



PHYSICAL CULTURE MOVEMENT NATIONAL MOVEMENT IN DIFFERENT NETWORKS WAYS OF ORGANIZATION

Sultanov Alisher Islombaevich

Teacher at Chirchik State Pedagogical Institute

Annotation:

These sports organizations and associations are organized by schoolchildren, students, workers, the military, law enforcement officers and other representatives of various fields. The main goals and objectives of these organizations are to engage the public in physical culture and sports, to hold various competitions, to prepare and participate in international sports competitions by organizing various teams. Also, public health sports events, various sports holidays and competitions, the use of national action games in visual sports systems. Public outreach is one of the most important activities of any sports organization or association.

Keywords: Physical education, sports, fitness, competition, team, student, physical culture, play, youth.

There are government agencies and public organizations that manage and represent the physical education movement. They are mainly officials of the Ministry of Culture and Sports of the Republic of Uzbekistan, officials of the Office of the President of the Republic, officials of the Government of the Republic, physical culture and sports departments of almost all ministries.

Public organizers include trade unions, Kamolot Youth Social Movement, Women's Committee, charitable foundations, etc. Dynamo, Youth, Student, Pakhtakor sports clubs, Patriotic Organization, Trade Union Sports Society, Central Military Sports Club and one Sports clubs under a number of government agencies are specialized organizations engaged in physical culture and sports. They have regional, city, district networks.

These sports organizations and associations are organized by students, workers, the military, law enforcement officers and others. The main goals and objectives of these organizations are mainly to engage the public in physical culture and sports, to hold various competitions, to prepare and participate in international sports competitions by forming various teams. It also promotes the use of national movement games in public health sports events, various sports festivals and competitions, and exhibition sports systems. Public outreach is one of the most important activities of any sports organization or association.

For example, in the celebration of Navruz, Independence Day, harvest holidays, professional days, they use multi-stage and multi-stage movement games, which organize various sports competitions in teams. All ministries and public organizations work together in the organization of the Republican competitions. A variety of action games will be on display at the opening and closing ceremonies of these events. In particular, elements of our national wrestling, equestrian games, tug-of-war, and national movement games such as wrist strength testing have been used many times. The main content of the program at the republican festivals, such as Alpomish Games, Tomaris Games, is the action



games. It is also noteworthy that it has become a tradition to organize a variety of action games at large weddings in villages and castles with the participation of employees of the lower branches of the Pakhtakor sports club. Ancient national games are widely used, such as throwing over the shoulder, testing the strength of the wrists, lifting bridges, camels, oxen, overturning horses, racing. In summary, state and public organizations can be divided into the following types of public health-sports venues of national action games:

1. Sports facilities.
2. Summer vacations for schoolchildren.
3. Health and sports facilities for schoolchildren and students.
4. Holiday homes for workers and intellectuals.
5. Special rehabilitation centers.
6. Medical institutions.

It is known that in their activities, the main goals and objectives of the process of rehabilitation, physical development and exercise in various ways.

Wellness activities at sports facilities are also different: training sessions for health groups, public physical and cultural events on weekends or holidays (preparation for special tests, department, sex or teams) competitions, individual exercises, family games, etc.) -Special fitness groups with people whose health has deteriorated or exercised for various reasons (severe pain, weight loss, etc.) is formed. Depending on the type of group, the people in it are engaged in special exercises and movement games. At such times, the dirt can quickly cause the neck, shoulders, arms, torso, and ankles to rotate, twist, bend, and so on. count of actions

or through time. Moving games such as leisure and sacking can also be fun for those who are engaged in high school activities. games play an important role.

Especially in shady cool places, which are rich in fields, wide meadows and natural landscapes, moving games, relay races give good results. At such times, national action games and various relay games such as Rain, Snare, Hook, Rooster Battle, Insiz Rabbit will be important in terms of purpose and content. The organizer, the physical education teacher, uses all the methods of pedagogical principles to explain, organize, conduct and complete the games.

Health and sports facilities for schoolchildren and students are organized in mountainous areas or on the banks of rivers, such as summer camps for schoolchildren. It should be noted that the health of many vocational colleges and universities to the best practices of the laity sports venues has in particular, in the sports camps of Tashkent State Pedagogical University named after Nizami, UzSWLI, Samarkand, Fergana, etc., the first in sports, especially one-day and multi-day hikes, shelling in addition to such events, there will be interesting discussions on various relays, various action games. They are mainly interested in national and modern action games such as Search, tug of war, climb to the top, Podatop, Chillik. Therefore, in addition to physical qualities, aesthetic pleasure is a priority for practitioners and spectators. Holiday homes for workers and intellectuals are located in mountainous areas, where national cultural events are regularly organized. Animated games also have a special place in their content. Especially as a group, as a team, various games and relays are used more often. Games



such as tennis, badminton, hand volleyball, volleyball, kicking the ball over the tennis net, and head-to-head are fun activities. There are also mobile games such as jumping rope, running through hoops, pulling sticks, ropes, hanging on trees and other natural objects (stairs), pulling, hanging on hands, shooting. is used.

Most interestingly, the third plus, games such as fishing rods, traps, spinning the ball in a circle, planting potatoes are purposefully used. It is known that hiking in mountain resorts, swimming in running water, the games will be held in the form of competitions. At the end of the holiday there will be active games such as bonfires, debates, arguments, riddles. Satisfied adults and children share their impressions and offer action games to make your trip more meaningful and fun. In general, physical culture activities, especially movement games, hiking, are more important in terms of purpose and content in the health and recreation of workers. saunas are understood. They will have a steam bath, cold water pools, massage rooms and exercise equipment. People, first of all, perform various exercises on the advice of an expert. Football and other playgrounds in sports facilities that have gyms or are close to saunas, most people usually have elements of sports games such as football (compact rule), volleyball, basketball, tennis, badminton. will compete. Others compete with each other in various relays, such as hanging, pulling, hanging, and wrist strength testing. Members of the relay, especially the joints, exercise to increase muscle strength and endurance. they do. They run on time on special devices (bicycles, rotating rubber tracks, etc.) to strengthen the joints and muscles of your feet, and argue for endurance testing. Equipped with various stuffed balls, ropes, gymnastic sticks and other sports items, the number of users at home is growing. In short, the use of special health facilities and movement games at home can be a factor in staying physically fit. This is important for a healthy lifestyle. Medical facilities are not only hospitals, but also clinics, sanatoriums, and private health resorts.

The structure of such places is divided into the following types:

1. Exercise therapy in hospitals.
2. Treatment by means of physical training in polyclinics.
3. Exercise in rest homes and sanatoriums, treatment with action games.
4. In permanent (inpatient) special medical institutions (hospital, sanatorium, etc.) use of physical games.

It should be noted that the treatment of physical education facilities (movement games) in these institutions is carried out mainly by specialized physical education specialists. They can do it independently. The use of exercise in hospitals is mainly done in groups with patients with colds and less severe. Severely bruised, broken, dislocated bones, exercises that improve muscle movement (bending, writing, rotating, pulling, pushing, etc.) are performed in the form of games. Patients recovering after major surgery are also treated with a variety of games and exercises. Polyclinics, rest homes and sanatoriums offer a variety of games depending on people's physical fitness. The simulators include exercise, massage, and cold water (baths and pressurized water). People who are physically fit and healthy are advised to participate in competitions with elements of sports such as football,



volleyball, tennis, badminton, gymnastics, athletics (running, running, jumping, throwing), swimming. are given.

REFERENCES

- 1) Usmonkhojayev TS, Khojayev F. Moving games. T., 1992.
- 2) Usmonkhojayev TS, Meliyev H. National action games. 2000.
- 3) Khojayev F., Rahimkulov K.D., Nigmanov B.B. Methods of teaching sports and movement games. 2008.
- 4) Qosimov A.Sh. Moving games. 1983.
- 5) Normurodov A.N. Uzbek national games. T., 1999.
- 6) Usmonkhojayev TS, Khojayev F. 1001 games. T., 1990
- 7) Sultanov AI PUBLIC EDUCATION CHARACTERISTICS OF RULES OF WRESTLING SCIENTIFIC AND METHODOLOGICAL JOURNAL OF THE MINISTRY OF PUBLIC EDUCATION OF THE REPUBLIC OF UZBEKISTAN 2021, No. 5 (special) 60-62 The history of our struggle and today's development. Teacher and continuous education
- 8) Sultonov A.I. Improving maneuvering skills in highly qualified judokas. UZMU NEWS, 2018, №1 / 2/1. 100-103 b.
- 9) Sultonov A.I. Formation of professional cultural relations in future physical education teachers (on the example of Kurash). School and life "Avloni – 2020 20-23 b.