

**PROBLEMS OF PHYSICAL EDUCATION IN THE CREATION PERIOD
OF THE FRIEND "FORTY GIRLS"**

A. T. Saparov*

*Assistant,

Department of Preschool Education and Defectology,
Nukus State Pedagogical Institute named after Ajiniyaz,
UZBEKISTAN

Email id: saparovabat1981@gmail.com

DOI: 10.5958/2249-7137.2022.00431.1

ABSTRACT

The types of physical exercises used in Karakalpak folk pedagogy in the physical education of young people have a long history. In this regard, the oldest forms that have survived to the present day are national wrestling, archery, running, jumping which have a special place in the epic "Forty Girls". This article discusses about problems of physical education in the creation period of the friend "Forty Girls".

KEYWORDS: *Exercises, Problems of Physical Education, Folk Pedagogy, Physical Education, Archeology, Archeology Monuments*

REFERENCES:

1. Oleov O'. Formation and development of educational ideas in Karakalpakstan. Nukus. Karakalpakstan. 1993. Page 504.
2. Ethnopedagogy of the Karakalpak people. Ped. prof O'. Oleov. Nukus. Knowledge. 1995 Page 108
3. Oleov O'. ethnopedagogy and its peculiarities. // Bulletin of Karakalpak State University. 2009. No. 1.
4. Karakalpak folklore "Forty girls" has many volumes. Volume 5 Nukus. Karakalpakstan. 1980. 462-bet.