

# **National Traditions Of The People In The System Of Physical Education And Scientific Methodical Basis Of Organization Of Educational Process Through Them**

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**Abstract:** This article discusses the features of education in the national traditions of physical education and sports in the field of physical education of students.

**Key words:** Holidays, sports, physical education, methods, national traditions, athletes, classes, competitions.

## **INTRODUCTION**

The Uzbek people have rich national traditions. One of these traditions, Navruz, has become a popular national tradition as a great legacy of our ancient ancestors. Thanks to the Independence of Uzbekistan, Navruz holiday is celebrated in all regions of the country, even in the most remote villages, with great solemnity and multifaceted traditions [1].

"Navruz" was organized as a public holiday in the regional centers, where all the events included national games such as wrestling, kupkari (kid), racing, stone lifting, wrist testing, tug of war, nine-stone (girls' game) shoulder wrestling. The peculiarity of these games is that on holidays almost all participants, even ordinary spectators, take an active part in the games.

It can therefore be said with certainty that the national games of the people serve the function of mass healing. Not only folk games, but also modern sports (football, acrobatics, boxing, fencing, etc.), as well as oriental singles are widely used in Navruz. Preparations are made based on special programs (scenarios) for their organization and conduct. Leading coaches and athletes are selected under the

leadership of sports organizations, public organizations, and associations. They are given special assignments and instructions in advance [3].

The organization of mass health-improving physical exercises, sports, especially the national games at Navruz is a general propaganda aimed at recreation, respect and appreciation of national traditions. Therefore, in the organization of the educational process at the faculties of physical culture, it is necessary to pay special attention to the content of all public holidays, which have become a tradition in Uzbekistan, to teach how to organize it [3].

### **MATERIALS AND METHODS**

On the eve of Independence Day, the great achievements in industry, agriculture, trade, culture, science, technology and other areas will be presented based on symbolic forms and evidence. Along with the cheerful songs and dances, the achievements of famous athletes, coaches and teachers will delight all the performers. In particular, the mass sports performances of young players, gymnasts, acrobats, 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 in our modern national tradition is the opening of the football season in the first spring.

Under the leadership of the government of the republic, football competitions are becoming popular not only in the city and district centers, but also in every team, especially in remote villages. With this in mind, students in the faculties of physical culture will need to deepen their theoretical knowledge and practical skills. At the same time, attention can be paid 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. To provide national games and mass health, physical culture and practical skills in enriching the content and essence of national traditions.

3. To study the organization of "Navruz", "Independence Day" and other popular national traditions, the development of its programs.

4. The opening of the football season in the spring and the importance of tennis competitions in public health, as well as the selection of talented athletes, as well as to acquaint them with the goals and objectives of improving sports skills.

5. To teach students to use national traditions, national games, their organization and application in the physical education of students, in-class and out-of-class sports activities.

It is well known that in the national traditions of the peoples of Central Asia, such qualities as bravery, heroism, bravery, courage are highly valued [5].

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

- The use of folk games in educational activities in the process of physical education;
- Study on the basis of personal example of coaches;
- Doing exercises.

Games are used in the process of physical education and educational work. These include "Tortishmachoq", "Oq terakmi kok terak", "Kim shakqon", "Chillak", "Argymchoq", "Bekinmachoq" and many other games, which are played according to the age and physical strength of children [8,71].

The games have their own characteristics. They depend on the seasons, adapted to the ceremonies. Game tools are prepared by the participants themselves, the outdoor games encourage children to exercise, to strive for a certain goal, to show enthusiasm.

But sports games require great will power and constant practice.

These methods are especially important in military and physical education. From time immemorial, young people have learned games such as skillful and brave soldiers, experienced seniors, horseback riding, archery, fencing.

These methods and techniques of upbringing have found their bright expression in folklore, fairy tales and epics.

Given the growing interest in equestrian sports, especially among students, there is a growing interest in the study of equestrian sports, the creation of conditions for its holding. In the peoples of Central Asia, equestrian games are divided into the following types: Crowd racing, horse-riding, horse-riding, kupkari, jumping over obstacles, and so on.

## RESULTS AND DISCUSSION

In the conditions of Uzbekistan, equestrian games are diverse, the most common of which is kupkari (Capricorn). Kupkari mainly means actions such as pulling a goat on a horse, pulling a goat out of a racing herd, mainly in the steppes (low plains on the mountains), wide fields or hills, as well as in specially trained horsemen.

Hors racing has long existed not only in Central Asia, but also in the Caucasus and Arab countries. Complex physical qualities such as dexterity, wrestling, endurance, sniper in horse games are praised in dozens of epics about the speed of horses, running, and kindness to the owner. Avazkhan, Rustam, Ravshan and other folk epics, which belong to the category of Gorogly epics, depict not only victory in battles, but also races, horseback riding, archery and fencing. An ancient horse race in the Surkhandarya valley, pulling each other on horseback, is described in the epic "Alpomish" in the spirit of uplift.

In the epic of the Karakalpak people "Forty girls" it is told that girls together with boys perform fencing exercises on horseback, ride long distances [8,71].

It is known from history that people used horses not only as animals in their domestic activities, but also in performing other major activities. Especially in the kingdoms, the soldiers practiced fighting on the base. When Alexander the Great or Amir Temur conquered the world, they rode thousands of miles on

horseback. It is self-evident that such activities have led to the improvement of the people's equestrian games, the implementation of various activities. For this reason, the origin and development of modern equestrian sports go back thousands of years. The types, content and rules of equestrian games have been passed down from generation to generation as a folk art.

In Uzbekistan, a great initiative is being taken by the President to revive national traditions and customs. A number of decisions of our government have been made on the development and popularization of physical culture and sports. As a result of these decisions, physical culture and sports are developing in the country, as well as further improving the traditions of the people, traditions of war and labor, celebrations and ceremonies, as well as the dissemination of best practices. It has become a tradition to hold events to celebrate other traditions and ceremonies that are effective in modern educational work [7,50].

After announcing of Independence Day, the Navruz holiday has become widespread. It has also become customary in some provinces and districts to officially hold national folk games in the form of competitions. On April 25, 1991, the first "Republican competition of national games" was organized in Forish district of Jizzakh region [1].

The program of the scientific conference focused on the socio-educational significance of the national games, their application in working and living conditions, the orientation of students to the profession, preparation for defense, training in courage and bravery.

Competitions of the People's National Games are regularly held in different regions of all regions in a specific content and direction. In May 1994, it was decided to rename the Republican Games of the People's National Games in Forish as the Olympics and to hold them every two years.

The national features of education are reflected in the folk traditions. It is important to use it in the system of upbringing, education and vocational guidance

of students. The deep knowledge of students, the acquisition of modern professions, constant readiness to defend the motherland, and for this to be always physically healthy and the successful implementation of these tasks requires the training of professional teachers and the organization of their theoretical knowledge and practical skills [7,48].

It should be noted that in addition to educating students, the teacher's skills, rich experience, spiritual level, creative approach to their work play a key role in assimilating the national traditions of the people and achieving their full physical development.

Based on the results of life experiences, pedagogical observations, analysis of scientific and pedagogical literature, it can be said that the methods and techniques tested in practice are used in the organization of the process of physical education in higher education. There are also specific aspects of physical education in this system of processes.

Physical education is a pedagogical process, the essence of which is also focused on the physical development of a person.

Physical education is also used as a special education system in military training and the activities of state police officers.

The Law of the Republic of Uzbekistan "On Physical Culture and Sports" (new edition of 2000) states that "the main task of educational institutions is to protect and strengthen the health of students, the formation of their need for physical fitness" (Article 16). This requires the enrichment of forms and methods of using national traditions in the organization of physical education [4].

Physical education is a comprehensive activity. It serves as an important tool in the processes that are directly related to the intellectual, moral, legal, aesthetic, labor education of students. Classes are organized in the following order, taking into account the age, sex and health status of participants in physical culture sports holidays, national games.

1. Physical education classes.
2. General physical training and health clubs.
3. Sports sections.
4. Therapeutic physical training.
5. Daily activities (morning gymnastics, individual training in free time)
6. Holidays, vacation trips, excursions, walks.
7. Sports competitions, sports holidays.

These activities have specific goals and objectives. It should be noted that almost all of these events should be included in the national traditions, ceremonies, the content of the modern holiday program. In turn, their form and content play a purposeful role in the development of the physical development of students and the acquisition of a profession by students [4].

### **CONCLUSION**

In order to create a great future for Uzbekistan, it is necessary to effectively organize the educational process, organize physical education in the upbringing of a healthy generation, improve the management system at the level of modern requirements. At the same time, there is a need to pay more attention to the training of staff in the field of physical culture and sports, especially teachers. Such an approach to the issue is to deeply inculcate in them the fundamental goals and objectives of education in the preparation of students of the faculties of physical culture for the profession.

In Uzbekistan, a number of measures are being taken to improve the educational process related to the training and retraining of specialists in the field of physical culture and sports. For example, the Law "On Physical Culture and Sports" (new edition of 2000) stipulates the need to raise physical education to the level of modern requirements.

The teacher's work should not be limited to teaching or work in an institutional environment, but should also cover public health and sports activities

in densely populated areas, neighborhoods, industrial enterprises. It is also necessary to form these activities in students, especially to teach them how to conduct testing in the process of teaching practice.

Accordingly, in the preparation of future students it is necessary to study their knowledge, to take some measures to implement it in life:

- the use of new methods of improving the practical, theoretical and creative knowledge and skills of teachers and coaches in the field of physical culture and sports;
- organization of special courses on national sports, national games;
- updating the material and technical base of higher and secondary special educational institutions that train specialists in physical education, regular testing of teachers [6,98].

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