in which and in the local press to constantly cover the benefits of national action games in human education;
- giving wide coverage to the types, forms and content of national games on district and city radios;
- coverage of the content of regional and central newspapers, magazines, official collections, national action games on television and radio;

- Publication of a large number of collections of national action games in cooperation with the relevant agencies;
- Giving a special place to national games in the programs of national and international scientific conferences;
- Researchers, undergraduates, graduate students and students should be given the topic of current issues related to national action games.

In short, the national movement games preserve the virtues, goals and tasks of all peoples. They need to be used purposefully and adapted to national characteristics.

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