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RISE AND DEVELOPMENT OF UZBEK NATIONAL GAMES

Abstract: This article discusses the importance of game history today.

Key words: labor games, sports, healthy generation, children's games.

ВОЗНИКНОВЕНИЕ И РАЗВИТИЕ УЗБЕКСКИХ НАЦИОНАЛЬНЫХ ИГР

Аннотация: В этой статье обсуждается важность истории игр сегодня.

Ключевые слова: трудовые игры, спорт, здоровое поколение, детские игры.

According to historical sources, in the Late Paleolithic period, about 40,000 BC, there were totem-related "Bear Feasts" in the northern part of the earth. This holiday is based on the legends dedicated to the bear, which saved the bear tribes from disaster. In return, people married the most beautiful daughter of the tribe to a bear. This holiday depicts a wedding ceremony, which ends with a bear game. Even in the early twentieth century, there was a "Bear Festival" in the lives of some peoples living in Siberia. However, marrying a beautiful girl to a bear can only be said to belong to a mythical reality. The "Bear Game" can be seen in Uzbekistan, as well as in Turkey, India and the Caucasus, where a man is playing with a bear on the streets. They show a small show in crowded places. Perhaps it is also part of the elements of the primitive period that have come down to us from the ancient bear game.

When it comes to the Uzbek national folk games, it is necessary to emphasize the dor games. Uzbek darbozs play games with anchors on a rope that is tilted to 25-30-meter-high poles: running (forward, backward), jumping with a knife or tray tied to the legs, as well as blindfolded, wearing a backpack

or cauldron, single and double screaming who performed a variety of exercises. Dor games were held under the dor with dances, hobbies, askiya performances, as well as traditional circus games such as wire, woodpecker, trickster, besuyak, hanging, trained bear, snake, monkey, horse, goat.

These include crossing the dorboz on each other's shoulders or head, carrying the dorbozs sitting on either side of the obkash, jumping on the dorbozs sitting on the dorbak, jumping on the dorbozs, standing on a wooden bridge mounted on the dorbozs' shoulders. and h. k. Such games were played in the teams led by Shokirjon Toshkanbaev, Odamboy Ibrahimov, Usmonjon Nishonbaev, Ergash and Hakimjon Parpiev, Kasim Abdullaev, Jurahoja Norkhodjaev, who worked in 1950-70. Today, under the leadership of Yunusali Goziev, Noibjon Hakimov, Tolkin Boltaboev, Ahadjon Murodov, Ahadjon Nabiev, Anvar Muydinov, the teams continue the tradition of dorboz.

Folk traditional circus, which includes a variety of fights such as dor game, blindfolding, magic, riding, bear, monkey, goat, camel, donkey, snake play, hanging, wooden legs, wooden horse games, fire spraying, porcelain game, juggling also developed during this period.

The country has developed a state program "Healthy Generation". According to him, great attention is paid to the restoration of national spirituality, traditions and values in the field of physical culture and sports. In the words of the head of our state: "We all know the importance of physical culture and sports in raising a healthy generation." Many sports events, such as the Umid Nihollari, Barkamol Avlod, Alpomish Oyunlari, Universiada, the national championship among children's football teams, and the tennis tournament organized by the Soglom Avlod Uchun International Charitable Foundation, are held regularly. was an important factor in strengthening the health of our girls, further strengthening their interest in sports.

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, in the current context of ideological struggles, which are sometimes overt and sometimes covert, this issue is extremely important.

All the great changes in the field of sports are rightly associated with the name of the first President of the Republic of Uzbekistan Islam Karimov. He is the main organizer and sponsor of physical culture and sports, upbringing of harmoniously developed generation. Amir Temur, the founder of the Second Renaissance in the country, used the profound phrase of our ancestor: "Whoever wants to know our strength, let him pay attention to the achievements of Uzbek wrestlers on world sports arenas." threw. Sahibkiran Amir Temur rightly noted that the magnificent sports complexes in Tashkent, such as Yunusabad, Jar, Dinamo, Golf Club, Indoor Swimming Pool, built in recent years, not only have their own architectural appearance, but also fully meet modern requirements. It attracts our compatriots and foreign guests with its versatility."

Children's games, regardless of their form, theme, direction, whether with clay, wooden sticks, rope, have played the role of a kind of vocational school in preparing the child for life, household chores, household chores, and adult life in general. Parenting is about teaching a child to be happy. The basis of education is children's games.

According to historical sources, the national sports and folk games of the Uzbeks varied depending on the living conditions of the population. Through them, young people are prepared for active, productive activities. The study and disclosure of the essence of such games and their further promotion to the younger generation will serve to raise the spiritual and educational work to a new level, deepen the content of ideological and educational activities.

Among the spiritual riches and values inherited from the ancestors, children's games are distinguished by their originality and relevance to the present day. The national games go through a certain historical-artistic and transformational process. Any game changes or develops in a certain

environment, conditions, but its original content is preserved.

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