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СПОРТ - КРЫЛО НАШИХ МОЛОДЫХ ЛЮДЕЙ

***Аннотация:** В этой статье подчеркивается важность спорта в воспитании молодежи. обсуждалась роль спорта в демонстрации способностей молодежи.*

***Ключевые слова:** спорт, игра, спортивные игры, воля, характер, воспитание*

SPORTS - THE WING OF OUR YOUNG PEOPLE

***Resume:** This article emphasizes the importance of sport in educating young people. discussed the role of sport in demonstrating the abilities of youth.*

***Keywords:** sport, game, sports games, will, character, education*

Physical education has fulfilled its main function only when it nurtures the highest quality in a person - spiritual maturity. Children brought up in a family from an early age receive such education in kindergartens and schools in a more expanded form and content. The intensity and perfection of the growth process, the harmony of mental and physical mobility, the purity of faith, are inextricably linked with the perfection of the individual. "... Of course, this life-world is only (a breath) of entertainment," as it is commanded, is to play games and to spend a lifetime in vain.

When a person grows up and becomes intelligent, he does not spend his time on games, or even if he plays sometimes, he tries to hide it. "“ Allah, glory unto Him, bestows childhood on the elderly from His bounty. Children are innocent because they do not know the world, they are not bored of it, and they live with the

desire to play. The old man also sees the world as clean as a child, wants to play. The importance and honor of old age is great. As the symptoms of old age increase, so does the desire to play and rotate, "said Jalaliddin Rumi.

These ideas show that in any situation, that is, to rest, to work, to play, certain rules must be followed. The composition of physical maturity has always played an important role in the development of society. In the history of education, from childhood, great attention was paid to sniping, swimming, hunting, horseback riding, wrestling, military physical training, military training, fencing, javelin. Indeed, physical education has been one of the most important components of culture at all stages of human history. The peoples of Turkestan have long valued physical education as a criterion for spiritual and physical perfection. Special attention is paid to this issue in our Fatherland during the Second Renaissance (XIV-XV centuries) as in the Third Renaissance, which began today. The prudent policy pursued by Amir Temur, as in all spheres of society, raised the essence of physical culture to a higher level. Even during the Timurids, physical education was considered a matter of state importance. Special teachers were also hired to teach children military science. The princes first learned the art of horseback riding and then javelin throwing. To do this, a ring was hung on a tree branch and a spear was fired from it. Particular attention is paid to the game of hockey on horseback.

Games such as fencing, racing, and kupkari were also included in the scope of military science. Princes should have studied these sciences by the age of 12. In fact, it is not so difficult to bring up a person who is only physically strong. But it is a very difficult task to develop it both physically and spiritually. Especially at the beginning of the XXI century, when ideological struggles are sometimes open and sometimes hidden, this issue is extremely important. Typically, each nation develops using the part of the value that its ancestral heritage has benefited today. Today, it is time to abandon some traditions and customs that hinder development. Raising a healthy generation means building the foundation of a great state, the foundation of a prosperous life. Abdullah Avloni, a great representative

of the Jadids who dreamed of liberating the country at the beginning of the 20th century, wrote: "Physical training also helps to train the mind. The body and the soul are like the opposite of the right of a robe. If the body is not adorned with cleanliness, if it is not protected from bad habits, it is like putting on a robe and washing the lining, which is like washing it all the time. It is necessary to have a strong and healthy body for the training of thoughts ... "

1st President of Uzbekistan I. In his congratulatory speech at the opening ceremony of the first World Wrestling Championship on May 1, 1999, Karimov said: "In Uzbek wrestling, the qualities that have always been inherent in the psyche of our people: courage, bravery, tolerance, nobility, I believe that the struggle, which has become an integral part of the spiritual life of our people due to the invaluable services of world-famous heroes, will begin a new life, rise, spread around the world and become a favorite pastime of millions of people of different nationalities. Life itself has justified the President's confidence. Uzbek wrestling has already taken its rightful place on the world sports scene. Now words like "chala", "tokhta", "kurash", "girrom", "yonbosh", "halol" are heard on the arenas. The President of the Turkish Judo Federation, Ibrahim Oztek, rightly said that "Uzbek wrestling is the father of all struggles," while the President of the European Judo Union, Franz Hugendaik, said, "This tournament will be a sport of the 21st century!" he predicts. About 300 forgotten national sports and games have been studied. For most of them, the rules of the game and the rules of the competition were prepared.

The purpose of sports professionals is to raise national sports to the level of modern requirements and to spread them among the population by creating criteria for the realization of their educational essence. Establishing the cooperation of physical culture in the protection of children's health, kindergartens, secondary schools, parents will ensure more effective education. It is necessary to gradually increase the weight of the types of exercises given to students in physical education and sports. If the opportunity is not created, the upbringing of a harmoniously developed generation will remain a plan drawn in the sand, as in some countries. As

the President said: We are determined to build a great future for Uzbekistan, we must start this great work today, not tomorrow, and first of all we must create the necessary conditions for our young people today. The boy and girl, who are always in harmony with the national sports, develop such skills as teamwork, honesty, diligence, sense of duty and responsibility, agility, intensity, speed, intelligence, accuracy. A boy or a girl who strives to withstand childish flawless competition will surely overcome the difficulties of life in the future. There are many games in our nation that embody such noble and progressive qualities. Dramatic sports games played by children reflect the traditions of production, hunting, animal husbandry, poultry, farming, handicrafts. The role of national children's games in the formation of a healthy and harmoniously developed generation, the development of national spirit and patriotic ideas in them is incomparable. Preserving the national children's games that are being forgotten today and passing them on to the younger generation will serve as a basis for educating the next generation and further enrich our history.

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