

The Emergence of Sports Games and the Stages of its Development

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Abstract:

the emergence of sports games in this scientific article is the historical basis of its development as well as scientific research at the stages of its arrival in the present. on its basis lies the acquisition of a target (opponent's gate, field, etc.) with a sports equipment (usually a ball) using various technical and tactical methods and means, is carried out according to the established rules and requires special skills. In sports games, a complex of natural movements and physical exercises (running, jumping, throwing, etc.) is used. There are 3 main types of Sports Games: team sports games (basketball, volleyball, handball, football, hockey, rugby, water polo, etc.), personal sports games (checkers, chess, etc.) and personal and doubles sports games (tennis, badminton). Sports games that require great physical strength are usually intended to be held only between men.

Keywords: running, jumping, throwing, game activity, traditional folk, step stick, clear target, snipers.

Whereas, the "game" has its own definition by specialists in physical education and sports. The game is a complex action activity, consisting of historical, social, philosophical concepts and various actions. The game is one of the specific forms of human activity. The concept of "play" includes physical activities that are carried out in a sport (basketball, gymnastics, wrestling, etc.), ranging from simple movements performed by a baby with a squeak. The game is an activity aimed at achieving a conditioned goal. Some kind of material wealth is not developed in the game. The goal of the game is in itself. Because it has a general effect on the upbringing and formation of an individual. Therefore, the game has always attracted the attention of educators, psychologists, philosophers, art historians, medical workers, etc. Play is a social phenomenon that has historically been composed of. For example, children's games, table games, educational games, action games, sports games, etc. The game can be a means of self-realization, entertainment, recreation, physical and public education, sports. The game, as an element of culture, develops together with all cultures

in society, which are a useful tool for raising children and adolescents. It is aimed at a specific purpose all the time and represents different directions and activities with a colorful theme.

Game activity has a commonality with play - labor as early as childhood. Play is a very emotional activity, so it requires seriousness in the educational work of children and youth. Folk games of a large circle are common among children and adolescents. A distinctive feature of folk games lies in the fact that the movement is clearly distinguished in the game ma/Muni (runners, jumps, throwers, throws, etc. These action activities are motivated in the plots of their (topic, ideas). They are aimed at overcoming various difficulties, obstacles set on the way to achieving the goal of the game. With the growth and development of the child, the content of the game changes, while the activity of the game is simple in the early stages, then it becomes richer and more complicated in stages. In national wrestling, the term "game" means that the wrestlers move lightly by shaking or jumping hands on each other. The same meaning is understood by "Poles, playing and playing". "Why folk games or Uzbek folk games"? To do this, we need to find the lexical meaning of the word folk. So, from the above, it became known that the lexical meaning of the word people in our language aligns and is used in practice the meanings of el, elat, nation, population, crowd, crowd, group of people, which is a characteristic feature of the variety in our language. Consequently, when the phrase "Uzbek people" comes into play, it can be called Uzbek people, Uzbek elati, Uzbek nationality, which does not contradict any language laws and logic. The word "people" as an adjective has its own independently defined connotation. We give a few comparative examples for proof of our opinion. By the Uzbek people or Uzbek people's games, it is necessary to understand all Uzbek or Uzbek people's games that live in Uzbekistan and other countries-those regions. By the games of the people of Uzbekistan or the peoples of Uzbekistan, it is necessary to understand only all the inhabitants of our republic or the games of all peoples. Because it is natural that among them, besides the Uzbeks, there are different peoples, those who are stateless or deprived of figurehead, emigrants, foreign citizens, etc. Therefore, it is permissible to understand whether the people of Uzbekistan refers to the gross population living in the Republic or the Uzbek people's games, which refers only to the Uzbek people. Since ancient times, what embodied the political, economic, cultural, trust aspects of the vital content of the people was Uzbek folk engravings and physical exercises. In the early days, most of was focused on cattle raising, wild animals, birds and fishing. Our history has never lost its tone. Until independence, we missed a lot of glorious traditions of our people, but traditional folk games and national sports have not completely disappeared. He was avenged and saved by the eye of trust, as the people venerated his child. No matter how much prohibitions, persecution, they were passed down from adults to minors, from generation to generation. They were not created by one or more people, it was created by the people, so it will endure the storm of years and live for centuries. Any game of the people is inextricably linked with Labor, lifestyle and tevarakatrof. This is especially evident in the games of the Uzbek people living in different places. For example, everywhere there are throwing, throwing, irradiating far away, but the Highland Uzbeks throw a target or a distant stone, and those on the plain throw a chisel, mud, stick ("Kadama stick", "clear target", "snipers" and other games). Folk games have long been considered the main means of education for children and young people, taking a special place in the lifestyle of a person. In each period of the development of society, folk games served in the interests of this society with the set goals and objectives. Uzbek folk engravings served in the interests of this society. Uzbek folk games were so numerous that one village game was different from the other, and one town game was different from the other. According to historical sources, the National Sports and national games of the Uzbek people prepared people for active, productive work. In this, the total amount of national Uzbek games, according to your knowledgeable, is not less than 3-5 thousand. Each of these games embodies the aspirations, hopes, joy of our people-he worries. They have been shaped and perfected over the years, combined on the basis of a certain rule and divided into different types. The games among the people were constant and seasonal, even with a character typical of cities and villages, small and large, day and evening. As you know, in addition to all the

games played, there were also specific games of different professions. Some researchers believe that the game "Capricorn" (multicooker) is common among breeders. Among the cattlemen, games such as "Ko'pkari"(Capricorn),"juntop", "chimtop", "podachi" were played (the sport of" hockey on grass", which is currently played all over the world, was born on the basis of the game "chovgan", "chimtop", which is common among many Eastern peoples, including Uzbek Cattlemen). In the process of play, children learn not only to understand the world, but also to act independently in miscellaneous situations. The game is one of the active manifestations of the children's movement.

In pedagogical practice, two main types of action gameplay are used. 1. In free, creative or free games, game participants themselves determine the game plan and try to implement the set goal themselves. In infants, preschool and small school-age children, most often, they are plot-driven, roles are distributed depending on the plot, so psychologists call them role-playing. They can be both solo and group. 2. Organized action games under the established rule require leadership or the child to be their captains. They are very colorful in content and level of complexity: (a) simple, teamless action games, where each contestant fights for himself, following the rule. All game activity is focused on achieving personal superiority over others through qualities such as speed, strength, agility. Personal initiative prevails in these games; b) relatively complex, team – scrolling action games, the players, first of all, protect their interests from, but sometimes, according to personal desire, Help, help their comrades, help them to avoid the attacker in the game-to get rid of ("dog-give the hand", "escape with the captive"). Sometimes the player may enter into a temporary partnership with other players to achieve the goal. In some games, such cooperation is even provided for by the rules ("White Bear", "Wolf and sheep"); c) in team action games, players form separate team groups. They represent the collaborative activities of teams aimed at achieving a common goal, all personal interests are subordinate to the interests of their team!gan. The activities of each player will be associated with the success of the entire team. The harm of coordination of its activities with the activities of its comrades in team games. Often, for the Coordination of activities in team games and the general guidance of the game, the need arises to separate the team captain from the middle of the players, that is, submission is considered mandatory for all.

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