

## Development of the System of Physical Culture in Uzbekistan

**Abdullaeva Masuda Abdubannaevna**

Candidate of Pedagogical Sciences, Associate Professor of Preschool Education Namangan State University

**Abdullaev Dilmurod Sodiqjanovich**

Senior Lecturer of the Department of Physical Culture Namangan State University

**ABSTRACT:** This article discusses the history of the origin and development of physical education. The authors analyze the development trends of physical education in Uzbekistan. The impact of physical education on human health has been proven using solid evidence.

**KEYWORD:** sports, physical education, health, fitness, aesthetics.

### INTRODUCTION

Physical education and sports have been a part of human life since ancient times. Various household items found during the excavations, various monuments, rock paintings and images, epics and legends passed down from generation to generation lead to speculation about the culture of generations, including physical culture.

The fact that the lives of ancient tribes have survived to the present day provides interesting information for some. When it comes to the peoples of Central Asia, they have gone through all the major stages of economic and social development during their many centuries of captivity. About the games in Forge?

It should be noted that the generations before us, our ancestors, the people of Uzbekistan in the past have shown themselves in history. Our patriotic, physically strong heroes, whose names are written in golden letters in the pages of history, have always shown examples of valor for the glory of the country, without turning their faces to the ground. Pakhlavon Mahmud, Mahmud Tarobi, Pakhlavon Muhammad, Alpomish Amir Temur are the pride of our country.

It is written in historical works that the great Sahibkiran Amir Temur was a strong chess player and rider, archer and wrestler. At that time, in the army of Amir Temur, every navkar was engaged in a sport called "Mingaskar". In order to bring up such brave wrestlers, it is necessary to start building the foundation of "Health" from an early age. The formation of movement skills and competencies in children of this age becomes severe. The main known reasons for this are: changes in their physical development, body proportions, improvement of functions, increase in their height and muscle strength, improved coordination of movements.

The history of physical training shows that hunting in a team requires agility, flexibility and physically healthy, fast movement.

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Labor and all sorts of different wars required man to be physically prepared for himself, to engage in exercise, man to hunt, labor to prepare for wars with special exercises. Thus, as a social phenomenon, labor activities, i.e. meetings and hunting, are of great importance in the emergence and initial development of physical education. In the process of such labor activity, physical, cultural and upbringing are separate.

A number of works of the Uzbek people about the physical strength, courage, agility, courage and endurance of the ancient people are mentioned in "Farkhod and Shirin", "Son of Gor", "Tokhir and Zuhra", "Alpomish" and others.

Physical education has been an integral and important part of folk culture at all stages of society's history. In particular, it was considered by the peoples living in the territory of Uzbekistan as a criterion of spiritual and physical perfection. Physical education and martial arts were also developed in the XIV-XV centuries. The policy pursued by Amir Temur, as in all spheres of society, raised the essence of physical education to a higher level. During the Timurids, special attention was paid to the physical training of soldiers. Competitions in wrestling, archery, fencing, equestrian sports were held.

In accordance with the requirements of modern times, in solving the economic problems of the independent Republic of Uzbekistan, it is necessary to correctly imagine and positively use the opportunities of physical education to increase the effectiveness of the human factor. With the independence of the Republic of Uzbekistan, radical changes began to take place. It is time to introduce a new education in all spheres of public education, not in the breath of time, but to abandon the old direction, which has become a stereotype. In this regard, the creation of a national school, and thus the foundation of new aspects of education and upbringing, remains one of the most pressing issues.

Everything that is happening now requires qualitative changes in all respects. Along with all other spheres, the republic's public education system, including physical culture and sports specialists, which are an integral part of it, is facing important challenges. Such tasks include the gradual solution of problems accumulated over the years, the further strengthening of its material base, the upbringing of the younger generation as a physically fit person, the adaptation of the industry to the conditions of the new era, its nationalization as much as possible. . In our country, a wide-ranging and well-thought-out work for a healthy generation is being welcomed and implemented by the people. The essence of this movement is clear to all of us.

When all the subjects taught in school are taught to explain that they depend on nature and human health, its effect on the minds of children will be strong. The effectiveness of school activities in this area depends on the cooperation of parents and the general public.

The upbringing of a healthy generation depends on several factors: the cleanliness of the environment, the health of the parents, nutrition, proper medical care, and so on. The role of preschool institutions is also significant. From this age it is advisable to arouse children's interest in physical activity, to express its essence, to cultivate independent exercise. Educating everyone, especially children, to be frugal, to keep their body clean, to keep the workplace clean and to develop self-control skills will help them to solve economic tasks effectively.

Not only should physical education be considered as a cure for diseases, but even more important, physical education should be aimed at preventing, warning and maintaining these diseases, improving them, creating opportunities for longevity, and cultivating the elegance of the body and stature.

Follow the article "Healthy body - healthy mind". The state, where there are many sick people, could not move out of poverty and into material well-being.

After the independence of the Republic of Uzbekistan, a period of radical change began. Now life itself demands the introduction of public education. In this regard, of course, there is a need to establish schools built on the basis of our national traditions and to develop systems of education based on national traditions and customs.

During the period of independent Uzbekistan, great attention is paid to this issue. For example, the law "On Physical Culture and Sports", the Presidential Decree "For a healthy avol", the resolution "On the development of children's sports in the Republic of Uzbekistan", "Development of girls' sports in the Republic of Uzbekistan" and others.

Therefore, the introduction of additional specialties in the faculties of "Primary education and sports education" and "Preschool education and children's sports" in pedagogical universities encourages teachers and coaches to be positive and scientific in their approach to the development of children's sports and physical education.

It is necessary to take various measures to improve the education system in our country and to bring up the young generation that will ensure the development of the country. The main tasks of this science are to equip students with theoretical knowledge, to acquaint them with the skills and abilities in this area.

In the current situation, the study of the movement activities of primary school students should take into account the natural climate and other social factors of the Republic, the change of seasons, ecology in solar radiation, national traditions and so on.

It is expedient to develop a system of physical education of students in preschool education, primary education, vocational schools, colleges, the involvement of children in sports, arousing interest in them and the formation of their initial theoretical and motor skills, the alphabet of skills.

In substantiating the issues of physical education of preschool children and training specialists, P.F. Lesgaft, V.V Gorinevskiy, E.A. The contribution of great scientists like Arkin is huge.

Physical training is the life force that is passed down from generation to generation and the structure of the organism is the basis for human physical development. But the direction of physical development, its character, level, as well as the qualities and abilities that a person develops in himself, depend in many respects on living conditions and upbringing. Mastering the laws of physical development, using them for the purposes of physical education is an important task of the theory and practice of physical education.

Thus, people's social living conditions are crucial in physical development. Among them, labor and education, in particular, physical education, play the most important role. Hence, the transformation of human physical education towards a specific goal is a socially based function of physical education.

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