

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

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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*

INTRODUCTION

Many games originated and were used in connection with the work and lifestyle of the first people. The fact that they have survived and survived to this day is also due to the fact that these games have always been needed and used in people's lives. Although many of the methods used in folk pedagogy related to physical education have survived to the present day, we cannot say that they all emerged at the same time, at the same time. Many of them are known to correspond to the period of the epic "Forty Girls" and have been used out of necessity. As a result, physical education has become a regular program and has reached this point. Some have been used up and lost because they are no longer needed. Now that there are no written sources in our time as to which of them were used or left out of use, some assumptions and logical opinions can be made on this issue. For example, according to archeological and historical sources, during the ancient collective system, people used stone weapons in the process of labor and hunting. These weapons have been cultivated little by little. In ancient times, hunting was considered the most important human activity, but gradually it was replaced by the development of weapons. As a result, people learned how to put bows and traps, and other mechanical movements, and began to use them in hunting.

This is confirmed by archeological monuments of the Mesolithic (Middle Stone Age) and Neolithic (New Stone Age). Such sources can be found in various parts of Central Asia. In the distant past, when people went hunting, they were exposed to various animal dangers and various natural disasters. People have always been ready to face all of these dangers. Against this, the people of ancient times used long-distance throwing of stones, wrestling, one-on-one fights with animals and other actions. Human-animal interactions have survived to the present day in some

nations as a variety of customs. These competitions were once a form of education that was created after humans began to tame animals in order to prepare humans so that they would not be defeated by wild animals.

According to historical and archeological findings, ancient people living in what is now Central Asia began to mine copper in the second half of the third millennium BC and use it in marriage, while in the second millennium BC bronze (copper and lead compound), from the end of the second millennium BC to the beginning of the first millennium, when iron ore was mined and processed. That is, weapons made of metals and the addition of various complex metals made of various metal alloys to them appeared in those days as both military and physical weapons. This period led to frequent military wars and the development and use of weapons against the enemy, as well as training, special exercises and competitions. The disappearance of some types of exercise in physical education is due to various developments and changes in our society. For example, in the 19th and 20th centuries, there were no human-animal competitions, and in the 19th and 20th centuries, there were no human-animal competitions. However, as mentioned above, they are rarely found in the ancient versions of the epic "Forty Girls".

However, in the history of the peoples of Central Asia, some of the sources about the ancient people's interactions with wild animals have been preserved in folklore. For example, the epic "Korkit ota", a similar cultural heritage of many Turkic-speaking peoples, contains information about a man competing with a bull. The main reason why these forms of exercise have not been used in recent times is that part of the population has moved to a sedentary lifestyle, resulting in the use and improvement of bows and other hunting weapons in human attacks on animals. there was no need for such battles. The endangerment of human life between animal and human beings has led to the abolition of such exercises.

Based on some folklore works, it is possible to think about changes in physical education. For example, in the epic "Korkit ota", which is typical of the majority of Turkic peoples, in the distant past there were three-element (troebore) competitions of our people, in which: wrestling, horseback riding, archery throwing (trinity) is said to have taken place. In recent times, these competitions have changed as a result of the development of society. According to the epic "Korkit ota" of the Turkic peoples, which had the same period of creation with the epic "Qirq Qiz", the competition of these three elements dates back to ancient times. to be transferred. In order to marry a girl, a young man had to win all three types of competitions. These processes were an independent form of testing the level of physical and moral upbringing of a young man and woman. The boy and the girl had to be constantly prepared from an early age to pass the tests without difficulty. This is because the people's way of life demanded it. They had to be constantly prepared for military wars.

In folklore, especially in the epic "Forty Girls", this three-element contest (troebore) is to some extent unique in other heroic epics.

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