

## National Action Games and its Development

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The history of the origin of the national movement games of the Uzbek people is connected with our long past. Afrosyab, the lower parts of Syrdarya (Tashkent region), as well as in the Khorezm and Karakalpakstan regions, various objects, items, and decorations found based on the results of the archaeological excavations were found in those areas. According to evidence, 3-4 thousand years ago, our ancestors were engaged in various games and physical exercises. Catching, hunting, chasing, spearing and carrying wild animals and many other complex movement activities are represented in images, ceramics and metal objects. Also, the flat stones and caves around Charvak (Tashkent region) show people hunting and fighting with animals, playing various games. Such cases are also common in the caves of Surkhan and Kashka oases, stones on the beaches, and mountain locations in the Ferghana Valley (Chotkal Mountains). Our ancient ancestors lived in close contact with all the peoples of today's Central Asia (Kazakh, Kyrgyz, Turkmen, Tajik, Uyghur, etc.). Their social culture, traditions, and various ceremonies are very similar to each other. For this reason, national action games are mixed with each other. For example, complex wise games such as kopkari-goat, race, girl chasing, overturning a horse, sword fighting on a horse, spear thrusting, gallows, wrestling are common in all regions of Central Asia. "Kulok ch'zma\*", "Eshak mindi", "Aq suyak", "Chillik" ("Chillik") originated from socio-cultural living conditions. "Hat kick", "Pedestrian race", "Herd ball", archery and spear (arrow) shooting, "Cock fight. Hundreds of national action games such as "Cat and Mouse", "Bota Soldi", "Togqiz Tosh", "Shuvoq", "Bekinmachok" have also taken a deep place in the life of peoples, peoples, clans and regions. Many games mentioned in the masterpieces of folklore, such as "Alpomish", "Gor oglu", "Kun gumush", "Forty girls", "Tahir va Zuhra", first of all, passed from mouth to mouth and reached us. Also, weddings such as marriage of a boy, birth of a girl, weddings such as cradle, Prophet's age, Navruz, harvest holidays (melon picking, flower picking, etc.), Eids, Gashtaks and many more rituals have been passed down from nation to nation. Among their games such as Kopkari-Ulok, racing, overturning a horse, chasing a girl, wrestling, "Pyoda poyga", "Kulok kozhзма", "Battle of roosters", "Nine stones" (girls o yini), various interesting games such as "Gardkam" (lover's games) were part of the above-mentioned ceremonies. Recording the content of the Uzbek national games and starting to deal with the issues of teaching them to young people mainly dates back to the second half of the 19th century. We can find information about national folk games in the works of Russian tourists and archaeologists such as L. Bajenko (1840), A. Borj (1848), G. Vamper (1877), A. Arandarenko (1889). At the beginning of the 20th century, archeological and historical scientists such as V. Bartold, A. Vinogradov, S. P. Tolstov, A. Shishkin and Y. A. G'ulomov paid great attention to national action games. During the years of the

former Soviet government (1917-1991), a number of collections of action games were published. They were mainly used as study guides in educational institutions. There are no Uzbek people's national action games in their composition. T.S.Usmonkhojyev and H.Tajboyev translated their texts on Russian language action games, filled them with national action games and published them for the first time (1963). In the years of independence, T.S. Usmonkhojyev, A.Sh. Kasimov, F.N. Nasriddinov, O.O. Polatov, F. Khojyev, F. L. Meliyev made their contributions. "Action Games" is taught as a special subject at the State University of Physical Education and Sports of Uzbekistan (UzDJTSU) and other higher educational institutions of physical education in our republic. With the honor of independence, the subject of "National Movement Games" has been studied anew in the faculties of physical education. The purpose of teaching this subject is to deepen the theoretical knowledge and practical skills and qualifications of future specialists in the field of physical education and sports. For this reason, action games are used purposefully in classes and sports training (training) held in almost all types of sports. This, in turn, helps to increase the attention to national action games. Compliance with the laws of the Republic of Uzbekistan "On Education" (1997), "On Physical Education and Sports" (2000, new edition) and state education standards of the Republic of Uzbekistan, in the implementation of the national program of personnel training, the state program of a healthy generation, new tasks will be embodied on the basis of the science of "National Movement Games". It would be appropriate to implement them in the following directions, namely: 1. Determining and dividing the national movement game into categories based on the age of the participants (training physical qualities). 2 Applying the procedures and systems of mobile games organized in preschool educational institutions. 3. To increase attention to the social and educational features of action games held in elementary (I-IV) and upper grades (V-VII, VIII-IX), colleges and lyceums. 4. Determining according to the conditions of mobile games organized in residential areas, recreation parks, summer recreation centers of schoolchildren and students, fitness sports centers, etc. It is the demand of the time to thoroughly inculcate the socio-cultural, educational, and health benefits of national sports games, as well as the socio-pedagogical process of feeling the feelings of labor and loyalty to the Motherland.

The origin and development history of action games Action games have a content that provides human activity. Even our oldest ancestors were well aware of this and used to deal with them in their daily lives. In addition to wrestling and playing horse games, they hunted wild animals by shooting arrows from a bow, stabbing spears, throwing clubs, stones and other objects. Due to the exchange and development of social systems, their living conditions also changed and developed. Active games and various physical exercises were purposefully and widely used for working, raising children in the family, hunting, fighting enemies and many other reasons. In the monograph of N. I. Ponomarev (Leningrad, 1972) about the emergence of physical education and physical culture in the period of primitive communities, it is noted that ancient people came face to face with nature to live and work. People who lived in Asia and Europe were mainly hunters, as a result of which they discovered various mobile games. The daily behavior of animals was compared to various changes in nature. They understood the importance of physical qualities such as dexterity, strength, and endurance in hunting and avoiding wild animals. In this case, they trained physically strong and dexterous tribesmen to be teachers, and in turn, they used them to educate children. During the period of the slave system, small crafts, and later production, developed. As a result, swords, spears, knives, axes, and scythes were made from metal. They used them as game elements in various ceremonies. Since there were many wars in ancient times, the production of military weapons was at the forefront. Soldiers are thoroughly trained in every way, physically, so that they can fight skillfully. Some parts (elements) of martial exercises became games and later became widespread among the people. For example, in Greece and Italy, martial arts and the most complex exercises were shown to the public as a spectacle (remember such films as "Spartacus", "The

Courage of the Heracles"). During the period of feudal society, various new games were created based on the work of rich feudal lords and peasants. In addition to such games as fencing, spear throwing, archery, boxing, wrestling, stone lifting, and swimming who are also engaged in such games. During the middle Ages and the next several hundred years, the above-mentioned complex action games turned into a form of competition, testing strength and endurance, and becoming a fighting weapon. It should be recognized that each nation had its own national ideas and rites of organization.

In Arab countries, mainly horse racing, horse jumping, and horse racing are considered national games, while in India, catching elephants and snakes, teaching ulam to play, and playing field hockey are considered national games. . In African countries, catching tigers and other wild animals, teaching them how to handle, spear, and archery are games that have been going on since ancient times. Residents of eastern countries such as China, Japan, Korea, and Taiwan have long been engaged in individual fighting such as taekwondo, karate, and kung fu. Wrestling, horse games, chekarda and other games are popular among Caucasian peoples. Depending on the regions of Russian people's residence (north, east and south), national sports such as skiing, skating, boxing, wrestling, ice bathing, horse, reindeer, dog cart, and sleigh races are organized. The history of games goes 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 first organized in Europe in the first half of the 19th century. These activities became international and later led to the formation of various sports federations. These were the basis for the establishment of the European and world championships and the Olympic Games. Every country has its own national action games. They are mainly used for physical training of children, entertainment during holidays, and sometimes as a competition. It should be noted that during the former Soviet period, action games were widely used only in physical education classes. For this reason, special collections were prepared, which mainly included action games from Russia and its surrounding countries. In this way, almost all the action games mentioned in them were considered the main games among the peoples of the former union republics. ) are action games. However, it cannot be denied that the content, goals and tasks of these games correspond to the needs of the people. The educational processes worthy of training all physical qualities are embodied on the basis of your name. In conclusion, national action games preserve the virtues, goals and tasks of all nations. They should be used purposefully and adapted to national characteristics.

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