

# The results of the experiment conducted with students and parents in conducting physical education work in schools and neighborhoods

*Muratov Djakhongir Djuraevich<sup>1</sup>, Fatullaeva Muazzam Azimovna<sup>1</sup>, Sattorov Anvar Ergashevich<sup>1</sup>*

<sup>1</sup>Bukhara State University, Bukhara, Uzbekistan

**Abstract:** In the article, the interests and activity levels of young people in schools and neighborhoods in physical education and sports were studied through various questionnaires and exercises. In this way, the importance of physical education and sports in increasing their social activity was studied. It is based on the fact that physical education and sports are factors in the formation of a well-rounded generation. Questionnaires and exercises were given in order to increase their interest in physical education and sports.

**Keywords:** local governments, educational process, skills and competences, variation, problem learning, repetition, introductory stage, movement technique.

## Introduction

In order to solve the task set before us by the national games in conducting physical education in schools and neighborhoods, we distributed a questionnaire to the 5th graders of school number 29 in the Romitan district of Bukhara region, and asked them to participate in the national sports games. When we studied the relationship between games, the role of spiritual education in the organization of Uzbek national games with students in which general education schools, and the problems, we not only examined this issue theoretically, but also scientifically from a practical point of view. - we conducted research. For this analysis, we used several methods widely used in research:

- experimental work classroom on the system of efficient use of national outdoor games;
- study of the influence of outdoor games as elements of national pedagogy on the education of students;

- investigation of the material equipment;
- mathematical study of the results of the study;

Therefore, in the organization of Uzbek national outdoor games with students in general education schools, the task was mainly set:

- to improve students' physical and learning skills through national outdoor games;
- organization of mass physical education and sports competitions for the national sports selected by the students;

- to give theoretical knowledge about the effects of exercise on the human body over the centuries in our climate, our ethnic life;

- creation and regular replenishment of an information bank on lost national mobile games;

From our research conducted in general education schools, it became clear that the wise use of the blessed heritage left by our great ancestors in the field of physical education is to apply it

---

<sup>1</sup> Corresponding author: [dj.dj.muratov@buxdu.uz](mailto:dj.dj.muratov@buxdu.uz)

to their daily physical education activities, physical education and sports of preschool and school age children, Education at any stage requires the development of new programs and manuals. [1,5,7,9].

Some of the results of the questionnaire to check students' interest in Uzbek national action games were as follows:

**Table 1.** The account is % up to experience.

**Question: how do you feel about the physical education lesson?**

| <b>№</b> | <b>Response of the students</b>    | <b>Control group<br/>(30 pupils)</b> | <b>Experimental group<br/>(30 pupils)</b> |
|----------|------------------------------------|--------------------------------------|---|
| 1.       | Boring physical education class    | 40                                   | 43,3                                      |
| 2.       | I like physical education class    | 26,6                                 | 23,5                                      |
| 3.       | Training is useless                | 20                                   | 20  |
| 4.       | Playing sports now is not an honor | 13,4                                 | 13,3                                      |

**Question: what makes you not engage in family sports?**

| <b>№</b> | <b>Response of the students</b>                | <b>Control group<br/>(30 pupils)</b> | <b>Experimental group<br/>(30 pupils)</b> |
|----------|--|--------------------------------------|---|
| 1.       | We don't have time                             | 20                                   | 23.3                                      |
| 2.       | Sports facilities are located far from home    | 26.6                                 | 16.6                                      |
| 3.       | My parents are reluctant to go to sports clubs | 10                                   | 13.5                                      |
| 4.       | The absence of a favorite sport in the circle  | 16.8                                 | 20  |
| 5.       | I don't want to study                          | 20                                   | 16.3                                      |
| 6.       | It's hard for me to answer                     | 6.6                                  | 13.3                                      |

**Question: Do you like to hold sports competitions in two groups?**

| <b>№</b> | <b>Response of the students</b> | <b>Control group<br/>(30 pupils)</b> | <b>Experimental group<br/>(30 pupils)</b> |
|----------|---------------------------------|--------------------------------------|---|
| 1.       | Likes                           | 33.5                                 | 30  |
| 2.       | Dislike                         | 26.6                                 | 33.4                                      |
| 3.       | It's not important.             | 23.3                                 | 26.6                                      |
| 4.       | We haven't been through this.   | 16.6                                 | 10  |

***Question: What kind of sports do you want to have in your area?***

| <b>№</b> | <b>Response of the students</b> | <b>Control group<br/>(30 pupils)</b> | <b>Experimental<br/>group (30 pupils)</b> |
|----------|---------------------------------|--------------------------------------|---|
| 1.       | I want all sports to be         | 26.6                                 | 30  |
| 2.       | Athletics                       | 40                                   | 36.6                                      |
| 3.       | Dunno                           | 33.4                                 | 33.4                                      |

Working with the experimental group of 5th grade students throughout the year, we explained to them in the history of physical education, the theory of physical education, how sports from our fathers and grandfathers serve to restore health [2,4,14,17].

One of our great ancestors, Abu Ali Ibn Sina (commonly known in the West as Avicenna), also justified physical training from a practical point of view. So, we can rightfully say that Abu Ali ibn Sina is the real father and founder of our national physical education. We explained that Amur Temur also shared some of his tips and advice about physical education.

Together with the students, we went to various clubs (athletics, basketball, volleyball, football, tennis) after school, took them on trips, to sports training, and gave them information about it. I taught our students some of our national games and the students played these games diligently.

We, together with the physical education teacher, take them to regional and regional competitions. And at the end of the year, here are some survey results to test students' interest in physical education are as follows:

**Table 2.** In the account % after the experience

***Question: How do you feel about physical education class?***

| <b>№</b> | <b>Response of the pupils</b>      | <b>Control group<br/>(30 pupils)</b> | <b>Experimental group<br/>(30 pupils)</b> |
|----------|------------------------------------|--------------------------------------|---|
| 1.       | Boring physical education class    | 42                                   | 6.6                                       |
| 2.       | I like physical education class    | 38                                   | 73.4                                      |
| 3.       | Training is useless                | 15                                   | 10  |
| 4.       | Playing sports now is not an honor | 5                                    | 10  |

***Question: What makes you not play family sports?***

| <b>№</b> | <b>Response of the pupils</b>                  | <b>Control group<br/>(30 pupils)</b> | <b>Experimental group<br/>(30 pupils)</b> |
|----------|--|--------------------------------------|---|
| 1.       | We don't have time                             | 25                                   | 20  |
| 2.       | Sports facilities are located far from home    | 30                                   | 10  |
| 3.       | My parents are reluctant to go to sports clubs | 15                                   | 10  |

|    |   |    |      |
|----|---|----|------|
| 4. | The absence of a favorite sport in the circle | 20 | 46.6 |
| 5. | I don't want to study                         | 10 | 6.8  |
| 6. | It's hard for me to answer                    | 5  | 6.6  |

**Question: Do you like to do sports competitions in two groups?**

| №  | Response of the students      | Control group (30 pupils) | Experimental group (30 pupils) |
|----|-------------------------------|---------------------------|--------------------------------|
| 1. | Likes                         | 33.5                      | 8.2                            |
| 2. | Dislike                       | 26.6                      | 6                              |
| 3. | It's not important.           | 23.3                      | 6                              |
| 4. | We haven't been through this. | 16.6                      | 6                              |

**Question: What sports do you want to have in your area?**

| №  | Response of the pupils  | Control group (30 pupils) | Experimental group (30 pupils) |
|----|-------------------------|---------------------------|--------------------------------|
| 1. | I want all sports to be | 40                        | 70                             |
| 2. | Athletics               | 40                        | 20                             |
| 3. | Dunno                   | 20                        | 10                             |

The experience has paid off. In doing so, the responses to our first and second questionnaires increased by 4.6%. (6.3<8.2). If we interest our students in physical education classes and increase their physical abilities, they will become healthy and mentally, physically mature and adult people. In a healthy body - common sense.

The Ministry of Preschool and School Education of the Republic of Uzbekistan has commissioned a group of leading specialists in the field of physical education, researchers and school teachers to develop a new curriculum based on the results of experimental tests for grades 1 to 9 of general education schools [3,11,15,19]. The goal of physical education classes is to form children from an early age physically healthy, strong and observe the safety rules in classes. Ensuring the active participation of students in physical education activities, taking advantage of all opportunities, regardless of the available conditions, should carry a useful load on our body. We take the criteria of some test exercises from them to determine how physically prepared the students are. They showed the following result:

**Table 3.** On account % before the experience (30 students)

| №  | Test exercises                            | Control group (%) | Experimental group (%) |
|----|---|-------------------|------------------------|
| 1. | Torso lift 900 in supine position (times) | 62                | 64                     |
| 2. | 1 minute jump rope (times)                | 69                | 67                     |
| 3. | 60 meter run (seconds)                    | 68                | 70                     |

|    |                                |    |    |
|----|--------------------------------|----|----|
| 4. | Running and long jump (meters) | 73 | 74 |
| 5. | Ball throwing (meters)         | 74 | 73 |

**Learning outcomes of Grade 5 A students (experimental group)**

| №   | Name of the students    | lifting the torso lying on the back up to 90° (times) | lifting the torso lying on the back up to 90° (times) | Running for 60 meters (seconds) | jogging and long jump (centimeters) | ball throw (meters) |
|-----|-------------------------|---|---|---------------------------------|-------------------------------------|---------------------|
| 1.  | Bakhshullayeva Shahzoda | 12  | 85  | 11.01                           | 264                                 | 19                  |
| 2.  | Nematov Nazir           | 13  | 65  | 11.5                            | 276                                 | 25                  |
| 3.  | Kylychova Mekhriniso    | 14  | 90  | 11.0                            | 300                                 | 23                  |
| 4.  | Murtazoev Bakhtinur     | 15  | 70  | 10.8                            | 310                                 | 30                  |
| 5.  | Kholmurodova Surayyo    | 15  | 90  | 10.9                            | 300                                 | 24                  |
| 6.  | Davronov Mirshod        | 10  | 60  | 11.3                            | 250                                 | 22                  |
| 7.  | Davronova Madina        | 7   | 75  | 11.5                            | 220                                 | 16                  |
| 8.  | Nafasov Nuriddin        | 11  | 69  | 11.1                            | 290                                 | 23                  |
| 9.  | Sharipov Firdavs        | 12  | 73  | 10.9                            | 320                                 | 30                  |
| 10. | Saidov Kuvonch          | 18  | 80  | 10.5                            | 330                                 | 30                  |
| 11. | Zhurabek Juraev         | 13  | 70  | 10.3                            | 300                                 | 35                  |
| 12. | Murodova Ikbol          | 7   | 75  | 11.5                            | 220                                 | 16                  |
| 13. | Dilmurodov Nosir        | 10  | 60  | 11.3                            | 250                                 | 22                  |
| 14. | Ashur Akromov           | 15  | 60  | 10.8                            | 320                                 | 29                  |
| 15. | Alokulov Muhridin       | 14  | 73  | 11.0                            | 290                                 | 28                  |
| 16. | Kilichov Bekhruz        | 13  | 76  | 10.8                            | 320                                 | 33                  |
| 17. | Davlatov Shodmon        | 17  | 79  | 10.5                            | 320                                 | 30                  |
| 18. | Norov Muhammadali       | 14  | 70  | 10.3                            | 310                                 | 28                  |
| 19. | Rakhmatova Kumush       | 12  | 80  | 11.5                            | 250                                 | 15                  |
| 20. | Sadikov Sadik           | 14  | 73  | 10.7                            | 300                                 | 30                  |
| 21. | Kilichova Zarnigor      | 15  | 90  | 10.5                            | 300                                 | 25                  |
| 22. | Safarov Mirfayz         | 12  | 65  | 11.4                            | 250                                 | 23                  |
| 23. | Negmatova Kholida       | 7   | 75  | 11.5                            | 220                                 | 16                  |
| 24. | Ramazonova Orzugul      | 12  | 80  | 11.0                            | 260                                 | 19                  |
| 25. | Pulatova Gullola        | 14  | 83  | 10.9                            | 300                                 | 23                  |
| 26. | Khayatov Bekhruz        | 11  | 60  | 11.3                            | 250                                 | 22                  |
| 27. | Oripov Madamen          | 14  | 70  | 11.0                            | 290                                 | 20                  |

|                       |                      |      |      |       |     |      |
|-----------------------|----------------------|------|------|-------|-----|------|
| 28.                   | Yuldosheva Shodia    | 10   | 75   | 11.0  | 260 | 21   |
| 29.                   | Istamova Nafosat     | 8    | 75   | 11.5  | 220 | 16   |
| 30.                   | Akhmedova Kizlarkhan | 12   | 80   | 11.03 | 269 | 19   |
| <b>Average result</b> |                      | 12.3 | 74.2 | 11.0  | 267 | 22.9 |

**Table 4.** Learning outcomes of 5th grade students (control group)

| №                     | Name of the students | lifting the torso lying on the back up to 90° (times) | lifting the torso lying on the back up to 90° (times) | Running for 60 meters (seconds) | jogging and long jump (centimeters) | ball throw (meters) |
|-----------------------|----------------------|---|---|---------------------------------|-------------------------------------|---------------------|
| 1.                    | Ostonova Azima       | 12  | 80  | 11.0                            | 260                                 | 19                  |
| 2.                    | Khasanov Sharif      | 10  | 60  | 11.3                            | 250                                 | 22                  |
| 3.                    | Buironov Azamat      | 15  | 70  | 10.8                            | 300                                 | 30                  |
| 4.                    | Tolibov Shakhzod     | 14  | 73  | 10.9                            | 310                                 | 29                  |
| 5.                    | Razhabova Marjona    | 7   | 75  | 11.4                            | 230                                 | 16                  |
| 6.                    | Razhabova Maftun     | 14  | 83  | 11.0                            | 300                                 | 23                  |
| 7.                    | Ortykov Okhunjon     | 13  | 70  | 11.2                            | 290                                 | 24                  |
| 8.                    | Temirov Abdullo      | 10  | 60  | 11.3                            | 250                                 | 22                  |
| 9.                    | Jurayeva Aziza       | 12  | 80  | 11.0                            | 270                                 | 20                  |
| 10.                   | Ortikov Shahriz      | 14  | 70  | 10.8                            | 320                                 | 25                  |
| 11.                   | Khayotova Ferangiz   | 15  | 90  | 11.0                            | 390                                 | 25                  |
| 12.                   | Rasulov Jasur        | 17  | 76  | 10.9                            | 310                                 | 30                  |
| 13.                   | Khamdamov Nozim      | 18  | 78  | 10.8                            | 305                                 | 29                  |
| 14.                   | Tokkiev Abbas        | 14  | 80  | 10.9                            | 300                                 | 30                  |
| 15.                   | Razhabov, Rustam     | 16  | 80  | 10.5                            | 315                                 | 33                  |
| 16.                   | Safarov Ulugbek      | 15  | 75  | 10.6                            | 310                                 | 30                  |
| 17.                   | Ganiev Azizbek       | 14  | 73  | 11.0                            | 300                                 | 28                  |
| 18.                   | Bekmurodov, Sherzod  | 17  | 79  | 10.6                            | 305                                 | 30                  |
| 19.                   | Tohirov Mironshokh   | 15  | 73  | 10.7                            | 300                                 | 30                  |
| 20.                   | Tozhiev Orzubek      | 14  | 70  | 10.8                            | 300                                 | 28                  |
| 21.                   | Khamidova Anora      | 15  | 90  | 11.0                            | 300                                 | 23                  |
| 22.                   | Sadikov Said         | 13  | 76  | 10.9                            | 317                                 | 25                  |
| 23.                   | Mirtazoeva Aziza     | 11  | 80  | 11.5                            | 230                                 | 19                  |
| 24.                   | Kylychev Sherzod     | 13  | 65  | 11.01                           | 250                                 | 25                  |
| 25.                   | Olimzhonova Shirina  | 10  | 85  | 11.01                           | 260                                 | 19                  |
| 26.                   | Bakiev Giyos         | 13  | 71  | 10.9                            | 290                                 | 23                  |
| 27.                   | Salomova Dिल्фуза    | 12  | 80  | 11.0                            | 220                                 | 19                  |
| 28.                   | Bakoev Khairullo     | 11  | 70  | 11.1                            | 290                                 | 23                  |
| 29.                   | Sharopov Mukhriddin  | 13  | 75  | 10.9                            | 300                                 | 30                  |
| 30.                   | Mazhidova Mavjuda    | 12  | 79  | 11.0                            | 290                                 | 16                  |
| <b>Average result</b> |                      | 13.3  | 75.5  | 10.9                            | 272                                 | 24                  |

The criteria obtained at the beginning of the year showed the physical capacity that our readers have, delivering a minimum of 62% and a maximum of 74% with excellent results. These learning criteria are based on the following requirements.

**Table 5.** Table of learning criteria

| №  | Test exercises   | Result and evaluation |      |      |       |      |      |
|----|--|-----------------------|------|------|-------|------|------|
|    |  | Boys                  |      |      | Girls |      |      |
|    |  | “5”                   | “4”  | “3”  | “5”   | “4”  | “3”  |
| 1. | Lifting the torso by 90 <sup>0</sup> in the supine position (once) | 18                    | 15   | 10   | 15    | 12   | 7    |
| 2. | 1 minute of jumping rope (once)                                    | 80                    | 70   | 60   | 90    | 80   | 75   |
| 3. | Running for 60 meters (seconds)                                    | 10.3                  | 10.8 | 11.3 | 10.5  | 11.0 | 11.5 |
| 4. | Running and long jumps (centimeters)                               | 330                   | 300  | 250  | 300   | 260  | 220  |
| 5. | Throwing a ball (meters)   | 35                    | 30   | 22   | 23    | 19   | 16   |

We teach fifth graders with an experienced group of physical exercises throughout the year, we go through circles for sports, perform exercises that increase the gymnastic qualities of flexibility, speed, agility, endurance and strength to increase their physical abilities. We went through fun games and relays consisting of trained acrobatic exercises, jumping, running, overcoming obstacles, drawing lots, various flank exercises, hitting the ball on the floor. And at the end of the year, in order to test the physical abilities of schoolchildren, we take some criteria.

We study with 5th grade students and outside of class. In addition to the tasks given in the program, they were engaged independently.

On the other hand, the Grade 5 B students committed only to the school criteria and showed the following results.

**Table 6.** On account % after the experience (30 students)

| №  | Test exercises   | control group(%) | experimental group(%) |
|----|--|------------------|-----------------------|
| 1. | Lifting the torso by 90 <sup>0</sup> in the supine position (once) | 70               | 76                    |
| 2. | 1 minute of jumping rope (once)                                    | 74               | 85                    |
| 3. | Running for 60 meters (seconds)                                    | 73               | 83                    |
| 4. | Running and long jumps (centimeters)                               | 78               | 87                    |
| 5. | Throwing a ball (meters)   | 79               | 88                    |

**Table 7.** Research results obtained from 5 th grade students

| <b>№</b>              | <b>Name of the students</b> | <b>lifting the torso lying on the back up to 90° (times)</b> | <b>lifting the torso lying on the back up to 90° (times)</b> | <b>Running for 60 meters (seconds)</b> | <b>jogging and long jump (centimeters )</b> | <b>ball throw (meters)</b> |
|-----------------------|-----------------------------|--|--|--|---|----------------------------|
| 1.                    | Bakhshullayeva Shahzoda     | 15   | 90   | 10.6                                   | 300   | 23                         |
| 2.                    | Nematov Nazir               | 16   | 100  | 10.7                                   | 320   | 26                         |
| 3.                    | Kylychova Mekhriniso        | 15   | 90   | 10.3                                   | 300   | 25                         |
| 4.                    | Murtazoev, Bakhtinur        | 17   | 80   | 10.3                                   | 320   | 20                         |
| 5.                    | Kholmurodova Surayyo        | 15   | 95   | 10.5                                   | 320   | 23                         |
| 6.                    | Davronov Mirshod            | 12   | 80   | 11.0                                   | 260   | 19                         |
| 7.                    | Davronova Madina            | 12   | 80   | 11.0                                   | 260   | 19                         |
| 8.                    | Nafasov Nuriddin            | 16   | 75   | 10.5                                   | 320   | 35                         |
| 9.                    | Sharipov Firdavs            | 17   | 80   | 10.4                                   | 330   | 36                         |
| 10.                   | Saidov Kuvonch              | 18   | 90   | 10.3                                   | 330   | 35                         |
| 11.                   | Zhurabek Juraev             | 16   | 83   | 10.3                                   | 340   | 37                         |
| 12.                   | Murodova Ikbol              | 12   | 80   | 10.9                                   | 265   | 20                         |
| 13.                   | Dilmurodov Nosir            | 15   | 60   | 11.0                                   | 275   | 28                         |
| 14.                   | Ashur Akromov               | 17   | 80   | 10.3                                   | 325   | 33                         |
| 15.                   | Alokulov Muhridin           | 16   | 78   | 11.7                                   | 320   | 30                         |
| 16.                   | Kilichov Bekhruz            | 15   | 70   | 10.8                                   | 310   | 30                         |
| 17.                   | Davlatov Shodmon            | 19   | 80   | 10.3                                   | 330   | 35                         |
| 18.                   | Norov Muhammadali           | 17   | 83   | 10.3                                   | 330   | 36                         |
| 19.                   | Rakhmatova Kumush           | 13   | 100  | 10.3                                   | 300   | 20                         |
| 20.                   | Sadikov Sadik               | 15   | 70   | 11.0                                   | 300   | 30                         |
| 21.                   | Kilichova Zarnigor          | 18   | 110  | 11.3                                   | 350   | 28                         |
| 22.                   | Safarov Mirfayz             | 13   | 70   | 11.0                                   | 300   | 25                         |
| 23.                   | Negmatova Kholida           | 10   | 80   | 11.0                                   | 270   | 19                         |
| 24.                   | Ramazonova Orzugul          | 15   | 90   | 10.5                                   | 300   | 30                         |
| 25.                   | Pulatova Gullola            | 20   | 110  | 10.2                                   | 350   | 35                         |
| 26.                   | Khayatov Bekhruz            | 14   | 75   | 10.8                                   | 310   | 30                         |
| 27.                   | Oripov Madamen              | 18   | 83   | 10.3                                   | 320   | 35                         |
| 28.                   | Yuldosheva Shodia           | 15   | 90   | 10.5                                   | 320   | 30                         |
| 29.                   | Istamova Nafosat            | 12   | 80   | 11.0                                   | 260   | 19                         |
| 30.                   | Akhmedova Kizlarkhan        | 15   | 90   | 10.3                                   | 290   | 20                         |
| <b>Average result</b> |                             | 15.1   | 84   | 10.5                                   | 307   | 27.7                       |



**Table 8.** Learning outcomes for 5 th grade students

| №                     | Name of the students | lifting the torso lying on the back up to 90° (times) | lifting the torso lying on the back up to 90° (times) | Running for 60 meters (seconds) | jogging and long jump (centimeters) | ball throw (meters) |
|-----------------------|----------------------|---|---|---------------------------------|-------------------------------------|---------------------|
| 1.                    | Ostonova Azima       | 13  | 80  | 11.0                            | 270                                 | 20                  |
| 2.                    | Khasanov Sharif      | 11  | 75  | 10.9                            | 300                                 | 23                  |
| 3.                    | Buironov Azamat      | 14  | 75  | 10.5                            | 310                                 | 32                  |
| 4.                    | Tolibov Shakhzod     | 16  | 75  | 10.0                            | 320                                 | 25                  |
| 5.                    | Razhabova Marjona    | 10  | 79  | 11.0                            | 250                                 | 18                  |
| 6.                    | Razhabova Maftun     | 16  | 85  | 10.9                            | 310                                 | 25                  |
| 7.                    | Ortykov Okhunjon     | 15  | 75  | 11.0                            | 290                                 | 25                  |
| 8.                    | Temirov Abdullo      | 13  | 70  | 11.1                            | 270                                 | 20                  |
| 9.                    | Jurayeva Aziza       | 15  | 80  | 11.0                            | 273                                 | 20                  |
| 10.                   | Ortikov Shahruz      | 15  | 75  | 10.5                            | 330                                 | 29                  |
| 11.                   | Khayotova Ferangiz   | 15  | 90  | 11.0                            | 290                                 | 25                  |
| 12.                   | Rasulov Jasur        | 17  | 80  | 10.5                            | 310                                 | 30                  |
| 13.                   | Khamdamov Nozim      | 19  | 85  | 10.3                            | 305                                 | 30                  |
| 14.                   | Tokkiev Abbas        | 15  | 80  | 10.9                            | 290                                 | 28                  |
| 15.                   | Razhabov, Rustam     | 16  | 80  | 10.3                            | 320                                 | 35                  |
| 16.                   | Safarov Ulugbek      | 15  | 75  | 10.6                            | 310                                 | 30                  |
| 17.                   | Ganiev Azizbek       | 16  | 75  | 11.0                            | 310                                 | 29                  |
| 18.                   | Bekmurodov, Sherzod  | 17  | 79  | 10.6                            | 305                                 | 30                  |
| 19.                   | Tohirov Mironshokh   | 14  | 75  | 10.7                            | 300                                 | 30                  |
| 20.                   | Tozhiev Orzubek      | 15  | 73  | 10.7                            | 300                                 | 28                  |
| 21.                   | Khamidova Anora      | 15  | 90  | 10.5                            | 300                                 | 25                  |
| 22.                   | Sadikov Said         | 14  | 75  | 10.4                            | 320                                 | 24                  |
| 23.                   | Mirtazoeva Aziza     | 11  | 80  | 11.5                            | 230                                 | 18                  |
| 24.                   | Kylychev Sherzod     | 13  | 65  | 11.1                            | 250                                 | 20                  |
| 25.                   | Olimzhonova Shirina  | 10  | 86  | 11.0                            | 250                                 | 18                  |
| 26.                   | Bakiev Giyos         | 13  | 70  | 10.8                            | 290                                 | 25                  |
| 27.                   | Salomova Dिल्фуза    | 15  | 80  | 10.8                            | 220                                 | 19                  |
| 28.                   | Bakoev Khairullo     | 13  | 90  | 11.0                            | 295                                 | 24                  |
| 29.                   | Sharopov Mukhriddin  | 14  | 75  | 10.5                            | 310                                 | 30                  |
| 30.                   | Mazhidova Mavjuda    | 15  | 80  | 11.0                            | 290                                 | 17                  |
| <b>Average result</b> |                      | 14.3  | 77.7  | 10.7                            | 290                                 | 25.1                |

The students passed the criteria obtained with less than 70% and more than 88% with excellent grades. We were able to achieve a 14.2% increase in the physical ability of the students after the experiment.

**Table 9.** Test results

| No | The experimental group |                       | lifting the torso lying on the back up to 90° (times) | lifting the torso lying on the back up to 90° (times) | Running for 60 meters (seconds) | jogging and long jump (centimeters) | ball throw (meters) |
|----|------------------------|-----------------------|---|---|---------------------------------|-------------------------------------|---------------------|
| 1  | 5a                     | Before the experiment | 12.3  | 74.2  | 11.0                            | 167                                 | 22.9                |
|    |                        | After the experiment  | 15.1  | 84  | 10.5                            | 307                                 | 27.7                |
|    | <b>difference</b>      |                       | 2.8   | 9.8   | 0.5                             | 40                                  | 4.8                 |
| 2  | 5b                     | Before the experiment | 13.3  | 75.5  | 10.9                            | 272                                 | 24                  |
|    |                        | After the experiment  | 14.3  | 77.7  | 10.7                            | 290                                 | 25.1                |
|    | <b>difference</b>      |                       | 1   | 2.2   | 0.2                             | 18                                  | 1.1                 |
|    |                        |                       | 2.8>1   | 9.8>2.2   | 0.5>0.2                         | 40>18                               | 4.8>1.1             |

The national sports and games of the Uzbek people, according to historical sources, varied according to the living conditions of the population and prepared people for active and productive work. The total number of such Uzbek national games, according to scientists, is at least 3 - 5 thousand. The search, study and popularization of these games in a new way raises our spirituality to a new level, deepens the content of educational work. We ask you to give your opinion, comments on the games collected in the first collection, and tell us about the popular Uzbek games known to you.

## Conclusion

The fact that military service guarantees the formation of the feeling of the Motherland is that people who protect the flag of our country and stand proudly in front of the holiday, every day on a clear morning stand up and listen to the anthem of our country, such strength appears in the child. Such a feeling appears - people who have experienced sweet moments can understand this power, this feeling. This feeling is exactly the feeling of the Motherland - it is impossible to describe it in words. it is a feeling that comes from the heart. That is why the young men who pass each service are proud.

We wrestlers are children of the country. The wrestlers are always brave children of the people who fight for the country. There is a fight going on here. The guy who wins the fight is always on the side, and the guy who wins, this time, there are two real opponents. The winning guy hesitated a little and when he realized that he was not strong enough for his opponent, he told the judge in the ring about his complaint and started to leave the ring. Then the father of the young man who was sitting behind the audience got up and looked at his son, "My son, don't turn my face to the ground in front of my people, I'll take you dead or proud alive in this round, get back on your back, strengthen you that's enough for him" - that's what the father said. The boy returned to the fight and won a clear victory over the opponent. The audience in the circle also understood where he got such power. And this was the spiritual power of a father to his child. Fathers should not leave their children without such power. Because children with such power do not cross the threshold and go outside without the father's permission. They don't go anywhere without their father's blessing, only then will they grow up to be proud children, their love for their parents, ancestors, people, and country will settle in their hearts, minds, and minds. Only then will you create a guaranteed future for our country. Today, one of the main trends in the formation of national ideology is the sense of the Motherland, without a doubt. As our President said, "The generation that realizes its own identity, the more it knows the feeling

of love, the more the love for the Motherland takes root in its heart, the deeper this root is, the more boundless the love for the country where it was born and raised." As our President pointed out, the feeling of the Motherland is a strength in Uzbek children, and they begin to form this feeling from the family. Military service is the period that guarantees the formation of the feeling of the Motherland in our young men. Every Uzbek young man must fulfill his sacred duty. The sense of country is so strong that it is difficult for him to understand such strength if he has not fulfilled his duty as a young man. can have a child. Intellectual representatives of the wise people, think for yourself, no matter what country they are in, they accept only children who have passed the duty of youth to reliable bodies, which is, firstly, because it has the power of the feeling of the Motherland, and secondly, its people, for shining his face in front of his country, generation - ancestor. Thirdly, no one can deceive the person who built it with his own hands because he understood the military potential of the homeland. He never believes their high-flying words and fabrications.

They will never forget the children who did not fulfill their duty to the Uzbek people. So to speak, they didn't even give a girl. This was the first question for the matchmakers, because our fathers and grandfathers believed that the children who had fulfilled their duty as young men would find their place in independent life, feed the family, and raise children worthy of their people in the future. It's no secret that most of our young people try to avoid military service as much as possible, thereby making a big mistake, and unfortunately, parents are also the cause of this. Most of the intelligent young people of our country do not go to military service. This is a very sad situation. Because tomorrow they will serve as the main force and lifeblood of the state, so to speak, our children will be taught the subject of "Feeling of the Motherland" in schools. How can intelligent people who have not formed the feeling of the Motherland, who have been deprived of such power, explain this feeling to their children. As the Uzbek didactic professor and scientist O. Rozikov said, "If you are not boiling in that cauldron, do not stand on the edge and try to explain to someone what is inside it, you will be lost, because do not forget that those who are boiled inside the cauldron are standing next to you." was absolutely right. There is probably nothing more terrible than teaching someone something he does not know or feel.

As our head of state said, the way to do this is that our people come first, our youth must keep faith and ethics, strengthen their will, educate them to be mature people with their own thoughts, not forget their identity in their thinking, preserve the sacred values of our fathers and grandfathers. - to develop and find their qualities, to live with pride and pride as "I am an Uzbek child".

Summing up the descriptions above, it can be said with complete confidence that the main factors that form our national ideology are father's education in the family and inculcation of the sense of patriotism.

If we can make our children proud and raise them in this way, we will definitely achieve our desired goals. After all, as the head of the country said, "This is a noble quality, going through all complex and difficult tasks with a brave and bright face will be a source of incomparable strength and power for us."

## References

1. Azimovna, F. M. (2020). Formation of spiritual and moral values of pupils in physical education lessons. *Asian Journal of Multidimensional Research (AJMR)*, 9(11), 99-103.
2. Azimovna, F. M. (2021). The quality assessment technology and development techniques in volleyball players.
3. Rasulovich, Rakhmonov Rauf. "Effectiveness of Improving the Technical and Tactical Movements of Middle-Distance Runners." *E-Conference Globe*. 2021.

4. Rasulovich, Rakhmonov Rauf. "Content of running loads and used facilities of medium distance runners in annual preparation stage." *Web of Scientist: International Scientific Research Journal* 3.02 (2022): 1070-1077.
5. Rasulovich, R. R., & Uktam o'g'li, N. M. (2023). Development of Physical Qualities of School Students through Activity Games Related to Athletics. *Miasto Przyszłości*, 35, 391-394.
6. Rasulovich, Rakhmonov Rauf. "The Use of Instruments and Methods in Annual Preparation of Middle Distance Runners." *Web of Synergy: International Interdisciplinary Research Journal* 2.4 (2023): 447-450.
7. RR Raxmonov Sostav begovix nagruzok i ispolzuemix sredstv begunov na srednie distansii na etape godovoy podgotovki Fizicheskaya kultura. *Rekreatsiya. Sport*, 427-433.
8. Fatullayeva, Muazzam. "MODERN METHODS OF FORMING THE SPEED OF MOVEMENT OF YOUNG VOLLEYBALL PLAYERS ALONG THE FIELD AND THE ACCURACY OF THE BALL TRANSFER." *SCIENTIFIC PUBLICATION CENTRE (buxdu.uz)* 33.33 (2023).
9. Azimovna, F. M. (2021, May). Educational importance of physical education, sports and health measures in higher educational institutions. In *E-Conference Globe* (pp. 321-325).
10. Muazzam, A. F., & Farrux, A. N. Motivation of students to do sports as part of physical education classes *ACADEMICIA: An International Multidisciplinary Research Journal*. Year: 2020, Volume: 10, Issue: P: 1446-1450. *Online ISSN, 22497137*.
11. Azimovna, F. M., & Ashrapovich, N. F. (2020). Motivation of students to do sports as part of physical education classes. *ACADEMICIA: An International Multidisciplinary Research Journal*, 10(5), 1446-1450.
12. Nematovich, K. S. Abduyeva Sitorabonu Savriddin kizi, Fatullayeva Muazzam Azimovna, Kurbanov Shukhrat Kuldoshevich. Using of innovation terms in physical education and sport lessons and their social and educational features. *Journal of Critical Reviews*, 10, 470.
13. Nematovich, K. S., Azimovna, F. M., & Kuldoshevich, K. S. (2020). Using of innovation terms in physical education and sport lessons and their social and educational features. *Journal of Critical Reviews*, 7(6), 470-471.
14. Azimovna, F. M., & Ugli, F. R. A. (2022). Develop the professional skills of future physical education teachers and manage the physical culture movement of students.
15. Fatullayeva, M. A. The pedagogical significance of the stages and methods of teaching volleyball. *International journal on economics, finance and sustainable development. issn (electronic).*-C, 2620-6269.
16. Murodov, J. J. (2023). TALABALARNI JISMONIY TARBIYA VA SPORT DARSLARIDA HARAKATLARGA O'RGATISH JARAYONLARI: Jahongir Jorayevich Murodov, Buxoro Davlat universiteti "Sport faoliyati" kafedrasida o'qituvchisi. *Education and Innovative Research International scientific and methodological journal*, (2), 256-260.
17. Muratov, D. (2022). WAYS TO INCREASE INTEREST IN THE LEARNING PROCESS AMONG STUDENTS WHO ARE NOT INTERESTED IN PHYSICAL EDUCATION AT SCHOOL. *SCIENTIFIC PUBLICATION CENTRE (buxdu.uz)*, 21(21).
18. Murodov, J. J. (2022). Women's sports is a key link of physical culture.
19. Murodov, J. J., & Tursunova, F. Yo. (2022). WAYS TO INCREASE INTEREST IN THE LEARNING PROCESS IN STUDENTS WHO ARE NOT INTERESTED IN PHYSICAL EDUCATION CLASSES AT SCHOOL. *Bulletin of Science and Education*, (5-2 (125)), 27-30.
20. Azimovna, F. M., & Ashrapovich, N. F. (2020). Motivation of students to do sports as part of physical education classes. *ACADEMICIA: An International Multidisciplinary Research Journal*, 10(5), 1446-1450.

21. Nematovich, K. S. Abdueva Sitorabonu Savriddin kizi, Fatullayeva Muazzam Azimovna, Kurbanov Shukhrat Kuldoshevich. Using of innovation terms in physical education and sport lessons and their social and educational features. *Journal of Critical Reviews*, 10, 470.
22. Nematovich, K. S., Azimovna, F. M., & Kuldoshevich, K. S. (2020). Using of innovation terms in physical education and sport lessons and their social and educational features. *Journal of Critical Reviews*, 7(6), 470-471.
23. Azimovna, F. M., & Ugli, F. R. A. (2022). Develop the professional skills of future physical education teachers and manage the physical culture movement of students.
24. Murodov, J. J., & Charos, K. (2022). Innovative approaches to physical education of school students.
25. Muratov, D. (2021). WOMEN'S SPORTS IS A KEY LINK OF PHYSICAL CULTURE. *SCIENTIFIC PUBLICATION CENTRE (buxdu. uz)*, 8(8).