

## USE OF NATIONAL MOVING IN ORGANIZATIONAL SPORTS HOLIDAYS

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### ABSTRACT

This article discusses the great holidays and national traditions held in our country, as well as the importance of national sports games, which are among the values.

**Keywords:** Traditional holidays, values, national games, events, sports, youth education.

### INTRODUCTION

Great dates of independence. Thanks to the independence of Uzbekistan, radical changes have occurred in the appointment and celebration of great dates. Holidays of the Soviet era, such as May 1, November 7, December 5, etc., were stopped and disappear from the consciousness of young people.

There are many wonderful dates in our country. Among them, Independence Day (August 31 - September 1) is the largest and priority date. Also, the great commander, master Amir Temur, the sultan of oriental poetry Hazrat Alisher Navoi, Ibn Sino, Babur, as well as thinkers such as Oybek, Gafur Gulam, Abdullah Kakhhor, Hamid Olimjon, writers of the recent past, art, culture, management and many other areas . big holidays are held to celebrate the birthdays of those who made a name for themselves through their hard work.

Since 1991, a large festive show dedicated to Independence Day has been held with great solemnity and joy. Artists and songs in his program take up more space. However, physical culture and sports, especially folk games, did not stand aside. They are expressed as follows.

1. Demonstration performances of wrestlers, boxers, rhythmic gymnasts, riders.
2. Symbolic representations of national movements, such as horseback riding, horseback riding, fencing on horses, wrestling on the shoulders, shooting in attractive games by dancers and young players.
3. In ballet dancing, boys and girls chase, swim, fight and express other types.
4. Stage performances of kindergarten and schoolchildren - dances and performances of national and national heroes such as Alpomish, Barchina, Tomaris by Jaloliddin Manguberdi in group and solo songs.

### Materials and methods

International anniversary tournaments in wrestling and other sports are held on the occasion of the anniversaries of great writers, at the beginning of which various outdoor games are shown, such as lifting a stone, tug of war, tug of war, wrestling on the shoulders, horse games, etc.

It is also noteworthy that in the palaces of the arts, on magnificent evenings, on stage or in the open air, children fight, and in dance, the artists perform the symbolic meanings of national games.

The expression of the national movement of people at such events is a sign of their attention to our national values.

Nowruz is a symbol of a new day, a new year, a spring holiday. The main symbol of Navruz is sumalak. On the night of Navruz, women and men, especially boys and girls, gather to share the sumalak and share the blessings. Women dance around the cauldron, singing yallas and lapars. Children chase the fields and play various games with movement. National games such as Bekitmahok, Durra Sold, Kim Geldy, Ovozdan Peak will be held in an interesting way.

Nowruz is celebrated not one or two days, but even a week and ten days. Demonstrations - wrestling performances, wrestling, weightlifting, tug of war, tug of war and modern sports (acrobatics, boxing, weightlifting, oriental solo wrestlers, etc.).

Riders and wide pastures - kupkari on the hills - goat, folk folk games such as tipping a racehorse. Viewers will be shown national action games, such as Tug of War, Chillik.

The interesting thing is. All teams have long been preparing for Navruz, and many people take part in it. Specialists and public activists are actively involved in the selection of national action games, training performers and related processes.

In the context of Navruz, the expression of life needs in the form of games is a priority. Thus, many activities, such as plowing, threshing, raising livestock, feeding, lawn mowing, haymaking and rest after work, are the content of the games.

From a theoretical point of view, every sportsman should take an active part in the preparation of Navruz with a creative approach. Based on this, young people and students will have to study hard how to follow the example of Navruz events and their practical implementation.

A continuation and an integral part of Navruz can be called a harvest festival. Because the harvest of those planted in the spring ends with their storage without destruction and delivery to the corridors. Although some cereals are harvested in the summer, they are usually celebrated with the fall cotton festival. Since farmers, farm managers and rural residents will be calm in the fall at the end of the autumn, there will be an opportunity to prepare and hold weddings, holidays.

## **RESULT AND DISCUSSION**

The harvest festival program will include a gala concert of artists, wrestling, equestrian games and demonstrations in modern sports. However, among us a special place is given to the national movement. Various national action games for young and old will be offered, such as “don’t listen”, “walking”, “cooling”, “herd ball”, “riding a donkey”, “donkey racing, capsizing, shooting, power tests” . ,

It is advisable that students actively study and actively participate in the ways of organizing such huge and complex traditional holidays.

A variety of traditional cultural and sporting events. One of the most prominent types of national festivals are republican festivals dedicated to national games. They were mainly organized as Alpomish Games, Tomaris Games.

Due to the fact that these national games are based on values, pride and pride, statesmen, spiritual and cultural figures, leading scientists pay great attention.

On April 25, 1991, in the Forish district of the Jizzakh region, the first republican competition of national folk games was organized, which until 1996 was held here and in this way. According to a special decision of the government of the republic, in 1998 in Termez it was renamed the "Republican Festival of Alpine Games", which is held every two years.

The Tomaris Republican Women's Sports Festival was organized in 1999 in Jizzakh and held every two years. These festivals welcomed the people and praised. Since their content was mainly folk games, action games were selected and demonstrated. This happened thanks to the great initiative of the famous scientists U. Karabaev and T. Usmonkhodzhaev.

Our people have many ancient national traditions and customs. In organizing and conducting them, the identity of our country, national pride, pride and, most importantly, spirituality - the culture of enlightenment is rich in meaning. The most important of these are weddings (birth of a son, cradle, age of the prophet, anniversary, etc.), Eid, veneration, memory, etc. ceremonies. Especially young men and adults, various gatherings of women (gappis, gashtags), gatherings of girls, graduations and similar habits can also be a source of spiritual strength and physical maturity. Because they also organize various games.

Mullahs, modern businessmen, cultural figures and participants in ceremonies in memory of God, iftar and the days of death encourage family members, relatives and descendants to be patient, recalling past and present ancestors. They want to maintain their health, raise their children well and keep them in good shape. In other words, he reveals ways to respect our national values, to be spiritually enlightened and physically healthy. Naturally, in this sense, physical education and sport, especially the games of the national movement, are considered.

## CONCLUSION

The conclusion is this: the idea of honoring people on the basis of great dates, traditional holidays, various customs and traditions, work, study and life for the honor of the motherland, for the peace of the people and country. In the context of social and cultural sporting events, the goals of honesty, integrity, energy, discovery of talented young people and talented professionals and athletes will be high. Most importantly, they include national games.

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