

THE MAIN ATTRACTION OF CHILDREN TO PHYSICAL ACTIVITY NATIONAL TYPES OF WRESTLING AS THE BASIS

Jumaqulov J. M.

Faculty of Taekwondo and Sports Activities of the National
University of Uzbekistan, Asistent Teacher of the Department of Sports Management

Akhmatov M. S.

Head of the Department of Sports Management, Faculty of Taekwondo and
Sports Activities of the National University of Uzbekistan

Boymatov X. X.

Faculty of Taekwondo and Sports Activities of the National University of
Uzbekistan, Associate Professor of the Department of Sports Management

Abstract:

In this article the issues of mass development of the national type of martial arts - kurash, etc. through an integral national system, as well as their use as a tool of mass involvement of children and students in physical activity are considered.

Keywords: mass sport, national system, kurash, national culture, martial arts, mechanism, children, students.

Introduction

The state's Development Index is measured by the state of health of its people, so the issues of physical development and wellness, as well as the mass involvement of children in sports activities, have become priorities for the country. Negative changes in the conditions of everyday life negatively affect the health of children and adolescents, their physical fitness decreases.

Therefore, in Uzbekistan, in order to radically change the social status of mass sports, measures were taken to further develop physical education and mass sports in order to form one of the components of the National idea that forms a healthy lifestyle of people, as well as to attract all segments of the population, especially children and young people, to regularly engage in physical In accordance with the programs of further development of physical education and mass sports in the Republic of Uzbekistan, a decision on large-scale measures to organize wellness, physical education, sports and Mass work among students of educational institutions.

The adoption of the concept in the development of mass sports in the country and a significant stage in the development of physical education and mass sports in the Republic of Uzbekistan (2). It identifies sports infrastructure and directions for introducing different sections of society to regular physical education and mass sports. Starting from preschool educational institutions, through the improvement and application of innovative methods of physical education in educational institutions, it is envisaged to massively involve children and adolescents in regular physical education activities, ensure the availability of facilities for engaging in mass sports, as well as promote the values of physical education and sports, establish a healthy lifestyle.



At the same time, the concept shows a number of serious shortcomings associated with the full development of the field of physical education and mass sports in the country. In particular: a low level of organizational work on the wide involvement of the population, especially children and young people, in physical education and mass sports, the formation of conditions for ensuring the harmonious spiritual and physical development of the younger generation, as a result of which there is insufficient coverage of those who want to engage in physical education and mass sports. It should be noted that to date, the world has not created a single system in the direction of sports, as well as an appropriate mechanism for organizing and managing the processes of mass involvement in physical activity, adopted for all segments of the population. Taking into account the important importance of the health of the population, especially children, multifaceted scientific, practical and organizational work is being carried out in the country on the basis of Olympic and national sports in connection with the creation of innovative mechanisms for the mass involvement of children and young people in physical activity.

The purpose of the study

Within the framework of a holistic nationwide system of continuous sports and wellness work in Uzbekistan, new innovative mechanisms of mass involvement of children and students in physical activity through national types of struggle are envisaged (4).

In modern political, economic and ideological conditions (low level of Population Health, weak motivation to actively engage in physical education and sports, a healthy lifestyle, the growth of various negative flows, the departure of young people from traditional values, etc.), national sports-wrestling, etc. are included in the national sports culture of Uzbekistan to perform and write as an effective nationwide cultural phenomenon.

The process of forming children's interest in physical education and sports is not a single mental, but a multi-stage process: from the first initial knowledge and skills (in childhood) to deep psychophysiological knowledge and intensive sports training. Therefore, a national model of sports culture is being formed in the country, taking into account socio-economic development, and on its basis practical work is being carried out on the development of mass and children's sports. It should be noted that the mass and constant involvement of the population, especially children, in the sports movement requires specific organizational approaches and management requirements in relation to each age layer.

We realized that the process of studying and model testing National combat sports as a means of publicity in national sports and wellness systems is a very long cyclical period, where an integrated approach to the issue of mass involvement of students in physical activity and, accordingly, the formation of a healthy lifestyle is necessary. Therefore, we consider that the research and model design of the formation of a mass mechanism should be started from preschool and school age (3). At the time of Independence, National unicorns successfully passed the stage of sportsmanship, and today an effective tool for the formation of mass sports is especially popular among children and adolescents.

In our opinion, the National types of martial arts can be conditionally divided into the following areas according to the goal: sports-mass (a system of physical education aimed at developing and improving special physical qualities and maintaining physical activity); sports (a full-fledged, independent type of Solo struggle aimed at forming skills for achieving victory, holding official



competitions).

Therefore, taking into account the mentality of the population, the basis of publicity in society should be established on the basis of types of easily achievable national martial arts, which do not require financial costs, the formation of character - the desire to win, studying them precisely from preschool and school age on the model of functional tasks of the entire Uzbek holistic system (4). Thus, martial arts, as a sports culture, are able to successfully solve a number of important state and public tasks in national systems: active formation and saving of Health, socialization of personality, upbringing supporters of a healthy lifestyle of student youth with comprehensively developed and defensive abilities.

It should be noted that the social processes and attitudes that form their national culture in the process of values, competitions and preparation for them, developed in society and passed from generation to generation, aim to achieve superiority or record through the physical and spiritual development of a person(5).

For this reason, the openness of these studies is to clearly define the role and importance of martial arts and other sports in engaging and adapting children to physical activities. It should be noted that a properly selected, easily accessible cultural national basis not only stimulates the need for physical activity of children and adolescents, but also introduces them to daily physical and sports activities, and ultimately contributes to the functioning of the norms of a healthy lifestyle.

At the same time, we plan to pay special attention to research related to the emotional and structural components of children and the motives of their involvement in motor activity I motivational detey po vovlecheniyu IX. Understanding that sports activities make them joyful and that the opinion of leading scientists is important in solving the problem of stimulating sports and recreational activities (6).

It is known that today the physical education of children attracts the attention of many specialists, especially in preschool and middle omaktabs. In this regard, the National Organization of physical education and the use of various means to strengthen its health and improve its physical condition – sport is an urgent task for the theory and practice of nutrition. In these conditions, it is important to find innovative tools that increase the effectiveness of the school curriculum without increasing its size. One of these subjects in the preschool and school curriculum can be a national type of martial arts.

The introduction of national types of wrestling in mass sports created favorable conditions for the development of the motor qualities of students and who. Health promotion, self-defense, places them in one of the first places in physical education classes in high school. Unicorn species are distinguished by their isolation. All muscle groups are involved in performing turns and throws, which contributes to the harmonious development of flexibility and physical fitness of those involved.

Downloads have a positive effect on the development of all functional systems of the body. Under the influence of training and competitions, mental activity improves, the speed of reaction and direction improves, creative thinking develops. In addition, competitions are also – motivation and excellent sports performance: the unpredictability of the result is a pleasure for children and those who observe the competition.

National types of solo activities should be one of the integral parts of the national system of mass sports and wellness work on Physical Education. Therefore, the inclusion of national martial arts



in the educational system is very important for the future of each student.

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