

## THE SIGNIFICANCE OF MULTIPLE SPORTS IN THE DEVELOPMENT OF SPORTS GAMES

*Tursunov Oqil Amrulloevich*  
*Buxoro davlat pedagogika instituti*  
*Jismoniy madaniyat fakulteti dotsenti v.b.*  
*Email: [ogiltursunov5552@gmail.com](mailto:ogiltursunov5552@gmail.com)*

The national culture of the peoples of the world is becoming more and more unified and has a universal character in today's processes of globalization and integration. This process shows how urgent it is to scientifically study folk games that reflect the colorful ethnic and local features of traditional national culture and preserve them as a cultural heritage of human civilization. It is known that folk games are not only the basis for the formation of modern sports, but also one of the important links of the cultural gene pool of humanity. Folk games reflect folklore, national clothes, dances, economic and cultural traditions, and a number of ethno-pedagogical signs of a certain nation. After all, "Bringing up a physically healthy and well-rounded generation is our priority, and we will mobilize all our strength and funds for this. In this sense, we pay special attention to physical education and sports.[1; 125-b., 2; 66-b.],- says the head of our state. Including of the President of the Republic of Uzbekistan on June 3, 2017 "On measures for the further development of physical education and mass sports" PQ- No. 3031, dated October 2, 2017 "On measures to develop the national sport of wrestling" PQ-3306 dated June 16, 2021 "On organizational measures to introduce a system for assessing the level of physical fitness of the population" PQ-5148 means the relevance and necessity of the subject to study the process of implementation of tasks defined in a number of regulatory and legal documents related to the improvement of sports activities.

Yes, of course, studying the issues of teaching and education in the field of physical culture and sports at different historical stages of the nations of the world today has always been one of the interesting topics in the science of pedagogy.

On this basis, scientists M. Jameson, E. Gordon, E.M. Peshereva, V.V. Bartold, M. Kadirova, T.S. Usmonkhoyayev, U.Kh. Karaboyev, R. Yoldosheva, Sh.Galiyev have conducted a number of scientific studies. [1; 125-b., 2; 66-b.].

But the difference from the scientific-theoretical studies we listed above is that the history of development as a multi-ethnic game and the importance of physical exercises in the development have not been sufficiently studied as an independent large-scale study.

**PURPOSE OF THE WORK:** To study the historical genesis of multi-equestrian games, principles of development and their importance in the improvement of modern sports games.

**RESEARCH METHODS:** When writing the dissertation, a set of methods aimed at ensuring chronological systematicity, periodicity, logical approach, analysis and synthesis, comparative analysis and adequate study was used:

**RESULTS AND DISCUSSION:** The wealth of characteristics of the Uzbek folk dance ensures that it fulfills various educational tasks. At the present time, when our peoples are trying to understand each other in all spheres of social life, the common language of games, which is understandable to everyone, will greatly help children to understand each other. Their participation in the games of other nations creates in them international feelings, respect and love for people of different nations, knowledge about the life, culture, traditions, customs, etc. of other nations. These games help to compare the life and culture of the Uzbek people with the life and culture of other nations. This helps young people to get to know the characteristics, uniqueness, and emotional aspects of their people more deeply.

The development of the content of the game is seen in the child's deeper penetration into the essence of the life and activities of adults, changes in his attitude to the events around him, as well as in the increasingly accurate reflection of the content and plot of the game, social conditions and the life of society members. is thrown into z. Therefore, the growth of children's ability to play does not occur by itself, but is realized through the influence of adults, getting to know the environment, organizing excursions, understanding the essence of interpersonal relations, etc.

Folk games, which are considered as one of the indispensable manifestations of national spirituality, are embedded in the material, spiritual and household life of our people. The fact that the creation of these folk games is also connected with religious ideas shows that the games were created on the basis of social, spiritual and aesthetic needs.

On the surface, folk games seem like just volunteering your free time. But at its core are effective methods of raising physical and spiritual perfection. Fergana Valley children's games based on this method of education are numerous. Traditional folk games, which are considered to be one of the aspects that show the uniqueness of our national spirituality, have become an integral part of the everyday life of our people. Our ancestors effectively used the high spiritual power of traditional folk games to educate their children in the spirit of universal feelings and devotion to national values.

The fact that the games were created as a result of the creative potential of the people, that they have been living in a traditional way for centuries, and that they have become popular in various versions, is essentially a product of the people's creativity. That is why the history of the origin of traditional folk games, the research and promotion of the socio-aesthetic significance in the education of the young generation is an important step in the way of restoring the ancient traditions of our ancestors to raise the young generation to adulthood. Each nation has its own national games, which were created on the basis of national traditions, culture and life characteristics of nations. They reflect the traditions, social relations, ideology, certain elements of faith, ethical and aesthetic norms that go back to the ethnic history. Folk games represent the national characteristics of the country, the characters, customs, work processes, and geographical conditions of adults. Accordingly, in our research, the moral-aesthetic history of Uzbek folk games, their

culture and connections with other nations were considered as one of the sources of the work. Among the increasingly popular folk games, the importance of Uzbek national wrestling and goat games in raising a spiritually mature generation is unique. The geography (circle) of the participants of the folk games is expanding.

As mentioned above, the international prestige of Uzbek national wrestling is increasing, and the world championship of Uzbek wrestling is being held. International wrestling federations have been formed and are being formed in many countries. He is on the verge of getting a place in the ranks of wrestling games.

Another type of folk games, kopcari, is gaining more and more popularity in the geoenvironment of Central Asia.

**CONCLUSION.** In conclusion, it is worth noting that the development trends, transformation, preservation of historical, cultural and ethnic features of folk games in the processes of social modernization serve to educate the young generation in the spirit of national patriotism.

The importance of folk games, especially equestrian sports, is incomparable in the relations of mutual cooperation between the representatives of different nationalities living in our country and in the formation of the principles of national harmony and religious tolerance.

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