



## Pedagogical Foundations of the National Traditions of the People in the System of Physical Education

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**Abstract:** The article discusses the national traditions of the Uzbek people and their role in the system of physical education.

**Keywords:** National traditions, public parades, folk games, events.

It is known that the Uzbek people have rich national traditions. One of these traditions, the holiday "Navroz" has become a popular national tradition as a great legacy left by our oldest ancestors. In honor of Uzbekistan's independence, "Navroz" is celebrated in all regions of the Republic, even in the remotest villages, with great festivities and multifaceted events.

"Navroz" is organized as a public procession in regional district centers, in which, among all the events, wrestling, kopkari (goat), race, gatekeeper, stone lifting, wrist strength test, rope pulling, nine stone (girls o 'yini), national games such as shoulder wrestling took place. The peculiarity of these games is that on holidays, almost a large number of participants, even ordinary spectators, take an active part in the games. Therefore, it can be firmly said that the national games of the people perform the function of public health. Not only the national games of the people, but also modern sports (football, acrobatics, boxing, fencing, etc.), as well as oriental individual sports are widely used in "Navroz". Preparations are made on the basis of special programs (scenarios) for their organization and conduct. Leading trainers and athletes are selected under the leadership of sports organizations, public organizations, and associations. Special tasks and instructions are given to them in advance.

It can be said that the organization of mass physical exercises, sports, especially the national games of the people during Navroz is a general propaganda aimed mainly at public recreation, honoring and appreciation of national traditions. Therefore, in the organization of the educational process at the faculties of physical culture, it is necessary to give a special place to teaching the content of all public holidays, which have become a tradition in Uzbekistan, and ways of organizing them.

As mentioned above, we are witnesses of the fact that events dedicated to "Harvest Day", "Labor Day", "Independence Day" and other dates on the scale of the Republic and its regions have become a full tradition in terms of content and form.

On the "Independence Day" holiday, the great results achieved in the fields of industry, agriculture, trade, culture, science, technology and other fields will be demonstrated on the basis of symbolic forms and evidence. Along with great songs and dances, the achievements of well-known athletes, trainers, and teachers will please all the demonstrators. Mass sports demonstrations of young football players, gymnasts, relatives, wrestlers, riders enrich the content of our national holidays. This is a proof of how beautiful and glorious our national values are. One of the largest and most important events, which is rightly included among our modern national traditions, is the holiday dedicated to the opening of the football season in early spring.

Under the leadership of the republican government, football competitions are becoming a great celebration not only in cities and district centers, but also in every community, especially in rural schools. Taking this into account, it is necessary to deeply inculcate theoretical knowledge and practical skills in physical culture faculties. It is important to pay attention to the following areas:

1. Consistent teaching of decrees, orders and decisions issued by the leadership of the republic on the development of physical culture.
2. Enriching the content and essence of national traditions, national games and public health, methods of physical culture and sports, and imparting practical skills.
3. Learning to organize national traditions and programs at festivals and other public sports events.
4. Introduction of the opening of the football season in the spring and the essence of tennis competitions in public health, as well as the selection of talented athletes, as well as the goals and tasks of improving their sports skills.
5. Teaching students how to use, organize and use national traditions and national games in the physical training of students and youth in class and extracurricular activities.

It is known to everyone that in the national traditions of the peoples of Central Asia, qualities such as bravery, wrestling, bravery and bravery have a high place.

The use of national traditions is mainly carried out in the following directions:

- ✓ use of folk games in educational activities during physical education;
- ✓ learning based on personal examples of trainers; - exercise.

Games are used in the process of physical education and educational activities. These sentences include "tougher", "white poplar or blue poplar", "who is agile", "chillak", "piled", "captured", "trumpet", "shepherds", "shepherd", There are water games, shooting games, hide and seek games, gallows rides and many other games that are played according to the age and physical strength of the children. .

Games have their own characteristics. They change according to the seasons and are adapted to rituals. Play equipment is made by children themselves, outdoor games encourage children to exercise physically, strive for a specific goal, and show enthusiasm.

But sports games require great will and continuous training. These methods are especially important in military physical education. From time immemorial, young people have learned such games as horse racing, archery, and swordsmanship from skilled and brave soldiers and experienced elders.

In the conditions of Uzbekistan, there are various horse games, the most common of which is kopcari (capricorn)[30]. "Kopkari" means mainly taypons (a low plain above the mountain), wide fields or hills, and specially prepared stalls where goats are slaughtered in large numbers. Actions such as withdrawal (healthy) are understood.

Horse games have existed not only in Central Asia, but also in the Caucasus and Arab countries since ancient times. Complex physical qualities such as dexterity, wrestling, endurance, and marksmanship in equestrian sports, as well as the strength, agility, and kindness of horses to their owners are praised in dozens of epics. In "Avazkhan", "Rustam", "Ravshan" and similar folk epics, which are included in the "Gorogli" series of epics, not only the victory in battles, but also races, horse fighting (overturning), archery Archery and fencing are also depicted. The ancient horse race in the Surkhan Valley, pulling each other over on top of the horse, is depicted in the epic "Alpomish" in the spirit of elation. Legends were created about the flight and flight of winged horses such as "Boychibor", "Blue Dove", "Chambil Bel".

In the epic of the Karakalpak people, "Forty Girls", it is specially told that girls perform swordsmanship exercises on horses together with young men, and they ride horses for long distances.

Horse games are described not only in epics, but also in historical works and great works written by great scholars. Mahmud Kashghari's "Devonu Lug'otit Turk", "Shahnoma" by Abdul Qasim Firdawsi, "Medical Laws" by Abu Ali ibn Sina, "Farhad and Shirin" by Alisher Navoi, "Baburnoma" by Zahiriddin Muhammad Babur, "Tuzuklari Timur" by the great general Amir Temur. , academician B. Akhmedov's novel "Amir Temur", V. Bereznikov's novel "The Great Temur" and many similar works, such as fencing, spear throwing, archery, dismounting, and racing. It is depicted that the games are performed on horseback. It is important that all these have reached us as examples and heritage of the national traditions of our ancestors.

Such national traditions can be found in the epic "Alpomish": "Barchin says:

- Shall I grab Alpomish's skirt, saying that Alpomish has come? These Alps also gave a six-month respite with hope. Everyone puts a horse on the field, takes his horse... I have four conditions, and I will touch the one who fulfills these four conditions. Let him be Alpomish, or one of the Kalmaks, tell my khan toram that," Karajon replied sharply. It can be said that this is the greatest ritual of our ancient ancestors during the time of seed production. It includes moral and ethical principles such as justice, belief in one's own strength, seeing the results of hard work, and friendship, solidarity, and non-discrimination between people.

"Avazkhan", "Ravshan", "Rustam" and dozens of other masterpieces of folk art, which are part of the "Gorogli" series of epics, also contain various traditional customs, traditions and ceremonies of the peoples of Central Asia. 'r praised by the spirit of exaltation.

It should be admitted that in many districts of the regions circumcision weddings and some national holidays do not pass without many. Carpets, oxen, rams, horses, horses, televisions, and even cars are offered as prizes in such auctions. These items will be awarded to the winners of the competition and the race. It can be said that this is the biggest of the national traditions that have been adapted to the present age on the basis of traditions and customs left over from ancient times.

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