

THE ROLE OF NATIONAL GAMES AND THE FAMILY, SCHOOL AND COMMUNITY IN THE SPIRITUAL UPBRINGING OF CHILDREN

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ANNOTATION

The article discusses national sports games, their benefits and importance for a healthy lifestyle. In almost all mahallas of the Republic of Uzbekistan, the state pays great attention to the spiritual development of our young people. In the mahallas, the majority of our young people are engaged in football, volleyball, basketball, handball, table tennis, athletics, national wrestling under the supervision of coaches and improve their sports skills at sports facilities.

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INTRODUCTION

According to their abilities, and it would be expedient if the mahalla pays attention to the moral and spiritual upbringing of the child. In this regard, we are our growing ancestors. We talked to our young people and asked them such questions.

1. What is the role of school in your life?
2. What prevents you from growing up spiritually in a family?
3. Family. How will the neighborhood and the school affect your life?
4. How does physical culture have a positive effect on your development?
5. How do you understand the saying that a young man has less than forty professions? Most of the children answered the above questions almost the same. Their answer is that sport has made a radical change in our lives. In our spare time, we play football, and some people talk about the use of family games in physical education classes.

Based on the above answers, we can conclude that among many of our young people, educational work is not yet well established. It is time to cultivate such growing human qualities as spirituality, hard work, humanity, mutual assistance. Because the modern student demands that in this regard, the improvement of child rearing, the organization of educational work, a comprehensive family program. It is advisable to develop it in collaboration with the community and the school. The future of Uzbekistan is in the hands of our mature, talented, highly spiritual and thirsty students.

In carrying out this work, of course, the family, institute, school and community must work together. For this, the main role should be taken by the mahalla, because in front of the mahalla, everyone changes their character, behavior and attitude towards the youth of the mahalla.

As President Islam Karimov noted in his book "High spirituality is an invincible force", the spirituality of any people or nation is inseparable from its history, unique customs and

traditions, life values. In this regard, of course, the spiritual heritage, cultural riches, ancient historical monuments are important factors. During the years of independence, special attention has been paid to preserving our national traditions and values and passing them on to the next generation.

The Uzbek national games are one of our spiritual treasures, which has a long history, rich history, passed down from ancestors to generations. From the first days of independence, much attention has been paid to the revival of our national values, traditions and customs, including folk games.

Along with traditional sports, national sports and folk games are also developing. Today, Uzbek wrestling competitions are organized in many countries around the world, and the World Championship is regularly held among the masters of this sport, which makes every citizen of Uzbekistan proud.

In fact, there are many national sports that we can be proud of. Among them are Turon wrestling, Uzbek martial arts, ulak, kupkari, chavgon, belt wrestling and archery. Especially in recent years, interest in Uzbek martial arts is growing. This sport is imbued with the national spirit and plays an important role in the formation of such qualities in young people as agility, dexterity, sharp-wittedness and graceful stature.

Historically, our ancestors have always paid close attention to exercises that have a positive effect on physical fitness and health. For example, in addition to riding skills, the kupkari race requires each participant to have physical strength, a sharp mind, and a cutting ability of seven dimensions. Our forefathers prepared accordingly and achieved both spiritual and physical growth.

In general, all national sports have developed based on the lifestyle, culture and worldview of our ancestors. In those days, some were known as horsemen, some as swordsmen, and some as snipers. Also, due to various games and exercises, our ancestors developed the agility, one-on-one training that can lead to any situation.

Along with national sports, folk games are of great interest to many young people, - said the head of the Federation of Folk Games of Andijan region Sharobiddin Toshmatov. - These games are very popular, especially among children. In particular, during the various events held in the mahallas, most children said, "Do not listen," "White poplar, blue poplar," "Podachi," "Charkhpalak," "Orda top," "Chigi," "Qo." In games such as 'tir goat', they compete to find out who is agile and who is agile.

Folk dances such as "Ring", "Needle stabbing", "Poyondo", "Battle of the Sultans", "Needle, thread, angishovna" have survived for years. If you look closely at the participants of these games, you will see that each of them is characterized by agility, correct assessment of the complex situation, and the ability to get out of difficult situations. It can be concluded that national sports and folk games are important for the healthy upbringing of young people. In particular, they play an important role in preserving national values and traditions.

It is obvious that there are many young people in the region who respect the folk games and are determined to show their talents and skills. They will always be healthy through regular exercise, but they will also pass on the traditions of folk dances to the next generation.

Indeed, national sports and folk games are passed down from generation to generation as a unique value. The feeling of love for the Motherland will be instilled in the hearts of young people who respect them, the national spirit will be formed, and the sense of respect for the traditions and customs of our people will grow. So, national games are one of the most effective means of educating young people in Uzbek. The more these games spread, the more patriotic young people joined them.

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