

**DETERMINING THE PHYSICAL INDICATORS AND
READINESS OF A PERSON**

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Abstract. This article highlights the role of Uzbek folk games in the formation of physical qualities in school s pupil , the importance of our youth as a harmonious personality, which is considered as the future of our country.

Keywords: education, folk games, development, perfection, physical qualities, tradition, value.

From the first days of independence of the Republic of Uzbekistan, great attention is paid to the participation of the younger generation in sports. Creating a healthy lifestyle in our country, creating modern conditions for regular physical culture and mass sports of the population, especially the younger generation, strengthening the health of young people through sports competitions, confidence in the will and opportunities of physical development, courage and patriotism. Extensive work is underway to improve the system of selection of talented athletes, as well as the further development of physical culture and mass sports. In this regard, on March 20, 2019, President Shavkat Mirziyoyev announced that one of the five initiatives to raise the morale of young people and organize their leisure time is aimed at creating the necessary conditions for young people to demonstrate their abilities in the field of sports. It has a positive effect on the growth of longevity, thereby increasing the activity of man in society, the formation of a stable economy of society.(1) Along with the mental and moral upbringing of our youth, the role of physical education, which plays a key role in the formation and development of their organism, is invaluable. Indeed, the future of the country is closely linked with the development of our youth, who work in harmony, both mentally, spiritually and physically. The issues of physical training and physical development of schoolchildren have been studied by a number of scientists of our country. In the researches of such scientists as AK Atoev, FN Nasriddinov, RS Salomov, TS Usmonkhodjaev, M.Yu. Yunusova, E.Ya. Bondarevsky, F.Khodjaev physical development and physical training of children, movement slowness of activity was detected. There is no doubt that physical education plays a special role in the formation and development of a school student as a person, a perfect person. Folk physical education was one of the main tools in the formation of children and adolescents in the early stages of human development. Therefore, in today's era of understanding our national identity, physical education based on the national values of the people is of particular importance. Research has shown that the small school age is

the most favorable period for the comprehensive development of physical qualities in young people, increasing their attention to national values, the formation of spiritual, moral qualities. In turn, the physical formation and dynamics of physical fitness depends on the student's ability to work and the nature of the exercises performed consistently.(2) Proper organization and conduct of exercises based on national and movement games is the most important issue for the development of physical qualities of middle school students. The analysis of data on the physical development of school-age children by F.N.Nasriddinov, H.M.Makhkamjanov shows that while the physical development of a 5-7-year-old child goes smoothly, by the middle school age there is an acceleration of physical development. Based on this, in this article we have focused on the formation of physical qualities in middle school students through national folk games. The Uzbek national games are one of our spiritual riches and values, which have a long history, rich history and are passed down from ancestors to generations. From the first days of independence, great attention has been paid to the restoration of our national values, traditions and customs, including folk games. Today in our country the issue of wide involvement of youth in sports, national folk games is considered as an important factor in raising a healthy generation. Indeed, national folk games play an important role in shaping a healthy generation. We all know that every nation on the planet has been formed as a nation, they have their own nationality, so the national customs, traditions, values and national games of the Uzbek people have improved. . That is why people created games based on their training, work, living conditions and social environment. Also, the folk games reflected the life, work, upbringing and achievements of the ancestors. They are an educational tool that forms a healthy generation and an important factor in the socio-spiritual and intellectual development of the younger generation. Folk games have long been revered as an integral part of the cultural life of our ancestors. The roots of most games are very ancient, they have served for centuries to enrich the spirituality of our people, to deepen their thinking and emotions. The games reflect the lifestyle, work and achievements of the people.(3) Therefore, they served as a "school of life" in educating the younger generation. Folk games are considered a means of filling the gap in human life, helping to expend excess energy in the body, and to accumulate what is not enough. In addition, children prepared for life through games, learned to overcome difficulties in life, win at work and struggle. Mahmud Kashgari in his work "Devoni lug'oti-turk" mentions about 150 types of folk games and describes 20 of them. Avesto also reports on a number of fireworks. There is a lot of information about national games in Firdavsi's "Shohnoma", Amir Temur's "Temur tuzuklari", Kaykovus's "Qobusnoma". Avesto also reports on a number of fireworks. Firdavsi's "Shohnoma", Amir Temur's "Temur's rules", Kaykovus's "Qobusnoma" also contain a lot of information about national games. The importance of national folk games in the upbringing of a healthy generation is

considered in pedagogical, psychological, educational, physical and health-improving perspectives. Psychological significance - games serve to raise the mood and mood of the person. Its educational significance is that it educates young people to be strong-willed, patient, able to overcome the difficulties of life, to strive for victory, to be agile, agile and courageous. Physical and health-improving importance - when playing national games, the body's systems - respiratory, muscular, cardiovascular - are effectively affected. When games are played outdoors, the blood is saturated with oxygen and this boosts metabolism. This has a positive effect on the body and all the cells wake up. The person who plays the game grows up to be physically healthy and energetic. Folk national games are related to national values, and their collection, enrichment and presentation to children is one of the important and necessary tasks in the upbringing of a healthy generation. Folk national games have been developed, improved and respected for centuries.(4) They helped the children to learn useful exercises without idleness, to grow up healthy, to be resilient. Every practical movement of people (walking, running, jumping, lifting weights, etc.) determines a certain degree of physical development, or this appearance, physical qualities, especially when performing exercises. Such practical movement qualities will be somewhat improved and developed as a result of training through work, exercise, sports, movement games. These aspects are also reflected in the Uzbek national games and movement games, equestrian games, some movement games ("Race", "Chillik", "Mindi", "Storm", "Shooting", "Poda top", etc.) of modern sports. can be equated, even dominated, in content, form, methods of execution, and educational aspects. Children compete in games such as "Do not stretch your ears", "White poplar, blue poplar", "Podachi", "Charkhpalak", "Orda top", "Chigi" and find out who is agile and agile. Also, folk games such as "Ring", "Needle stabbing", "Poyondo", "Battle of the Sultans" have come down to us over the years. It can be concluded that national sports and folk games play an important role in the healthy upbringing and education of young people. In particular, their role in preserving national values and traditions is invaluable. In all types of folk games, physical qualities and human qualities such as agility, dexterity, courage, bravery, courage are fully integrated. Elements of national games with primary school students, as a result of the purposeful organization of action games, our national values are increasingly inculcated in their minds. As a result, national games are becoming more and more popular in educational processes. On national holidays such as "Navruz", "Independence Day", "Harvest Festival", our national games (tug of war, wrist testing, horse games, cockfighting, ram fighting) are gaining popularity. It is attracting interest even among foreigners. In short, as a result of the wide attention paid to the national games of the people in our country, we can recognize that in their content are fully embodied national values, pride, courage, diligence, friendship, mutual assistance, devotion to the motherland. It is the duty of

all of us to spread these qualities, to inculcate them among the population, especially among students, as well as to restore our forgotten national games in our country.

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