

DEVELOPMENT AND DISTRIBUTION OF NATIONAL SPORTS IN UZBEKISTAN**Shermatov Gulom Kaxxorovich**

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ABSTRACT

The article is devoted to the development and dissemination of national sports in Uzbekistan. It covers the state policy regarding the preservation and popularization of national sports and national games, which are held regularly and universally in order to attract the population, especially the youth. For centuries, the Uzbek people have been famous for their wrestlers Palvana and legendary equestrians who are the founders of the national sports of Uzbekistan, such as kurash, belbogli kurash, turon and boykurgan.

Keywords: youth, sports, sports games, national sports, folk games.

Аннотация: статья посвящена вопросам развития и распространения национальных видов спорта в Узбекистане. В ней освещена политика государства в отношении сохранения и популяризации национальных видов спорта и народных игр, которые проводятся регулярно и повсеместно с целью привлечения населения, в особенности молодежи. Узбекский народ многие века славится своими борцами-палванами и легендарными наездниками, которые являются основоположниками национальных видов спорта Узбекистана, таких как, кураш, белбогли кураш, турон и бойкурган.

Ключевые слова: молодежь, спорт, спортивные игры, национальные виды спорта, народные игры.

The main goals and objectives of the development of physical culture and sports in Uzbekistan are the upbringing of a healthy young generation, the comprehensive encouragement and development of folk games and sports, the active involvement of the widest sections of the population in the physical culture movement, the achievement of an organic unity of physical education with the practice of building society.

Citizens of the Republic of Uzbekistan, regardless of gender, race, nationality, language, religion, social origin, beliefs, personal and social status, have the right to engage in physical culture and sports, create public physical culture and sports associations, participate in the management of physical culture and sports movement. Foreign citizens and stateless persons have equal rights in the field of physical culture and sports with citizens of the Republic of Uzbekistan.

According to the “Regulations on the State Committee of the Republic of Uzbekistan for Physical Culture and Sports” No. 148 of March 16, 2017, in the prescribed manner, to provide comprehensive assistance to the development of national sports and folk games of Uzbekistan, to provide funding for the organization and holding of sports competitions in the country and abroad on national sports, physical culture and mass events on folk games, as well as wide promotion and development of national sports in the international sports arena. National Uzbek games served and serve not only as a means of entertainment for children and youth, but also as an important factor in their physical development and health promotion. Through national games and national sports, there is a path to modern classical sports games and individual sports that are widely cultivated in our country [1].

The Uzbek people have been famous for many centuries for their palvan wrestlers and legendary riders, who are the founders of the national sports of Uzbekistan, such as kurash, belbogli kurash, turon and boykurgan. Thanks to independence, it became possible to present our national sports to the world, which are the cultural heritage of the country.

If millions of sports fans associate Japan in the sports world as the birthplace of judo, karate, sumo, China - wushu and kung fu, Korea - taekwondo and sirim, England - football, Canada - ice hockey, USA - baseball, basketball, American football etc., now the national sports of Uzbekistan - kurash, belbogli kurash, turon, boykurgan and others will associate our state in the international arena of sports.

To date, the wrestling "Kurash" has been developed in more than 50 countries of the world, in which, in addition to championships and world championships, continental competitions are also held. It is gratifying to note that the inclusion of the Kurash wrestling in the program of the Asian Games is another of the most important events in the history of the sports movement not only in Uzbekistan, but also in the world.

In the context of updating the content of education, great importance is attached to the task of the comprehensive development of the individual and his moral consciousness. At present, the role of the humanization of the educational process, the education of students in the scientific worldview, value orientation, and the formation of cognitive interests is significantly increasing. Today it is no longer enough to master the knowledge and skills of students, it is necessary to achieve in them the formation of an active life position. In the course of the educational process, the teacher's field of vision is both the development of the student's personality and his educational activity. Great difficulties are experienced by a teacher of physical culture when conducting outdoor games, since the composition of those involved has unequal physical training, mental development, different degrees of mastery of motor actions, different levels of knowledge and interests, and unequal motivational need for the game.

Quite often a good game that does not correspond to the interests of children does not give the expected pedagogical result. In one case, the teacher needs to unite the children, organize them, in the other, to help identify children's initiative, in the third, to improve certain physical qualities. The organization of the participants' actions in various games provides them with a creative initiative in choosing ways to achieve the goal.

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