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### Pedagogical Stages of National Identity Formation in Students Through Sports

**Qosimov Akmaljon Nasirdinovich**

Farg'ona davlat universiteti, mustaqil tadqiqotchisi

#### **Abstract:**

In this article, the theoretical-methodological foundations of the formation of national identity in students through sports, the role of national traditional values of holidays, ceremonies, customs and events as a source of national education are of particular importance. playing was explained.

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#### **Introduction**

The importance of the role of physical education in raising the young generation to be physically fit and spiritually mature has become the priority goal of engaging students in mass sports in engaging in physical exercises and developing the health sector. Active involvement of the growing generation in physical culture and sports activities. Three-stage sports competitions in almost all sports have already become a normal way of life in all regions of our country. That is why the development of physical culture and sports in Uzbekistan developed on the initiative of the first President of the Republic of Uzbekistan, I.A. Karimov, in particular, the formation of a healthy lifestyle for the society, the prevention and prevention of diseases, is aimed at attracting all layers of the population, especially

young people, to physical education and sports.

To develop the ability to perform various actions quickly and sequentially, first of all, it is recommended to follow the rules of daily hygiene. There is no doubt that it is necessary to study the problems of the physical condition of students in educational institutions, because it provides an opportunity to develop physical fitness and physical condition of students on a scientific basis.

In this regard, from the day of independence, organization of physical education events and health training sessions in order to provide free time for students in specialist educational institutions.

It is emphasized that it is one of the current issues. Promoting and advocating a healthy lifestyle among young people, giving great importance to the education of a healthy generation is one of the important tasks of the people and leadership of our country, which are set before the experts of physical education and sports.

### **Materials and Methods**

Nowadays, one of the important tasks of educational institutions is to teach pupils and students to engage in physical education and sports in order to grow physically healthy. The term "health care" is now gaining a very broad meaning, its modern meaning is understood not only in the sense of health, but also in the sense of well-developed and highly practical and physical performance, learning to quickly adapt to a changing climate. can be interpreted as consisting of This age of technical progress requires a person to be able to skillfully manage movement quickly, and to have thorough physical training. The foundation for all these things is laid from a young age. The main tasks of physical education of pupils and students are as follows: Helping to strengthen health, exercise, all-round harmonious and physical development, increase the quality of mental and physical work. The tasks of fitness, physical development and the formation of movement skills and abilities are in different forms depending on the age, gender and personal characteristics of those engaged in physical education and sports. Physical education of pupils and students is aimed at their harmonious physical development and training of the body, while playing sports is aimed at achieving specialization in sports and showing high results in sports. Trainers and organizers are the main factor in the implementation of the above-mentioned goals and tasks of physical education. Also, the age, gender, physical fitness, health, and interests of those involved in physical education and sports play an important role in the implementation of physical education. It is impossible to achieve positive results in education if the purpose and task of physical education is not considered in the organization of classes.

Physical culture activities during the school day play an important role in the physical education of pupils and students. The main ones are the following: morning physical education, physical culture moments during the lesson to keep the students from getting tired, and organizing them with active games during the breaks. All of the above activities are aimed at solving specific tasks of physical education during the school day, preparing students for their mental activity during training.

The principle of preparation of physical education for labor activity shows that physical education is improving independently with new and diverse practical labor. Supplying production and agriculture with modern equipment has freed workers from hard work and created an opportunity for them to engage more in improving their health. Regardless of the form of cocktail, it requires physical activity and physical training. It can be concluded from this that a well-organized cocktail is also a factor of a person's physical well-being. The practical importance of physical education and sports is the

formation of movement skills that are directly used in life. If, as a result of physical exercises, the skill is practical, that is, it is transferred from the conditions of sports or gymnastics training to the work and military situation, then such physical education is connected with practical education.

The principle of physical education to develop a person from all sides: In the process of physical education, there are great opportunities to solve the tasks of mental, moral and aesthetic education. Solving these tasks expands the role of physical education as a factor of all-round development of a person and directly ensures the success of physical education. Only people who have matured spiritually and physically can be the builders of an improved society. Education of a perfect person takes place in conditions of properly organized physical education. Being a comprehensively developed person, development is a requirement of biological and social laws. A person's physical perfection is directly related to his spiritual perfection. The spiritual world of a person is formed due to external influences, social environment, and the actions of a person aimed at changing the conditions around him. It can be seen that the process of physical education is the physiological basis for the formation and connection of conditioned reflexes. A person's achievements in physical education and sports, records, high-level movement and skills formation gain value when they are related to the athlete's intellectual, moral, spiritual, aesthetic and ideological-political formation. . Social activity is specialized and depends on production and military physical training, that is, the success of specialization is created on the basis of education and physical training. All-round general physical fitness is one of the main principles of human development. The improvement of physical qualities, the formation of high-level movement skills and abilities provides an opportunity to implement special physical training. The pursuit of records or ambition in sports violates the principle of comprehensive development of the individual, and as a result, unethical athletes are formed that are not typical for society.

Providing special knowledge about physical exercises and sports. Physical exercise is understood as a different set of voluntary movement activities that meet the requirements of the laws of physical education and are performed consciously. Such movement activities were systematized, collected and filled with methods as gymnastics, games, sports, and tourism exercises. To teach them hygienic knowledge and skills. This task is to provide students with the necessary knowledge about the benefits of physical training, hygiene rules, and the rules for correct performance of all physical exercises provided for in the program.

Strengthening health, helping students to develop and train properly. Under the influence of natural factors, water, sun, air, students' health will be strengthened, trained, and the body will be more resistant to diseases. Carrying out physical education classes in fresh air as much as possible or organizing sports halls to be supplied with fresh air. Directing pupils and students in water treatments, swimming and bathing activities and sunbathing activities. These activities are carried out as walks, excursions and tourism activities. This task is the most important of all physical culture and sports activities in an educational institution. It should be the center of attention of every teacher and team of pedagogues. Therefore, pupils and students should develop normally from a physical point of view.

Formation and improvement of movement, skills and abilities, training in new types of movement and movement activities. The content of physical culture of pupils and students is structured in such a way that students are regularly engaged in physical culture classes, at home, in physical culture clubs and sports clubs, and learn vital skills such as walking, running, throwing, scrambling, and balancing. they acquire the necessary movement skills in a systematic way. All the listed activities will help in all-round physical development and preparation for cocktails. It is necessary to approach pupils and

students according to their gender, age and physical fitness, as well as their personal qualities, in the formation of movement skills and abilities. Improvement of physical qualities. Speed, strength, agility and endurance and flexibility are qualities that everyone needs. They are closely related to the formation of movement skills in pupils and students. Carrying out physical exercises for a short or long time at different speeds and with different complications helps to develop the above qualities. Development of physical qualities in accordance with each other. Organizing classes according to the personal qualities of the participants and attracting students to sports.

Education of mental and aesthetic qualities. Cultivating bravery, determination, discipline, sense of community, friendship and camaraderie, cultural behavior skills, attitude to work and social property. The whole process of physical education helps to cultivate such valuable moral and willful qualities. Many physical exercises and play activities help to develop feelings of bravery and friendship. It is expected to achieve results on the basis of timely verification of assigned tasks and testing in practice. Educating pupils and students in a wide range of intellectual and moral aspects is one of the important tasks, because the consciousness of pupils and students is during development. It is possible to achieve the desired results only when education is directed in a positive direction.

Involvement in physical education and sports activities. It is to accustom pupils and students to systematic physical exercises not only in educational institutions, but also at home. In order to fulfill this important task, all activities conducted with pupils and students should be lively, the content and form of the studied material should be made interesting and exciting, conducted under the sincere treatment of the leader of the activity, the participants should interact with each other. It is necessary to create conditions for cooperation. Encouraging pupils and students to engage in sports according to their personal interests and physical qualities. Also, it is necessary to carry out general physical training and sports training in the places of residence and sports clubs. Education of organization in pupils and students, preparation of physical culture activities. In order to successfully carry out mass physical culture and sports activities in the educational institution, to conduct physical culture classes and trainings in full, students and students need the constant support of the physical culture activity of the teacher.

## Results

Physical education activities in educational institutions consist of physical development, health and preparation of pupils and students for life activities. Physical education processes are organized at all stages. In the organization of physical education, the pedagogical team of the educational institution, physical education teachers and sports coaches are of great importance. Physical education activities in educational institutions are morning physical education, physical education classes, training in sports clubs, sports competitions and tourism trainings conducted on holidays and weekends. In the physical education activities, the students' movement skills and abilities are formed by performing vital activities such as walking, running, jumping, throwing, and climbing. Positive changes occur and the body becomes healthy with the help of physical exercises and the healing forces of nature, as well as hygienic means, which are considered as physical education tools. The law of the Republic of Uzbekistan "On Public Education" and "On Physical Education and Sports" states that citizens of the Republic of Uzbekistan must take care of their physical training in order to improve and strengthen their health. is keyed. This law fully applies to the work of physical education in educational institutions.

Physical education of pupils and students is an organized pedagogical process of their physical activities. Physical education activities in an educational institution differ in their very diverse forms, which require enthusiasm, initiative, and organization from pupils and students. They help to educate pupils and students in organizational skills, activity and resourcefulness.

The content, description, analysis and methods of conducting games that educate physical qualities, taking into account the age characteristics of academic high school and vocational college students. Coordination of action games for students of academic lyceum and vocational college on the basis of the program. Methods of organizing and conducting action games in extracurricular activities.

Action games are effectively used in physical education lessons held in educational institutions. The main task of these games is to teach students to overcome obstacles of a gentle nature, to perform a variety of physical exercises related to the manifestation of physical qualities and abilities.

### **Discussion**

The games include exercises such as walking, running, jumping, throwing, aiming, which are important for the development and improvement of physical movements of students. Along with the improvement of movements, physical abilities also improve, the activity of the heart and respiratory system improves.

There are 4 ways to choose a captain for games.

1. By the teacher
2. By the students
3. By his own will
4. By drawing lots.

The game is explained based on the following plan

1. Name of the game.
2. Preparation for the game.
3. Game description.
4. Game rules.
5. Game results.

Game equipment.

1. Ball,
2. String, rope, flag, board, stick and other auxiliary equipment.

Action games include all kinds of action games. Action games are divided into simple and sports games, that is, games with difficult exercise elements. Action games do not require special training from the participants.

The chaser

Preparing for the game. The field is bounded by a line. One guardian is appointed. Other players form a circle around him.

The progress of the game. The chaser says: "one-two-three". All the children run in all directions, the chaser chases and catches them.

Runners can sit down in case of danger, those who sit down will not be caught by the chaser. A child caught by a chaser becomes a mother. You can play the game as long as you want.

The rule of the game.

1. The sitting time should not exceed 5 seconds, otherwise the chaser will catch him.
2. A sitting player is not caught.
3. The caught player must raise his hand and say "I became the chaser", then he becomes the chaser. If he doesn't say he's caught, it doesn't count that he's the chaser.

Instructions for the game. You can also play the "jump fight" version of this game. The game is played as described above. But a child who jumps on one leg will not be caught.

## Conclusion

Identity emerges in the process of development and means that people demonstrate their specific position based on the feeling of belonging to a certain integrated structure. Identity helps a person to meet his needs and find his place in society. And this, in turn, allows a person to get rid of the worst pain, that is, complete loneliness and doubts.

The sense of national identity also has a protective function. It is manifested in the preservation of cultural values, protection and development of national-cultural interests, protection of national values from internal or external influences. It participates in the transmission of traditions of national identity from generation to generation, as well as in the preservation of historical, religious and cultural assets. The cognitive function is involved not only in preserving the memory of generations, but also in life itself as a whole.

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