

NATIONAL GAMES OF THE UZBEK PEOPLE  
AND THEIR PECULIARITIES

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**Abstract:** the national games of the Uzbek people have a long past, a rich history, are passed down from ancestors to generations, and are considered one of our spiritual wealth and values. Since the first days of our country's independence, great attention has been paid to the restoration of our national values, traditions and customs, including folk games. This article will tell about Uzbek national games and their peculiarities. Z is maintained.

**Key words:** history, national open games, mental development of children, charisma, physiology, physiological processes of development, direction, strategy, plan.

**Аннотация:** национальные игры узбекского народа имеют давнее прошлое, богатую историю, передаются от предков к поколениям и считаются одним из наших духовных богатств и ценностей. С первых дней независимости нашей страны большое внимание уделялось восстановлению наших национальных ценностей, традиций и обычаев, в том числе народных игр. Эта статья расскажет об узбекских национальных играх и их особенностях.

**Ключевые слова:** история, народные открытые игры, умственное развитие детей, харизма, физиология, физиологические процессы развития, направление, стратегия, план.

If we look at history, we can see that our forefathers paid serious attention to exercises that physically train a person and have a positive effect on health. For example, the kopkari competition requires each participant to have physical strength, sharp mind and seven-dimensional cutting ability in addition to horsemanship. Our ancestors prepared accordingly and achieved both mental and physical growth. In general, all national sports have developed based on the way of life, culture and outlook of our ancestors. In those times, someone was known as a rider, someone as a swordsman, and someone as a sniper. Also, thanks to various games and exercises, our ancestors developed agility and individual skills that can be used in any situation.

National games are widespread, especially among children. In particular, at various events held in the neighborhoods, most of the children participated in "Kulok chozma", "White poplar, blue poplar", "Podachi", "Charkhpalak", "Orda top", "Chigi", "Qo They compete with each other in games like "living goat" and find out who is dexterous and who is agile. Also, folk games such as "Getting a Ring", "Pricking a Needle", "Poyondo", "Battle of the Sultans", "Needle, Thread, Angishovna" have reached us over the years. If you look carefully at the participants of these games, you will be sure that each of them has the qualities of ambition, correct

assessment of a difficult situation, and the ability to get out of a difficult situation. It can be concluded from this that national sports and folk games are important in bringing young people to a healthy adulthood and providing them with education. In particular, their role in preserving national values and traditions is incomparable.

In fact, national sports and folk games are passed down from generation to generation as a special value. The feeling of love for the Motherland will settle in the hearts of young people who honor them, the national spirit will be formed, and the feeling of honoring the traditions and customs of our people will become stronger. So, national games are one of the most effective means of educating young people in Uzbek language. The wider the spread of these games, the more the number of patriotic youth will expand.



The purpose of the national open games of the Uzbek people is to raise the young generation to be strong and brave ancestors, this can be achieved by mastering the outdoor games of the people, in addition to this, national games can be developed and awakened in children and young people. . interest and respect for the history, culture, traditions of the Uzbek national games. Sport is a decisive force in creating a healthy environment, raising a well-rounded generation and developing moral excellence. We are still developing, we still have to solve important educational problems. If we pay attention to the emergence and formation of mobile national Uzbek games, then its roots go back to the long past, long history. The main manifestations of national physical culture are personal games, fights, myths, legends, heroic epics, its expressions are created in dance and music. The material and spiritual heritage left by our forefathers testifies to the history of the emergence of folk games. The history of the emergence of folk games is the first stage in the development of historical-archaeological society and the emergence of folk games in ethnographic sources, and

we also find interesting information about the development of national Uzbek open sports games. .

A lot of historical information about the description and appearance of these games can be found in the scientific works of our great ancestors. We can find a lot of interesting and useful information about Uzbek national games in the book “Devon-u lukati turk” by Mahmud Koshgari, in the books “Canon of Medicine” by Abu Ali ibn Sina, “Kabusname” by Kaikovus. Amar Khayyom “Navro’znom”, Yusuf Khos Khajib “Kutat-u bilig”, Husaina Vaiz Koshifiy “Fituvvatnomayi Sultani yohud Javonmardlik tarigati”, Alisher Navoi “Khamasa”, Pirimkul Kodirova “Starry Nights”, Mirmuksina “Timur Malik Such historical, scientific and works of art, the history of the emergence of folk games is presented in interesting facts. Studying the history of sports games, young people will certainly read the books of our great ancestors, thereby not only the development and emergence of these games. They get acquainted with the history, but also with historical, scientific and literary literature. I think that this has a great impact on the spiritual and religious development of our youth . The influence of games on physical development and their pedagogical features in raising a healthy and intelligent generation can be considered on the example of several national outdoor games. Currently, national open games such as “The Goat and Seven Children”, “Tug of Rope”, “Rabbit without a Hole”, and “Quick and Accurate” are often used in physical education classes in secondary schools. “The Goat and the Seven Kids” National Open Games.

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