

Coverage of Ancient and Modern Sports Games in Periodical Press Materials

Xamroyev Behruz Xalimovich

*Associate Professor of the Department of Theory and Methodology of Physical Culture, Bukhara
State Pedagogical Institute
bexruzzamroyev1107@gmail.com*

Abstract. *This article analyzes the issues related to the coverage of ancient and modern sports in periodical press materials. The importance of preserving national and world sports heritage and passing it on to the younger generation through the coverage of ancient sports in the press is highlighted. It also examines the widespread promotion of modern sports through the media, the results of competitions, the achievements of athletes, and their role in the formation of sports culture in society. The methods of coverage of ancient and modern sports, information delivery techniques, and their impact on the worldview of students are analyzed.*

Key words: "Miyonadaro", "Barg koshanak", national games, ethnosport, Abu Ali ibn Sino, Roman chronicles, "Tuftaka" game.

The coverage of ancient and modern sports games in the periodical press is a very important topic. This issue is of great importance for studying the history of sports, preserving cultural heritage and observing the development processes of modern sports. If we look at history, folk games as ethnosports have been an integral part of many traditions, rituals, weddings and mass celebrations of the peoples of Central Asia since ancient times. In particular, folk games related to horses and camels, such as chavgon, kopkari, horse racing, camel racing, have formed the skills of agility, agility, and quick and correct decision-making in extreme situations in the younger generation.

There are 3 main groups of sports: national sports and international sports. National sports have developed based on the unique lifestyle, labor activity and recreation conditions of each nation. Important information about folk games is reflected in historical manuscript sources, archaeological, ethnographic, and folklore materials. Today, the scientific analysis of the content and essence of folk games and their revival on the basis of historical sources and ethnographic materials is of great importance in the development of national traditions [1; 5-6]. Today, it is especially important to restore mass folk games such as horse and camel races, equestrian exercises, and chavgon, which can be participated by young people and middle-aged people, based on historical sources, and reorganize them on the basis of desert games, increasing mass ethnosports and physical activity of the population. Many games of that time are reminiscent of children's games today. For example, the game called "Utish-utish" is similar to the games "Kesak kuydi", "Darra soldi", "Musht ketdi". On the banks of the Amu Darya and Syrdarya rivers, in the foothills of the Aral Sea, as well as along the streams, rivers, ponds and lakes in nearby areas, an ancient children's game called "Muguz-muguz" was played[2; 28].

Abu Ali ibn Sina was not only a famous doctor, philosopher, and poet, but also a scholar who left behind a very diverse and rare legacy of folk games. Reflecting on folk games, he proved both theoretically and practically how important physical education is for a person. Ibn Sina, looking at

the human body and treating diseases, divides physical education, one of the folk games, into five main parts[4; 25]. In particular, if we take the game of fast movements, then most of them are almost the same everywhere. Taking a goat out of the field is considered a victory. But it is not enough to separate a goat from such a crowd. This requires a good horse, arm strength, and great experience. If you are strong and your horse is not so strong, or if you are strong and your horse is not agile, it is better not to enter the field in such a state. This field tests the pride of a young man. The ancient and ever-young multi-sports competitions, which express the qualities of our ancestors such as bravery, courage, and agility, serve as a "school of life" in perfecting the qualities of courage, bravery, resourcefulness, agility, ingenuity, understanding, and intelligence in our youth[3; 113]. After all, the kopkari is a symbol of the courage of truly noble, proud, courageous Uzbek youth. We should not forget that the restoration and popularization of national sports and folk games is of great importance not only in raising young people to be healthy, brave and agile, but also in passing on our national values to future generations.

Roman chronicles of the 3rd century BC have been preserved. They describe a game in which the ball was hit with a fist. The rules described by historians in 1500 have survived to our time. The first information about a game resembling volleyball dates back to the 16th century. In these ancient sources, volleyball was also called a fun game. Volleyball is widely played not only in cities, but also in rural areas, in recreation and health resorts, in amusement parks, on beaches, reservoirs, and on river banks. In such conditions, the boundaries of the field (in the form of a circle) and the rules of the game are compact. More importantly, men and women, boys and girls, old and young play together. In such situations, volleyball can serve to instill qualities such as physical fitness, mental nourishment, camaraderie, and friendship [5; 165].

One of the national folk games is "Miyonadaro", in which two people hold the rope on both sides, and one person enters the middle. If a person cannot enter the spinning rope or gets stuck inside it, he is considered a loser. Another national sports game of the Uzbek people is the game "Barg koshanak", which belongs to the category of seasonal sports games and is played in regions with well-developed gardening, mainly when the leaves of trees are fully formed. This game is played mostly among girls, and girls are divided into groups to play this national game. The groups need to pick and bring back leaves marked with a certain symbol or signs by the game leader. Which leaves to take is determined by the game manager before the start of the game in secret, without informing the other players. The girls who found and brought the designated leaves were declared the winners of the game. This folk game serves to develop and shape the sense of resourcefulness, agility, and dexterity in young people. "Parbozi" (mainly played in the late autumn months) - in this game, khazon leaves are placed on the end of a handkerchief and a knot is formed. This is similar to the rule of kicking a folded handkerchief, like a pair of legs made of goat or sheep skin, by turning it around [6; 425]. Whoever kicks the most times in the game wins the victory. In the game "Khonadaroyak", a rectangular figure is divided into eights, and jumps based on certain movements are performed at these divided corners. This national folk game serves to develop the leg muscles of young children. Therefore, this game is widely spread among the people. In the game known as "Lappakbozi" (Uzbek lappak), a lappak (a piece of stone or clay) must be kicked in such a way that the piece does not go out of the evenly divided rectangular cells. The game helps children develop the ability to correctly aim. Although it is called in two different languages among the Uzbek and Tajik populations, the procedure for its implementation is almost the same. The "Tuftaka" game, like the "Barg koshanak" game, is a seasonal game, and is mainly played in the spring. At the beginning of the game, a certain child is selected by counting (33 or an odd number - depending on the number of participants in the game). He had to rest his head on a marked wall, tree, or rock and wait for the children to hide with his eyes closed for a certain number of seconds. After counting, the scout had to find where the other participants were hiding. If he could not find the participants, the scout had to act as the scout again, as stipulated in the rules of the game. When the scout had found all the participants, the first participant to be found became the scout. The game continued in this way. The purpose of this game was to develop children's skills and abilities, such as sensitivity, resourcefulness, and alertness[7; 59].

The coverage of ancient and modern sports games in the periodical press serves to show the role of sport not only as a physical activity, but also as a cultural heritage and in the development of society.

This will encourage the younger generation to become interested in sports and choose a healthy lifestyle.

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