



The Importance of Children's Games in the Education of the Young Generation

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Abstract: This article tells about the importance of the most popular national games in the education of a mature generation, that children's games are one of the means of intellectual, moral, physical and aesthetic education of children.

Keywords: game, values, examples of folk art, traditions and customs.

The spirituality of any people or nation cannot be imagined without its history, unique customs and traditions, life values. In this regard, spiritual heritage, cultural assets, old historical monuments serve as an important factor.

As G.B.Plekhanov correctly stated, play is the child of work.

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 oral creativity, 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, and they have served to enrich the spirituality of our people, to deepen their thoughts and feelings for centuries. The lifestyle, work and achievements of the people are reflected in the games. Therefore, they served as a "school of life" in educating young generations. The game is a national value created 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. In the works of Alisher Navoi, there is a lot of information about the games organized on the occasion of holidays, celebrations, and weddings. They describe the organization of the games, the performers, and the rules for holding them.

Game is one of the means of education and recreation. Throughout the history of mankind, the game has been combined with religious ceremonies, sports, military and other exercises, as well as art, especially its performance forms.

It is known that a person in his life is busy with activities such as play, study, work, and rest. In the early stages of a person's life, play is the main activity, then it continues along with study, and after that, play decreases and is replaced by study and work. In the early periods of human history, games played an important role in life. With the help of games, humanity grew up, became fit, physically strong, developed mentally, spiritually, and spiritually. Uzbek folk games served as a "school of life" in educating generations. Games have played an important role in the development of the young generation mentally, spiritually and physically. Children's games are one of the means of intellectual, moral, physical and aesthetic education of children. They greatly affect the development of children in all aspects. Intuition, perception, thinking, imagination, memory, attention, will, emotions and other mental processes are involved during the game. Children's games have a main feature. First,

the child performs the game activity freely and of his own free will. Secondly, this activity is creative and active. Thirdly, the enthusiasm of game actions: the child becomes interested in the game, enjoys it, the sense of comradeship increases. Depending on the content, children's games are divided into toy, subject, action and didactic games: 1) toy games are mainly games of children of preschool age (simple toys, for example: playing cubes ; play with sand); 2) children imitate the activities of adults in event games. These games reflect the reality of the child's external environment (for example: "feeding a child", "cooking", playing "kindergarten", etc.). As children grow up, their event games become more complicated; 3) children perform active games individually or together (for example, playing with a ball, running fast). These games are especially useful for school-aged children: they strengthen children's health, help to raise them to be willing. Children's sports games are also active games; 4) didactic games are invented by educators. These games are intended for children who are educated in large groups of kindergartens and study in primary grades (for example, related to natural-scientific topics, memorizing foreign language words). These games serve to develop qualities such as intuition, perception, attention, memory, intelligence in children. It allows the child to grow healthy and strong.

Mahmud Koshgari's work "Devoni Lughatit Turk" has an incomparable place in the study of the history of national games. More than one hundred and fifty types of folk games are mentioned in the work. Including "dark" (taking a fort in the dark), (taking prisoners), "pass-pass" (round game), ball game, stick game, fencing, javelin and other games are also taught. Some of the games described in the dictionary are still considered an interesting activity for children today. The epic "Alpomish" is an important source in the study of folk games. On the basis of such games as wrestling, horse, race, dragon, javelin, archery, fencing, shooting, qualities such as bravery, combativeness, courage, fortitude, spiritual and physical perfection are expressed in it. Along with regular games, there are also seasonal games. For example, when the trees wake up and the willows sprout in the spring - "willow leaf", when the field flowers open - the "flower game", during the singing, danak, nut games, flying squirrels were played with love. In late autumn and winter, when the rains start and the ground softens, games with stakes, lovers, and stones have become a habit. When it's snowing, it's "snowstorm", "blizzard", when it's raining, "rain tree", when there's a strong wind, "storm-storm", when the cold shows its strength, all cry around the sandal. "Find the riddle", "Say fast", "Who said" and so on were played. From late autumn to spring, "goat-kopcari" competitions were held. Since ancient times, weddings and holidays in our country have been held in a more joyful and cheerful spirit with folk games. In particular, among the most popular national games, wrestling and goat wrestling have become a favorite spectacle of weddings and holidays. That is why wrestlers who wrestle with their waist tied are considered honored guests of the people's celebrations. Every year, our people welcome Nowruz with great joy. On these holidays, traditionally, various games are played, such as kopkari, flying a rope, and jumping on a rope. In the fields and mountains, in the gardens, folk dances are very intense. During the years of independence, our traditions returned to their original form, but were enriched in content and became more refined. At the same time, songs, performances of folklore-ethnographic groups, lapar, olan, alla tunes, national folk games are performed in harmony. Folk games bring a special joy to a person and have a positive effect on a person's mood. It is of great importance in the physical, mental, and moral development of young people, in their development as strong, agile, resourceful, resourceful, brave people. Our customs and ceremonies, which reflect the unique sincerity of the Uzbek people, are a mirror of the beauty of our ancient culture.

Therefore, it is appropriate to use our national heritage and national games to raise a healthy and mature generation both physically and mentally.

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