THE ROLE OF NATIONAL GAMES IN YOUTH EDUCATION

Abstract: This article discusses the role of national games in educating young people.

Keywords: game, national game, youth, culture

ROLE НАЦИОНАЛЬНЫХ ИГР В ВОСПИТАНИИ МОЛОДЕЖИ

Аннотация: В данной статье обсуждается роль национальных игр в воспитании молодежи.

Ключевые слова: игра, национальная игра, молодёжь, культура

Raising a healthy generation is the foundation of a great state, the foundation of a prosperous life. At the beginning of the twentieth century, Abdulla Avloniy, the great representative of the Jadid, who wishes to free the country, wrote: "It also supports the education of body education. The body with the body is like the opposite of a cloth. If the object is not adorned with purity, it is as if it is clothed on a cloth, and it clings to the bottom of the coat every time it is worn out. It requires a firm and healthy body for the thought to be ... "

"... Of course, this world is merely a game of fun," as it has been commanded to play and to make life futile. When a person reaches adulthood, he does not spend his time playing or even when he is in a good sense, "said the genius of God. Children are unknowingly aware of the world and are not indifferent to it and live their dreams. An old man looks at the world as a child and wants to play. The age and importance of old age are great. As the older man becomes more and more illiterate” Jaloliddin Rumi said. These points suggest that it is necessary to adhere to certain rules - recreation, work, and play.

"All the movement's movements are clearly visible in mobility games. These include walking, running, jumping, throwing, overtaking, resistance, and more. Playing correctly helps discipline, sensitivity, agility, speed, endurance, and playing gameplay to bring up friends and companionship. "³

For this reason, the "Castle Lock", "Change the Place", "Raise the Stone", "Snap the Snake", "The Scarlet", "The Sniper", "The White Horse, the Blue Beaver? ..." " Defeat the target "," Race against obstacles "," Ball to the ball "," Running Running Race "," Good Thing "," Drive Chambarak "," Tunnel "," Running the paths "," Who is stronger? ""For many years, research has shown that children and adolescents' mobility is severely limited. This is especially true for younger children and their activities decrease by about 50 percent when they come to school from the kindergarten. It will definitely remain in the future. Comparative study of chronometer (day time scale) data of high school pupils indicates that during the academic year students' physical, physical, physical exercises in one day and day of the day are 6 to 8%, sleep 40% , 33 to 35% for mental work, and 17-20% for other types of activities. Particularly, the sharp decline in the activity of the movement of children and adolescents is observed in some in-depth schools ... So, it is important to address the problem of "Soglom avlod uchun" and to improve the growing generation with physical training tools.

Among the youth there are regularly held musical games "Cheerful Starts", "Kamolot", "Football Bunch", "Children of our neighborhood" and "Shunqorlar". Men tend to be friends with youth from national struggle. Participation in international competitions and the growth of the number of young people in all types of sports are observed. The revival of national sports and national games in the cities, provinces and districts of our country is evidence of the growing interest in national values.

During the holidays it is the season for children, strengthening their health, future sports competitions. Training of Uzbek folk dances in pre-school institutions, mahallas of Namangan region, and in this way, education of young people in the spirit of national independence is set. About 300 national sports have already been forgotten. The majority of them have been prepared in accordance with the Rules of Conduct and Competition Rules. The aim of the sports professionals is to raise the national sports types to the contemporary requirements and to spread the criteria for the realization of their educational essence. Uzbek mothers have always been applauded when they put their children in the crib or in the cradle. The proof of this opinion can also be seen in the examples of women, menswear, fishing powder. "Erkalamas are quite common and ancient as the genre of children's folklore." "Playing with 1-2 year old children, such as "Fingers","Goz-goz","Goz tursin","Bo'p-bo'p","Toy-toy","Train","Achom-achom" The games are a game that helps the baby to keep his body alive when he learns to take a few steps. When the child speaks 5-10 words, the child's tongue is covered with both hands and begins to sound like aji. Information on "AJAJI - Children's Playing Game" can also be found in the "English-language Glossary". Famous scientist M. Kuronov describes the word "play" in his monograph "National Training": "Playing together with the child to play with certain rules and methods that aim to develop positive qualities and eliminate negative qualities. "The impact of the toy on children and their attitude towards the play depends on how adult learners are educated and educated in society. In order to develop children, it is necessary to choose the toys to be appropriate for their care, mental and physical development, skills and abilities."

The theater actually started with a puppet show. Stanislavsky's greatness is that he was the first person to be born as a director. The child plays puppet while childhood - "directing". Educating an adult begins at a young age, the spring of life. The baby's body and head grow rapidly and grow rapidly. For a
rapidly growing body, mental and physical effort must be provided in the amount and content corresponding to the growth rate. "Many researchers say that during this critical period of maturity (5-6 years of age), self-esteem and self-love mean that children have more children's abilities."

Usually, in collective games, the relationship between each of its members is established by mutual social partnership. So, with the help of the Uzbek folk dance, we can fight against the above. This teaches children to respect the opinions of others and to have their own ideas. The role of national children's games in the formation of a healthy and harmonious generation, the development of national spirit and patriotism in them is remarkable. Preserving today's forgotten national children's games and bringing them to the younger generation will serve as a basis for upbringing the future generations and enrich our history.

National children's games serve for the physical and spiritual well-being of the younger generation, and as a result, the foundation for future generations. Children's Games also have a local identity. Therefore, the study of the historical roots of the games allows us to have a neutral and scientific analysis of our people's past, lifestyle. This is one of the topical issues of ethnology.

**Used sources:**