

## THE ROLE OF NATIONAL SPORTS GAMES IN FORMING A HEALTHY LIFESTYLE

**Kodirova Ziyoda Jumanazar kizi**

- 2nd year student of the Faculty of History of Urgench State University

**Annotation.** The article scientifically analyzes the role of national sports in the formation of a healthy lifestyle. Properly organized physical activity develops the mental and moral strength of children.

**Keywords:** sports, national sports games, archery, fencing, fencing

A special place in Eastern philosophy in determining the way of life is occupied by the question of the physical and mental unity of man. Ancient Chinese thinkers, speaking about a healthy lifestyle, believed that mental imbalances are the cause of failures in the human body. In this sense, they put forward the idea of five anxiety moods: irritability, frustration, sadness, restlessness, and restlessness. According to them, indulging in such moods, one can destroy not only individual organs of a person, but the whole organism as a whole, as well as a way of life. Therefore, while a person is alive, he must realize that the cause of all failures is ignorance, and the source that energizes the body and enriches the meaning of life is happiness [1, p. 20-22].

The physical culture of the people, which is an integral part of the Uzbek national culture, plays a special socio-psychological role in the formation of a physically strong new generation, the formation of a healthy lifestyle among young people. The studied scientific, methodological and special sources confirm that the cultural development of our ancestors was closely connected with social, economic, political and everyday development. This indicates that the National Sports Games developed in harmony with the ethno-cultural life and physical culture of our people. At the same time, the historical development of the National Sports Games of our ancestors, the national psychology that was formed in relation to sports games, cannot be studied in isolation from culture, national psychology, education, historical events and traditions of various social systems. history and development of Uzbek folk games includes ancient architectural monuments (Greek, Roman, Arabic, Persian manuscripts, Turkic inscriptions) and archaeological excavations, as well as folklore. It is very important to attract the results of examples of intellectual creativity (epics, epics, legends, myths, riddles, games, dancing, music, etc.) in content analysis. The main issue of primary education is the physical education of the child.

According to the famous Swiss educator I.P. Pestalozzi, "Life ... is nothing but the awakening of mature bodily seedlings, which now strive to grow and ripen with all their might, with all their branches, and must become people. This is nothing else like the awakening of a dead animal. That is why it is so important to train and develop the physical strength of the child every day. " He emphasized the need to link physical education with mental, moral and labor education and understood that the basis of physical fitness is labor education.

It is known from history that in ancient Greece the status of the body was strictly discussed within the framework of state law in accordance with the requirements of physical education. For the Greeks, the desire for physical fitness was one of the most important aspects of personality development, and the idea that the more beautiful a person's body, the more perfect it will be. The Olympic gods have always been the patron saints of those who seek to improve their health, beautify their bodies and become stronger. The idealization of a strong athletic body occupies a worthy place in the political and religious fabric of society. Since the gods were depicted as very healthy, beautiful and energetic, the Athenian warrior was grateful to his health, fragility and physical perfection for devotion to his athletic appearance [2, p.28]. It is known from history that in ancient Greece the status of the body was strictly discussed within the framework of state law in accordance with the requirements of physical education. For the Greeks, the desire for physical fitness was one of the most important aspects of personality development, and the idea that the more beautiful a person's body, the more perfect it will be. The Olympic gods have always been the patron saints of those who seek to improve their health, beautify their bodies and become stronger. The idealization of a strong athletic body occupies a worthy place in the political and religious fabric of society. Since the gods were depicted as very

healthy, beautiful and energetic, the Athenian warrior was grateful to his health, fragility and physical perfection for devotion to his athletic appearance [2, p.28].

The emergence of Uzbek folk games dates back to pre-Christian times, more precisely, to the period of the primitive communal system. This is evidenced by historical, archaeological, ethnographic, folklore and other sources. The ancient Roman writer Elian testified that MSO competitions were very common in the Saxon tribe, our ancestors, and were considered a favorite pastime of the people. In historical, archaeological and ethnographic sources we find interesting information about the origin and development of folk games. "Devoni Lugatit Turk" by Mahmud Kashkari, "Kan Kanlari" by Abu Ali ibn Sino, "Gobusnoma" by Kaykovus, "Navruznam" by Umar Khayyam, "Kutadgu Bilig" by Yusuf Khas Khadjib, "Futuvvatnomai Sultani" by Hussein Voiz Kashifi or Heroism Sect", "Khamsa", "Lisonut-tair" by Alisher Navoi, "Mahbub ul-gulub", "Rare events" by Zainiddin Vasifi, "Temur tuzuklari" by Amir Temur, "Temurnom", "Boburnom" by Zahiriddin Bobur and others, as well as the Historical novel by Oybek "Alisher Navoi", "History of Childhood", "Starry Nights" by Pirmkul Kadyrov, "Temurmali" by Mirmukhsin, "Djaloliddin Rumi" by Radi Fish and other historical, scientific and artistic works. T.S.Usmonkhodzhaev, F.Nasriddinov, G.Jahongirov, Abdurahim Abdurakhman Rakhim oglu are engaged in the search, study and popularization of Uzbek folk games.

The great epic of our people "Alpomish" about tyranny. For example, "Hakimbek was 7 years old. 14 batmen left by grandfather Altynboy were the first to receive a bright bow. Khakimbek, a seven-year-old boy, grabbed a 14-inch bow, picked it up and let it go. The bolt of lightning struck like lightning. A soldier climbed a big mountain top..." To increase militancy among the peoples living during this period, to ensure peace in their territories and to protect their homeland, shoot arrows at cultural ceremonies, ceremonies, weddings and folk festivals that serve to improve the well-being of the people. shields, javelin throwing, wrestling, horse games were held in a solemn atmosphere.

Folk games related to horses, such as "Kupkari ulok", "Poyga", "Kyz-gon", "Agdarysh", "Fencing on horseback", "Pumpkin game", "Chavgon". the history of chess in the story "Childhood" the discovery of two chess pieces 2 cm high and 2 cm wide plays an important role in the education of young people. One is an elephant and the other is a bull. They date back to the 1st or 2nd century BC, the Kushan kingdom. The chess pieces found at Dalvarzintepe must belong to the Chaturang chess form.

The famous judge Abu Ali Ibn Sina described the two types of wrestling in his book "Laws of Medicine" and described in detail their essence and rules of application. According to him, in one type of wrestling it is allowed to hold on to the belt and fight without using the legs, and in the other, to hold tightly to the place where it is held and move with the legs. However, in both types of wrestling, hand-to-hand combat is strictly prohibited. At present, Uzbeks call such competitions kurash, Tajiks - gushtingari, Kazakhs and Kyrgyz - kures, Turkmens - guresh. The natural-historical origin and development of games can be seen in the labor process. The earliest form of play was syncretic art in primitive society representing human labor and daily activities. Communication with any of them is reflected in the character traits and temperament of people. It would not be an exaggeration to say that these games, as an independent form of physical activity, to some extent determined a healthy social lifestyle in society.

Scientists and educators in many countries are studying the nature of games, their origin, development and significance from a psychological and socio-psychological point of view. Accordingly, various theories, ideas and views have been developed to describe the nature and origin of games. Yin faces his future work life. For example, a child develops through role-playing games, in which conditioned reflexes are formed as a result of the pedagogical process organized by the first and second signal systems, the constant interaction of the organism with the environment, and the decisive influence of education [4]., 56-b.]. The process of formation and development of personality is also the process of acquiring social experience. Therefore, the game is a free expression of creative activity in an improvisational state. The first examples of folk games were associated with the development of human consciousness and thinking. In their appearance, the conditions of that period, the hunting and life experience of people, worldviews, customs and rituals were of particular importance. Samples of the most ancient folk games appeared long before writing. For this reason, in some games the word dominates, while in others some elements of the game predominate. Thus, the emergence of labor and physical exercises led to the emergence of various games due to social development

- this is a product of the organization of interpersonal relations, teamwork, as well as a unique form of conducting team games. As long as people have an artistic taste and an aesthetic taste shaped over the centuries, the game will always live in accordance with this international aesthetic principle. This is an objective law for the game. In recent games, although the emphasis is on the epic, the themes of traditional folk games, but it is no longer based on the supernatural, as in traditional folk games. basis of objectivity. While the ideal heroes of traditional folk games win by acting with the help of supernatural forces, the heroes of new, modern games are existing historical figures who act on the current reality and achieve their goals.

In conclusion, it should be noted that MSOs are of particular importance as national values that clearly reflect the culture and ethnopsychology of our people. Using this example of national traditions and values, the main goal of educators is to organize national sports games with youth in microdistricts, thereby educating them spiritually, physically strong and healthy, in the next paragraph we will discuss his scientific views and views on

**Referense:**

1. Person. Thinkers of the past and present about his life, death and immortality. - Moscow: Politizdat, 1991.
2. National Encyclopedia of Uzbekistan. Volume 3. - Tashkent, 2002.
3. Abu Ali ibn Sino. The laws of medicine. - Tashkent: Fan, 1968.
4. Shomurodov Kh.S. Entrepreneurship in the field of physical culture and sports in Uzbekistan. Monograph. - Tashkent: "Tafakkur qanoti", 2014.