

ABSTRACT METHODOLOGICAL FOUNDATIONS OF ORGANIZING THE PHYSICAL PROCESS THROUGH NATIONAL TRADITIONS EDUCATION

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Abstract

This article highlights the theoretical and methodological aspects of organizing the physical education process based on national traditions. The issues of developing students' physical qualities and forming their moral and ethical values through folk games, national sports, and customs are analyzed. In addition, methods of organizing activities based on national values, pedagogical principles, and their practical effectiveness are substantiated.

Keywords: Physical education, national traditions, folk games, pedagogical methodology, upbringing, healthy lifestyle, national values.

Introduction

In the process of modernizing the education system in the Republic of Uzbekistan, enriching the content of physical education and improving it on the basis of national values has become increasingly important. Physical education not only ensures the physical development of students but also contributes to their moral and spiritual upbringing. National traditions represent the historical experience, customs, ceremonies, and values of the people. They serve as an effective means of educating the younger generation in the spirit of patriotism, collectivism, perseverance, and respect. Therefore, the use of folk games and elements of national sports in physical education is considered a relevant issue. The organization of physical education based on national traditions relies on the following pedagogical principles:

The principle of national identity and cultural heritage – using folk games and national sports during lessons.

The principle of educational orientation – developing moral and social qualities through physical activities.

The principle of systematicity and consistency – planning activities according to students' age characteristics.

The principle of activity and conscious participation – ensuring active involvement of students.

Folk games are characterized by their physical, competitive, and educational nature. For example, games such as Tug of War, Oq Terakmi, Ko'k Terak, and Chillak contribute to the development of speed, strength, and agility.

Integration of Folk Games into the Educational Process

Organizing activities based on traditional movement games in primary and secondary school classes increases students' interest and motivation.

Use of Elements of National Sports

Elements of traditional wrestling, stone lifting, and equestrian exercises can be adapted and incorporated into educational programs. These exercises develop strength, endurance, and willpower in students.

Application of Competitive Methods

Organizing school competitions based on national games creates a healthy competitive environment and enhances students' motivation.

Integrative Approach

Combining physical education with history, spirituality, and literature contributes to the formation of national consciousness.

PRACTICAL SIGNIFICANCE

Physical education organized on the basis of national traditions:

- strengthens students' health;
- effectively develops physical qualities;
- enhances national self-awareness;
- provides moral and ethical education.

The introduction of national traditions and folk games into physical education is not limited to physical exercises alone. They also perform the following educational functions:

Moral and Ethical Education

Games and national sports foster respect, patience, and a spirit of cooperation.

Cognitive Development

Students improve their memory, quick decision-making, and strategic thinking abilities.

Social Skills

Team games teach cooperation, leadership, and coordination.

Formation of a Healthy Lifestyle

Exercises based on national traditions improve metabolism and strengthen the cardiovascular system.

The use of national traditions in physical education effectively forms students' intrinsic motivation. National games, customs, and historical sports traditions create a sense of "my values" and "my heritage," encouraging responsibility, active participation, and self-expression.

For example, courage, bravery, and endurance have always been highly valued in Uzbek folklore. Integrating these ideas into physical education lessons strengthens students' volitional qualities.

INTEGRATION OF NATIONAL SPORTS INTO THE EDUCATIONAL SYSTEM

Uzbekistan has long been home to traditional sports that contribute not only to physical development but also to moral education.

For example:

Kurash (traditional wrestling) – develops agility, strength, and fairness.

Kupkari (Buzkashi) – promotes teamwork, courage, and strategic thinking.

Belt wrestling – develops balance and rapid decision-making skills.

Incorporating these sports in adapted forms into school physical education lessons strengthens students' national identity.

MODERN MODEL OF PEDAGOGICAL APPROACHES

1. Integrative Approach

Physical exercises are connected with history, literature, and spiritual education. For instance, images of heroism and courage in the works of Alisher Navoi promote physical virtues.

2. Competency-Based Approach

Students develop not only physical skills but also:

national consciousness;
social cooperation;
moral responsibility.

3. Learner-Centered Education

The physical capabilities, interests, and attitudes of each student toward national values are taken into account.

PSYCHOLOGICAL AND PEDAGOGICAL FOUNDATIONS

Physical education based on national traditions:

increases students' self-confidence;
forms a sense of national pride;
strengthens collective solidarity;
reinforces moral standards.

Furthermore, the elements of competition and cooperation inherent in folk games create a healthy competitive environment.

CRITERIA FOR EVALUATING EDUCATIONAL EFFECTIVENESS

The effectiveness of physical education based on national traditions is determined by the following indicators:

improvement of physical qualities (strength, speed, endurance);
students' active participation in classes;
increased respect for national values;
level of social adaptation.

Observation, testing, and the results of pedagogical experiments are used during the monitoring process.

SCIENTIFIC NOVELTY AND PRACTICAL IMPORTANCE

This methodological approach:

contributes to the preservation and development of national heritage;
enriches the content of physical education lessons;
promotes a healthy lifestyle among students;
harmonizes the spiritual and physical components of education.

CONCLUSION

Organizing the physical education process through national traditions is one of the important directions of modern pedagogy. Folk games and elements of national sports positively influence not only students' physical development but also their moral and spiritual growth. Therefore, it is necessary to enrich physical education curricula with national values and improve their methodological foundations.

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