

ETNOSPORTS IN THE EDUCATION OF A MATURE GENERATION PLACE AND SIGNIFICANCE

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ABSTRACT

This article tells about folk games, one of the means of intellectual, moral, physical and aesthetic education of children. Raising children in the spirit of hard work and a sense of duty to society is one of the most important issues of today. From the first day children enter kindergarten, necessary information is written about the need to instill love for work, organization, diligence, physical development, and the ability to finish what they have started.

Keywords: manners, morality, intuition, perception, thinking, imagination, memory, attention, will, emotion.

INTRODUCTION

Of course, independence to us a lot thing gave, thanks to him, to many "gates". roads opened. Our nationality with the honor of independence returned this especially of the people national games and exercises, sports types in competitions held on appeared. Formerly the general public participation reached Nowruz holidays, celebrations, weddings people games, physical exercises, in general national sports without species not transferred. It's a pity, war periods in the country they are Entirely remember get out will be forgotten, therefore, their search and restoration honored their people and nation it should be everyone's duty. This good work is the state today policy level .

To preserve and pass on these national values to the younger generation done effort dear our president "The future from kindergarten starts" said purmano in his words too own expression found Indeed, in fact patriotism, dedication to the country is simple at first glance, but it is a necessity of life so current from work starts.

By our President, in order to promote and popularize national sports and folk games (ethnosports) in our country, to widely involve children and teenagers in them, to strengthen international relations, as well as in accordance with the decree of the President of the Republic of Uzbekistan on June 17, 2021 In accordance with the decision of PQ-5149: Program for popularization and development of ethno-sports until 2025 in accordance with Appendix 1; The "road map" for the implementation of the program for popularization and development of ethno-sports until 2025 in 2022-2023 should be approved in accordance with Appendix 2.

The history of the origin of national folk games is connected with our long past. Archaeological excavations in Afrosiyab, Dalvarzin Tepa, the lower parts of Syrdarya (Tashkent region), as well as in the Khorezm and Karakalpakstan regions, based on the results of research work, testify to the various items, items, decorations found 3-4 thousand years ago, our ancestors played various games, physical engaged in exercises. Catching, hunting, chasing, spearing,

fetching and many other complex movements of wild animals are represented in images, ceramics and metal objects. Also, the flat stones and caves around Amonqoton (Samarkand), 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). [2,10,15]

During the years of independence, special attention is being paid to preserving our national traditions and values and passing them on to the next generation. In this process, examples of folk art, traditions and customs, and national games are being revived. Folk games have been revered as an integral part of the cultural life of our ancestors since time immemorial. The roots of most of the games are very ancient, they have served to enrich the spirituality of our people, to deepen their thoughts and feelings for centuries. People's lifestyle, work and achievements are reflected in the games. Therefore, they served as a "school of life" in educating young generations. The game is a national value arising from physical competitions, contests, intellectual debates and performance requirements based on certain rules or pre-agreed conditions with various means of expression. Abu Ali ibn Sina, in his work "The Laws of Medicine", discussed the role of wrestling and physical exercises in the education of the human body, and the healing properties of the game. Kaikovus, Umar Khayyam, Abulqasim Firdavsi, Beruni wrote about hundreds of games such as chess, fencing, horse riding. Alisher Navoi in his works holidays, celebrations, weddings relationship with organize done games about many have data. Them of games organization, performers, transfer rules statement done [3.5]

In the following years, increasing the efficiency of physical education classes, making the free time of young children meaningful, providing preschool educational organizations with e-learning during the lesson, increasing the intensity of the lesson, and applying new pedagogical technology methods in the lesson are one of the main tasks facing the scientists. Scientists such as T.Usmonkhojaye, F.Khojaye, XA Meliyev have been making their contributions in this field. It is necessary to consult experts with many years of experience and knowledge about the organization of ethno-sports and the methods of conducting it. They will help you learn the characteristics of the ethnosport, the methods of organization, the methods of conducting and the methods of skill development.

Children games - children mental, moral, physical and aesthetic bring up of means one They are all aspects of children maturity to find big effect does Game on time intuition, perception, thinking, imagination, memory, attention, will, emotion and another spiritual processes participation is enough Children 3 main games has a feature. First, child's play the activity of the child is free, own desire with performs Secondly this of activity creative and is activity. Thirdly, the game of their actions enthusiasm: a child's play interested goes, enjoys, then friendship feeling increases. Children games to the content looking playful, action-packed, action-packed and didactic to the games divided into: 1) toys games basically before school education age of children games (soda toys, mas, shigildok, cubes to play sand with play); 2) eventful in the games children adults they imitate their activities. These are games of the child external environment reality reflection makes (for example, "feeding a child", "food cooking", playing "kindergarten". and b.) Children as they grow older eventful games become more complicated goes; 3) mobile the games children individually or together perform (for

example, ball play, fast to run and b.) These games school age to the children especially useful : children health strengthens them willing by doing to educate help will give . Children's sports games are also active is one of the games ; 4) didactic the games educators thinking finds These are games of kindergartens big in groups educated and initial in classes student to the children intended (for example, natural-scientific to topics , abroad language words remembering to stay about and etc.). These are games in children intuition , perception , attention , memory , intelligence such as adjectives to develop service does The child is healthy and strong being to growth possibility will give . [3,10]

National games history in the study of Mahmud Koshghari's " Devon dictionary of the work " Turk ". place incomparable In the work people of games one face out of fifty more type to the language received Including " dark " (in the dark fortress get), " bandol " (asir get), " pass-pass " (round game), " chavgon " (ball game), " grass bandal " (stick game), fencing , javelin and another games also information about is given In the dictionary comment given of games one how many present children every day for interesting training is counted . " Alpomish " saga people games in learning important source is considered In it wrestling , horse , race , goat , spear to stab , from a bow shoot shooting , fencing , shooting such as games basically bravery , combativeness , courage , fortitude , spiritual and physical perfection such as qualities own expression found Permanent held games with each together to the season special there are also games . For example , in spring trees wake up , willows bud when it comes out - " willow leaf " , field flowers when opened - " flower game " , singing during danak , nut games , baby flights love played It's late autumn , winter oil production starting from the ground when softened pile , love , stone games custom type entered Snow like " fear " , " blizzard " , rain in the case of " rain " . woody ” , strong the wind " storm-storm " when it blows , cold own strength when showing all around the sandal get together , " find a riddle " , " quick say ” , “ who said " etc played It's late from autumn to spring " goat - pkari " competitions conducted . From long ago in our country weddings , holidays people games with more happy , cheerful in the spirit past In particular , the most public was national from the games capricorn and struggle wedding and of holidays favorite to the show became [4,10]

National games children in his life so importance occupation to them looking of the child personality , character , outlook , inclinations , abilities determination can So , people of games educational importance big , that's it because of the coaches educational in progress of them use they know it is necessary

In short, young Ethnosports are one of the important tools for increasing the physical and spiritual development of children. It provides an opportunity to study, perform and learn to participate in types, national games, toys and other ethnic games. These types of games are a good tool for improving physical fitness, developing hand-eye coordination, loyalty, fighting skills, and a good understanding of life.

These types of games have important techniques for improving children's physical fitness and development. Learning and playing such games increases physical activity and provides better understanding and knowledge of human fitness and abilities. Through these games, children have the opportunity to organize their lives, improve their physical and spiritual development, and develop their abilities, which are necessary for learning lightness and fighting.

Therefore, ethno-sports are one of the important means of improving the physical and spiritual development of children in preschool educational institutions. These types of games provide an opportunity for children to have a good and interesting time and teach them new knowledge

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