

Didactic Foundations of Organizing the Process of Physical Education through National Traditions

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ABSTRACT

In this article, opinions on the importance of organizing the process of physical education through national traditions, physical exercises that the people consider as national traditions and customs, and their types and importance are discussed.

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Active activities aimed at perfecting human physical qualities form the basis of physical education. National tradition of children's physical activity and tradition organization by means of customs - implementation of activities based on the national physical education process is one of the urgent tasks facing today's pedagogy. The heart of national traditions and customs is the family. In traditional society, family physical education played an important role in the formation of children's personalities. Parents' participation in training, teaching their children physical exercises, and conducting activities together with them not only forms children's constant interest in physical education and sports, but also it also increases their physical development and fitness. They contribute to the expansion of common interests between parents and children, the strengthening of family ties, the establishment of mutual benevolent relations, serves the formation of good family traditions, the rise of the spiritual and moral environment in the family. In the traditions of most nations, parents and relatives organize various games and competitions for children, and their own voluntary participation in this process. This tradition reflects the uniqueness of folk pedagogy, its wide pedagogical audience, and its non-indifferent attitude towards its children. It was a kind of educational relay that was supported by the people and passed from generation to generation. This tradition reflects the uniqueness of folk pedagogy, its wide pedagogical audience, and its non-indifferent attitude towards its children. It was a kind of educational relay that was supported by the people and passed from generation to generation. This tradition reflects the uniqueness of folk pedagogy, its wide pedagogical audience, and its non-indifferent attitude towards its children. It was a kind of educational relay that was supported by the people and passed from generation to generation.

In the second place, the role of the society in which the child lives in the physical education of children and adolescents is important. In the sources, it is said that the appointment of a coach for teaching physical activities to the children of the people dates back to the Stone Age. In those times, physical training of the young generation was entrusted to the best hunters and warriors who could not participate

in hunting or fighting due to injury or illness. Later, this tradition was applied to sports training. In addition to sports training, coaches have done serious work on educating a whole range of moral-volitional, ethical and aesthetic qualities of their students. At the same time, the coaches who teach children physical activities tried to be examples of high spirituality.

G. N Volkov believes that it is possible to physically train children through the traditions of folk pedagogy, and to organize various competitions during public events, in particular, on holidays. The presence of elements of physical culture in the holiday is one of the important folk educational traditions. In ancient times, exercise was considered the most important component of almost any national holiday. After all, all nations they considered physical education as a force that fulfills the task of raising a strong generation. Coaches have noted that games play an important role in helping a child join a team, develop self-control, teamwork, and character. It can be seen that the local science of physical education was formed under the influence of the rich heritage of the past, and its roots go back to centuries-old folk pedagogy. Skilled trainers viewed physical education as a part of comprehensive education and said that it is related to a child's intellectual, moral and aesthetic development. They believe that the purpose of physical education is to develop the child's physical strength and health through systematic exercises, games, walks and physical training. They saw in strengthening. P.F Lesgaft who developed the theory and methodology of open games, describes physical training as "An exercise that prepares a child for life." In these classes, the child forms skills, habits, and develops character. The rules in the games have the meaning of the law, the attitude of children that should be conscious and responsible. Their implementation is mandatory for everyone, so they have great educational power. Games develop moral qualities - physical qualities such as discipline, honesty, truthfulness, endurance are formed in a child," says P.F.Lesgaft. In a word, P.F.Lesgaft considered physical activity to be the most valuable means of personal education.

It is very appropriate to widely promote a number of exercises that have been supported by the people since time immemorial in the organization of physical education through national traditions. Including It is important to form such skills as walking, running, balance exercises, climbing, crawling, throwing, jumping, wrestling, riding a horse, riding a bicycle, and swimming. It is great to introduce children to the above-mentioned sports, which have been supported by the people since time immemorial, along with common sports games such as tennis, badminton, volleyball, basketball, hockey, football, etc. is important.

The reason is that such activities have a multifaceted effect on a person, change their physical condition in a positive way, help to implement moral, intellectual, aesthetic and labor training tasks, as well as develop mental qualities. After all, physical exercises appeared at a time when a person realized the need for physical preparation for his future work (hunting, making various tools, etc.). Long before hunting, the first people imagined how to defeat the approaching prey, and in the process of repeating such actions over and over again, a person developed such skills as eyesight, concentration, and hitting the target.

For example, throwing a ball, which is one of the exercises that people regularly use during holidays and competitions, requires quickness, concentration, dexterity, so that the movement of the hand and body during the swing of the person is in the opposite direction compared to the time of throwing. requires physical qualities such as At the same time, muscles are stretched in this exercise. Since hand movement is the main factor in getting the ball distance correctly, it is required to have strength in the wrists. The high jump exercise, known as a national exercise, also required a strong will from a person, and this exercise played an important role in the physical education of a person. Because the specific feature of high jump training: different parts of the body, individual joints, selective effect on muscle groups and even on different aspects of their activity and condition (relaxation, muscle stretching, etc.); requires understanding the possibility of knowing one's own weight. The use of physical exercises requires a significant tension of the body and the coordination of the movements of all the main systems, so everyone can do various sports, such as wrestling, archery, horse racing and riding, tug-of-war or carpet pulling, which the people value as a national tradition. it is necessary to know games and competitions and pass them on to future generations. Because the educational role of physical training, which is still present today as the folk traditions, listed above, is not only promotion and promotion of a healthy lifestyle.

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