

**ISSUES OF TEACHING NATIONAL GAMES THROUGH GENERAL DEVELOPMENT  
EXERCISES**

**B.Y.Xaydarov**

Fergana State University lecturer Department of Sports Activities  
[bahodirxaydarov7@gmail.com](mailto:bahodirxaydarov7@gmail.com)

**Annotation:** The article deals with the methodology of general developmental exercises and their independent performance at physical education lessons in elementary school. It also tells about the revival of folk games as a means of intellectual development of the younger generation, teaching younger schoolchildren folk games through general developmental exercises, encouraging them to independent activity.

The national games of the Uzbek people have a long past, a rich history, URM is passed down as a legacy to generations, it is considered 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.

One of the reasons for the persistence of national games is that they are a means of intellectual development of the young generation. From this point of view, national games have a unifying, advanced development potential. Physical education is considered as a part of education of a perfect human personality. Therefore, it is an ancient form of national physical culture, and the importance of its use is the beginning of general development exercises. In their research in this field, T.S. Usmonkhujayev, I.I. Burnashev, H.A. Meliyev, B.B. Kipchakov consider the use of national games in physical education classes and pay attention to the specific features of the exercises<sup>1</sup>.

Teaching national games to elementary school students through general development exercises is a source of encouraging them to practice independently. If we look at the educational aspect of national games from a didactic point of view, there should be a lot of elements of national games in daily physical education classes and in the system of general development exercises. Because not only the national cultural value is recognized in every aspect of the national games, but also in each of them the education of the hardworking people, the ancestors adapted to overcome hardships, has been preserved. It is necessary to determine the details of popular national games adapted to the system of physical education, which are ingrained in the minds of every elementary school student in Uzbekistan, to describe the methods of performing them, to teach them to students - to preserve the relics of Uzbek culture and physical culture<sup>2</sup>.

National games have been found to be powerful in terms of exposure. Based on the lifestyle of Uzbeks, it is important to distinguish the elements of the national game system, animal imitation and hunting games, physical education and sports games, evaluate them from a didactic point of view, and consider ways to include them in a special sports system<sup>3</sup>.

<sup>1</sup> T.C.Усмонхужаев, И.И.Бурнашев, Ҳ.А.Мелиев, Б.Б.Қипчоқов. "500 ҳаракатли уйинлар". "Bekinmachoq-Plyus". 2010. -103 с.

<sup>2</sup> Tadjiyeva M.X. Xusanxodjayeva S.I. Maktabgacha yoshdagi bolalar jismoniy tarbiya nazariyasi va metodikasi. O'quv qo'llanma. Toshkent: "Niso poligraf nashriyoti", 2017, -244 с.

<sup>3</sup> Tadjiyeva M.X. Xusanxodjayeva S.I. Maktabgacha yoshdagi bolalar jismoniy tarbiya nazariyasi va metodikasi. O'quv qo'llanma. Toshkent: "Niso poligraf nashriyoti", 2017, -244 с.

Therefore, it is of the first importance to use the elements of general development exercises from national games and to determine their effective results in our scientific research work. In the national game system, "Tortishmachok" that increases strength, "Day and Night" to develop speed, "Fight for the ball", "Five stones" to increase dexterity; "Kuvashmachok" to increase endurance; There are "Karovul eshshak" and other types of games that develop flexibility. The task of enriching the system of national sports is solved by in-depth analysis of the methodology of conducting games, including their individual details in the system of general development exercises. In order to answer the question of what is relied on in the formation of the foundations of these and other national games, it is necessary to rely on the national action games classified above. This classification can be supplemented with an internal sub-classification to determine the extent to which national games fit into this latter classification.

We live in the 21st century - a time of high development of information, science and technology. Our children are addicted to computer games. This is harmful to their health. Children should not forget about games while fully mastering the secrets and possibilities of computer technology. Because they teach a person to be active and entrepreneurial, healthy and creative, to draw correct conclusions from any situation. Let our children run, chase, jump, in short, be more active. Then the children will grow up to be healthy, intellectually mature, beautiful, agreeable and approachable people<sup>4</sup>.

T.S. Usmanxodjayev, L.L. Pulatov, S.S. Tajibayev, F.A. Pulatov divides Uzbek national games into the following large groups in his textbook "Sports and Action Games (National and Action Games)":<sup>5</sup>

1. Games that develop movement qualities.
2. Games used in some parts of the lesson.
3. Games used in the activities of children of different ages.
4. Games that are used depending on the gender of children.
5. Games that develop mental emotions.
6. Games used in rainy and dark conditions.
7. Assisting in acquiring vital skills and improvement games.
8. Games used in sports activities<sup>6</sup>.

Karimjon Rahimkulov, in his educational manual entitled "National Action Games", describes national action games based on the scientific-theoretical opinions and the contents of games, such as M. Murodov, U. Qomboyev, M. Jabborov, J. Toshpolatov, A. Atoyev, R. Abdumalikov, T. Usmonkhojayev, etc. divided into the following categories: 1. Nature scenes, games related to science. 2. Games related to the animal world. 3. Games related to work. 4. Complex and simple action games used in mass cultural events (holidays, weddings, various ceremonies, sports

<sup>4</sup> Мардонова Г. А. Ўзбек миллий ўйинлари:– Тошкент: Bookmany print, 2022. – 158 б.

<sup>5</sup> Т. Usmanxodjayev va boshq. Sport va harakatli o'yinlar (milliy va harakatli o'yinlar) darslik / Oliy va o'rta maxsus ta'lim vazirligi. - T.: Cholpon nomidagi N M IU , 2018. – 328 b.

<sup>6</sup> Т. Usmanxodjayev va boshq. Sport va harakatli o'yinlar (milliy va harakatli o'yinlar) darslik / Oliy va o'rta maxsus ta'lim vazirligi. - T.: Cholpon nomidagi N M IU , 2018. – 328 b.

competitions, etc.), organized for the purpose of demonstration and competition. 5. Games that serve to educate physical qualities<sup>7</sup>.

S.A. Bikbulatova, I.V. Ledenev, who reviewed the method of performing general development exercises in physical education classes of primary classes and their independent performance, expressed valuable opinions about the methodology of mastering general development exercises using their own tools. The methodological proposal describes the method of using objects, in particular, dumbbells, jumps, in performing general development exercises. At the same time, comprehensive exercise complexes are recommended in the methodological tool<sup>8</sup>.

The authors, who reviewed the methodology and self-use methods of mastering general development exercises, emphasize the advantages of its sequential and regular implementation. General development exercises are performed during gymnastics. Scientists who have shown that a set of specially designed comprehensive exercises are designed to solve various physical training tasks, believe that it is important to distinguish and define these tasks<sup>9</sup>.

In conclusion, it can be said that the views on physical education in the works of the great scholar, the second teacher, Abu Nasir Farabi, were widely studied by the scientists of the later period. Al Farabi's ideas about healthy lifestyle and the formation of healthcare culture have not lost their importance to this day. According to researchers, there are issues such as "On the Parts of the Human Body", "On the Argument Against Aristotle and Galen", "The Connection between Aristotle and Galen", "Proverbs of the Statesman" and so on. The basics of physical education are defined in these issues. Here, the main aspect of Al-Farabi's concepts is that a person should pay special attention to the beauty of the body in order to work effectively, breathe properly, and live a good life. That is, "A healthy body is a healthy mind", which means that "if the treatment of the body prolongs life, in the words of Hippocrates, the treatment of the soul should lead to better results."

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<sup>7</sup> Rahimqulov K. Milliy harakatli o'yinlar: o'quv qo'llanma. O'zbekiston Respublikasi Oliy va o'rta maxsus ta'lim vazirligi. - T.: «Tafakkur-Bo'stoni, 2012. - 144 b.

<sup>8</sup> Бикбулатов С.А., Леденев И.В. Общеразвивающие упражнения с предметами в процессе физического воспитания в вузе: методические указания. – Омск: СиБАДИ, 2011. – 56 с.

<sup>9</sup> Бикбулатов С.А., Леденев И.В. Общеразвивающие упражнения с предметами в процессе физического воспитания в вузе: методические указания. – Омск: СиБАДИ, 2011. – 56 с.

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