



**FOLK GAMES-AN IMPORTANT FACTOR IN THE UPBRINGING OF THE PERFECT GENERATION**

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ABSTRACT	KEYWORDS
<p>The article examines the origin factors and types of national folk games and talks about their importance in raising a healthy generation. Pedagogical recommendations are given regarding the use of folk games in educational processes.</p>	<p>Intangible cultural heritage, national folk games, national traditions and values, healthy generation, education and upbringing, healthy lifestyle, modern pedagogical technologies.</p>

**Introduction**

A person is immature by movement, healthy and has a long life. A person appears that the anxiety of living, overcoming the resistance of those who are stronger than himself, is constantly in motion to support and protect his family. Such a way of life served as the main source for the emergence of folk games. That is why elements associated with human day-keeping are so common in the oldest folk games. Folk games related to hunting, animal husbandry, farming, craftsmanship embody the processes of life of a person in later historical periods. Factors necessary for the survival of mankind, such as the ability to withstand various natural phenomena, overcome diseases, protect against the attack of predators, laid the groundwork for the emergence of folk games.

For example, “when people begin to engage in hunting, their prey ends effectively – the belly is full, the hunt does not work-hungry, tormented. Hunters returning from hunting with prey, delighted, tried to repeat the hunting process in the form of gestures, special movements, as well as games. The result was a cultural event that took an important place in history with the name” hunting games”. ...On the basis of hunting, livestock is formed. In animal husbandry, even in the process of using certain animals: horse, Ox, donkey, camel, reindeer labor, games are formed that imitate the movements of these animals. For example, in the spring, in order to drive the ground, games such as feeding the Ox – “well-well”, lubricating the branches, dyeing “horns”, double driving rituals “double hay”, for the first time at the time of horse saddle – “stubborn horse” appear. The game served not only as an agility exercise, a lesson in bravado, but also as a school to educate people in line with their times”. (CF. R.Peasant, " the role of folk games and traditions in the formation of healthy generations," Oriental Art and Culture”Scientific-methodological Journal - Issue 5 / 2020”).

As you know, each game has its own plot. The plots show the events and events taking place in tevarak, the way of life of people. Such games, in contrast to physical and mental labor, give a person spiritual

and aesthetic pleasure morally educate him and develop him physically healthy. In this respect, the educational significance of folk games today is very incomparable.

"In games, the requirements and needs of a young organism are met and creative activity is created. Resourcefulness, agility, enthusiasm are brought up. In addition, through play, children learn a lot. Hence, the cognitive demand for knowledge is also fulfilled through play. The games are colorful. They differ in content, organization, applicable items. Among them are creative (creative) and rule games. Creative games are conceived by the children themselves. More characters are involved in it. It looks like a simple variant of the stage look. It will definitely be built on need. And rule games are created by adults and brought into children's lives." (CF. G.Mardonova, "Uzbek national games", T.2022. P. 8).

Young people make up a large part of the permanent population in Uzbekistan. Therefore, we must rely on national folk games, which have been tested for centuries in the upbringing of the younger generation and inherited from our ancestors, actively apply them to the upbringing process. Because folk games have passed from centuries to centuries, are the product of the wise experience of the people and embody the ingenuity, way of life and psyche of our ancestors. How many-how many warlords, conquerors and fozils, in the maturation of National Heroes performed the function of the school of education of folk games and "... at all stages of development, it embodied the imagination, lifestyle, working conditions, nationality, religion and other distinctive signs of the people of its time and served to educate in participants the qualities of agility, endurance, creative resourcefulness, enthusiasm, strength. (Official page" intangible cultural heritage of Uzbekistan". Folk games. <http://ich.uz/>). however, in the educational process, a greater emphasis is placed on national folk games, the use of which is important in educating young people in the spirit of patriotism. Because folk games not only educate students physically and spiritually as healthy, but also make decisions on the principles of tolerance, community, jeeps inherent in our people, create a need to consistently master classes, and, moreover, serve to further increase our knowledge of the history, culture and values of our people. In particular, "in the maturation of the younger generation, the influence of cultural traditions historically composed in the transformation of oshno into the beauties of spiritual life is enormous. A generation that does not enjoy the culture of its people, which is not directly fed from it, will never be a mature person, a person as in the brochure." (Rachmonova M. H. the role of spiritual heritage in the development of youth.

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Researcher V.O'rozmatov reflects on the importance of the National People's games in the education of the healthy generation, dividing it into pedagogical, psychological, educational, physical and health-improving groups and interpreting it as follows:

Pedagogical significance-the game enriches the feeling, imagination, worldview of each individual. Again, he analyzes their observability, elegance, mind and increases their knowledge. Through games, our culture and traditions are introduced to young people.

Psychological significance-games serve to raise the psyche and mood of an individual.

Educational significance-educates young people as strong-willed, patient, overcoming life difficulties, striving for victory, agile, agile, courageous.

Physical and health – improving importance-when national games are played, the body's systems and breathing, muscle, heart effectively affect blood vessels. When games are played outdoors, the blood is saturated with oxygen, which increases the metabolism. This has a positive effect on the body and all

cells wake up. Each person who plays the game grows up to be physically healthy and energetic. (CF. V.O'rozmatov, "National Games-educational tool", soglom.uz).

All nations have their own national games. However, the Uzbek people's National Games are of particular importance with its rich reserve. Today, thousands of games have been studied and recorded. In addition, therefore, folk games typical of an unexplored, unexplored region and villages are also bisyor. It is appropriate to cite that there is a system of games typical of the historical traditions of our people, of different ages, of different sexes, adapted to the seasons of the year. However, to date, the general classification of Uzbek people's National Games has not been fully created.

In our opinion, it is advisable to use and practice National Folk games according to the gender of participants in various national holidays, physical education classes, extracurricular activities, sports competitions and other activities aimed at the harmonious education of young people. That is, there are types of folk games played by boys or girls. That is, in training, the participating student-young people are divided into groups from hunting games "Love-fly", "Happak stone", from craft games "Lanka", "Eye-Gardens", from farming games "Guard", from imitation Games "who gets-Yo shuginani-Yo", "cockfighting", "Halinchak" in the action games category, "White terakmi - blue Poplar" from word-action games, "rope tension", "national wrestling", "wrestling and wrestling", can play folk games such as "foot race", "donkey rode" from riding games.

During the meeting, the sides discussed issues of cooperation between Tajikistan and China. For example, by taking part in a non-megadigan" Kari bravri " training-education can be organized. He also noted that despite being one of the strongest, he still possesses the highest qualities. Shuningdek, Ongil Bolalar took part in events and activities related to foidalanishga Muljalangan bir train Bein Borki, Bundai beninlar ularning zhizmoniy and Umiy rivozhlanishiga served Abadi. In particular, "Belbog", "IKK Belbog", "Zar kalpak", "kalpak otdi", "Chagalai", "Churrak", "Churrak", "Kasal echki", "Echki, uning buzarilar", "Tutr Tash", "Gang", "Sharp Otar", "karmakcha", "chertmak", "Gurdir-GUP", "Juftpar", "joyingni top", "haikal", "tsar-minister", "tashlama taek" Kabi nation of the people of vailinlari shular sirasidandir.

Or, Kyz bolalar took part on the bridge of Ulard ziyard, topkirlik, sharkanlik, strawberry karatilganlidir. "Arkan tashlash" is all we can do physically to help the meat, "Dappak," he said. "Jammil-jammil", according to the press service of the President of the Republic of Tajikistan, "senior etdi", takes part in various events and events. In this regard, the chairman of the Sughd region Abdurakhmon Kodiri and the chairman of the Sughd region Abdurakhmon Kodiri addressed the chairman of the city of Khujand rajabboy Ahmadzoda. In this order continues:

"Etaetgan saksiz took part in it. In the end, he and her defendant: - Twin, old man, - propitiated. Kizlar period" old etdi, old etdi " by deb aytadilar. Oninboshi Kyz ularni chalgitish as bir Neta marta"kaldirgoch","chumchuk" kabi kushlar, called reproduction. Kizlar Cycle: – Pierce etdy, Pierce etdy, - deb itlaidilar. Kutilmaganda vayinboshi Kyz baska jonzotning is the name of aitadi. For example, "sigir", "Buzak " kabi. Participation of shoshilib birotas" Pierre etdy " desa, oninda. And that's how it goes on. In this regard, there is currently a wide range of cultural features.

National Games are an invaluable intangible cultural heritage of our people, polished for thousands of years. After All, Our President Sh.Mirziyoev touched on the rich intangible cultural heritage of our people, the ancient sports games and its role in youth education at the Youth Forum of Uzbekistan, expressed the following thoughts: "in today's complex conditions, our youth should be sensitive and alert, think about the interests of the motherland in every matter, first of all. Noble qualities such as

striving for knowledge and vocation, holy knowledge of the family, spiritual purity, respect for the elders, compassion for the little ones, devotion to our values have long been in the blood of our people, our nation. We must not only preserve our such invaluable heritage, but also enrich it even more, embellish it to the next generations.” (CF. Sh.Mirziyoev,” any task related to the future of youth is of primary importance“, newspaper” New Uzbekistan”, 25.12.2020).

In fact, we are the people of the century when information technology developed, science and technology advanced. It is no secret that our young people are obsessed with various electronic games, even if they cannot get out of its influence. There is also a saying that this leads them to the point of changing their entire way of life and life to the point of derailment, without causing harm only to their health. Our desire is for our children to fully master the secrets and capabilities of computer technology, so that, in addition, they can also enjoy folk games watered with our national identity. Let them not be invaluable from our national culture, values, rich folk oral creativity. Then the Children of Uzbekistan will grow up healthy, spiritually mature, tall, intelligent, in a word, harmonious, and they will show a reaction to what is happening around them.

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