

## **RESTORATION AND FORMATION OF NATIONAL MOVEMENT GAMES**

Axmedov Umidjon Usmonovich  
Kokand State University, Uzbekistan

Shokirov Shuxrat Gayratovich  
Kokand State University, Uzbekistan

### **ABSTRACT**

The national games of the Uzbek people represent an ancient and modern set of games that are closely tied to their culture, lifestyle, and traditions. The origin of these games is mainly associated with the way of life of Turkic peoples, activities related to warfare and agriculture. Therefore, national games include elements related to changes in military and productive activities, as well as numerous customs and values of the people.

**Keywords:** National games of the Uzbek people, culture, historical development, physical education, traditions, evolution of games.

### **INTRODUCTION**

On the path of prosperity, development of an independent Uzbekistan, it is great successful passage of economic and social barriers and human outcomes the achievement of the younger generation, not only the intelligence of working citizens, but also their health, physical perfection are directly related to health. That it should also be said that the health of the human being, being bright, physicalOn the path of prosperity, development of an independent Uzbekistan, it is great successful passage of economic and social barriers and human outcomes the achievement of the younger generation, not only the intelligence of working citizens, but also their health, physical perfection are directly related to health. That it should also be said that the health of the human being, being bright, physical the achievement of maturity not only makes it a lifestyle, labor and household activity provides not only its own historical, cultural, social and national discovered by the people in question, characteristic of their economic development also with the help of the tools of action games, Sayles, traditions and sports is done

In recent years, the media, scientific conferences have received information about the issues related to the topic of folk action games under discussion, mainly due to its role in improving the content and rules of action games in question. It is known that a person is busy in his life, with activities such as study, work, rest. In recent years, the media, scientific conferences have received information about the issues related to the topic of folk action games under discussion, mainly due to its role in improving the content and rules of action games in question. It is known that a person is busy in his life, with activities such as study, work, rest. In the early stages of a person's life, play is the main activity, after which the game decreases and is replaced by reading and labor. Action games have played an important role in human development and various periods of social life. With the help of action games, humanity grew up, grew up, was genuine, was physically strong, mentally, spiritually developed, acquired

spiritual maturity. Action games were of great importance in human development. The reasons for this are as follows.

First, a person had a natural need for action play, which filled the void in life, helping a person to exert an excess of energy in the body, to accumulate a lack of power.

Secondly, games are an integral part of the history of the people. In action games, a person's marriage, work, experience, anxiety, struggle, achievements are reflected. First, a person had a natural need for action play, which filled the void in life, helping a person to exert an excess of energy in the body, to accumulate a lack of power.

Secondly, games are an integral part of the history of the people. In action games, a person's marriage, work, experience, anxiety, struggle, achievements are reflected. Through games, we can learn the history of mankind, the problems of ambition, intentions.

Thirdly, the action game served as the oldest manifestation of human culture, the cup of many spiritual spheres (such as dance, spectacle-theater, music, sports, ritual).

Fourth, action games were considered the health-improving tool of our generation-ancestors. Our ancestors have been mentally raso, spiritually trigger, physically energetic with the help of folk action games and competitions. Action games have become a major factor in shaping healthy generations.

Fifth, action games are the most effective educational tool. Our action games were considered the health-improving tool of our generation-ancestors. Our ancestors have been mentally raso, spiritually trigger, physically energetic with the help of folk action games and competitions. Action games have become a major factor in shaping healthy generations.

Fifth, action games are the most effective educational tool. Children prepare for life through active and other games, practice overcoming life's difficulties, and learn to win at work and in struggle.

Sixth, action games are a cultural heritage that harmonizes the experience of our ancestors and an invaluable resource that serves to harmonize our contemporaries, especially the younger generation, mentally, mentally and physically.

Hence, action games formed as a natural and historical need of the people, reflecting ancestral marriage, labor, experience, struggle, achievements in another form, the most representative forms of human culture, the flow of many spiritual spheres, a means of upbringing that forms a healthy generation and an important factor that serves the physical, mental, mental development of our contemporaries.

The restoration and effective use of folk action games, which are an integral and integral part of our cultural heritage, which have endowed our generation-ancestors with spirit, soul and health for centuries, means the exaltation of our national image, spirituality and value. The fact that folk action games are also very important in the formation of a new healthy generation makes it necessary for us to preserve, honor and use them wisely, like eyebrows.

Let's be a thousand regrets that in the 20th century, more precisely, from the time of the show, folk action games began to be squeezed out of life. There are many reasons for this:

First, the ban on folk traditions was a result of the secret national policy of the totalitarian regime. The main goal of this policy was to destroy the national consciousness, national traditions, national language and culture in the country. As a result of this policy, folk action games, an important part of ethnic culture, were also challenged as "old-fashioned sarcasm".

"Based on the instructions given above, the folk action games laughed at the demonstrators. First, the ban on folk traditions was a result of the secret national policy of the totalitarian regime. The main goal of this policy was to destroy the national consciousness, national traditions, national language and culture in the country. As a result of this policy, folk action games, an important part of ethnic culture, were also challenged as "old-fashioned sarcasm". "Based on the instructions given above, the folk action games laughed at the demonstrators. They were accused of being unconscious, progress-oriented, and yearning for the old life. Of course, history has determined its assessment of who is right and who is wrong. Secondly, rural life came closer to urban life, the countryside was assimilated, cotton and other crops were planted instead of oysters and sawmills. High-rise buildings were erected in the place of the city's settlements. Of course, history has determined its assessment of who is right and who is wrong.

Secondly, rural life came closer to urban life, the countryside was assimilated, cotton and other crops were planted instead of oysters and sawmills. High-rise buildings were erected in the place of the city's settlements. Not only did the loss of traditional games lead to the decline of folk games, but sports activities were also unique to designated areas.

In the middle of the 20th century, the traditions of the transition of folk action games from generation to generation were broken, many values were forgotten in view. In action games, thousands of values remained in a certain sense, such as several folk games and competitions (wrestling, Capricorn, girl chasing, horse racing).

On April 21, the center of the Forish district was held in the area around the Yangiqishlaq, as we said, in the "Red Ridge", where folk folklore and action games did not see an eye, there was a great election when the ear did not hear. The language is impotent and the pen impotent to describe the spirit of this shadiyana. Only those who saw it with their own eyes, and those who heard it with their ears, were formed. On April 21, the center of the Forish district was held in the area around the Yangiqishlaq, as we said, in the "Red Ridge", where folk folklore and action games did not see an eye, there was a great election when the ear did not hear. The language is impotent and the pen impotent to describe the spirit of this shadiyana. Only those who saw it with their own eyes, and those who heard it with their ears, were formed.

About fifteen thousand foreshites who witnessed or participated in this historic island are "Uzbek people's games" and "National Sports".

Many of our games, which are on the verge of disappearance, have been given a lifetime by our famous moose and honored mothers. Now it is necessary for generations to protect the players they have trained from the eyebrows, the journalist Asror Muminov wrote on April 25, 1991, the subject of a large article in the sports newspaper "The Roots of a huge tree will be a contingency".

So, for the first time, the "holiday of people's action games and National Sports" was presented with 20-25 sports of the Uzbek people's action games, in which specialists-scientists from different parts of the former Soviet country were revived, and - "Capricorn"- "multicar", "girl chasing" National Sports. And in 1996, the Olympiad of the people's games of the II Republic was also held

Took place in Forish.o, for the first time, the "holiday of people's action games and National Sports" was presented with 20-25 sports of the Uzbek people's action games, in which

specialists-scientists from different parts of the former Soviet country were revived, and - "Capricorn"- "multicar", "girl chasing" National Sports. And in 1996, the Olympiad of the people's games of the II Republic was also held

Took place in Forish. The conferences began on May 6 in the ancient and navqiron Jizzakh city, and on may 7, the celebration of folk action games and National Sports continued in the Forish district, which is rich in beautiful and long-standing traditions.

The annual People's games convention was held in Termez on the Millennium anniversary of the creation of the epic "Alpomish" of 1998. This festival became known as the "Alpomish games". The annual People's games convention was held in Termez on the Millennium anniversary of the creation of the epic "Alpomish" of 1998. This festival became known as the "Alpomish games". Games such as "spear throw escape", "archery", "Pentathlon", "shoulder wrestling", "rode", "wrestling",.

## **CONCLUSION**

It can be said that the folk games, celebrations held in our country have become a new and indelible page in the history of Uzbek spiritual and Physical Culture. The torch, which was first lit at the festival of the people's games in Forish, provided an opportunity to restore the long-standing play-by-play traditions in many parts of our republic.

## **REFERENCES**

1. Encyclopedia of Uzbek national sports and folk games (2022). Tashkent.: Ground Edition.
2. Yakubzhonov, I., M. Azizov, and F. Yakubzhonov. "Development of physical fitness and sports in the formation of a healthy young generation." Educational Research in Universal Sciences 1.3 (2022): 170-173.
3. Yakubjonov I. A. (2021). Modern Requirements For Teaching Discipline "Sports" In Higher Education. The American Journal of Interdisciplinary Innovations and Research, 3(02), 21-23.
4. Dexqonov, B. (2023). Preparation of future physical education teachers for innovative activities. Models and methods in modern science, 2(12), 82-86.
5. Dexqonov Baxodir Burxonovich (2024). The role of physical culture and sports in the higher education system. International scientific conference" innovative trends in science, practice and education" 1(3), 70-76.
6. Dexqonov Baxodir Burxonovich (2023). Jismoniy faoliyatning maktabgacha yoshdagi bolalar rivojlanishining turli sohalariga ta'siri. "Proceedings of International Conference on Modern Science and Scientific Studies" 2(12), 99-102.
7. Dexqonov Baxodir Burxonovich (2023). Spiritual education of young athletes. International scientific conference" Innovative trends in science, practice and education" 2(9), 55-60.