

ABOUT THE HISTORY OF THE DEVELOPMENT AND RISE OF PHYSICAL EDUCATION

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Annotation: *this article focuses on the history of the development and rise of physical education and the history of the development of physical education based on sources. It is also revealed the importance of Physical Education Progress for Man and society.*

Keywords: *Physical Education, Labor, man, Society, exercise, hunting, mind, Fire, physical qualities.*

Аннотация: *данная статья посвящена истории развития и возвышения физического воспитания, а также истории развития физического воспитания на основе источников. Также раскрывается важность прогресса физического воспитания для человека и общества.*

Ключевые слова: *физкультура, труд, человек, общество, упражнения, охота, сознание, огонь, физические качества.*

Sport has become the most important and effective tool for bringing up a generation brought up in the spirit of national and universal values. After all, sport, described as an ambassador of peace, is also recognized as a factor of Health, perfection, beauty, determination, courage, pride and pride, as well as qualities.

Such an important task of the history of Physical Education is to study the features of the development of physical education issues of the peoples of the Republic of Uzbekistan and other foreign countries. Physical education appeared in the process of productive labor. Man has been improving the weapons of labor for centuries, increasing his strength in the struggle with nature.

In the process of Labor, physical and mental abilities have developed without interruption. Physical education also arose in the working capacity of people. The main task of the direction of physical education, the idea, the level of development, the final accounting of the scientific justification of the national independence and spiritual and educational aspects in terms of the specificity of the Charter of physical education, will depend on the material wealth of production, the power of production and the methods of each socio-economic formation, production relations. The physical education course covered five systems of social progress. These are: the periods of the primitive community, slavery, feudal, capitalist and communist system, and the main initial period of physical education is the socialist system.

In historical literature, it was accepted that the era of the socio-economic formation of class society and slavery was called the ancient world. The feudal socio-economic formation dominated Europe for more than the 7th century, calling it the middle age, and the new history means the transition to a capitalist socio-economic formation, in which the exploitation of Man - Man. In each socio-economic formation, the development of physical education takes place in three main periods: the occurrence (recovery), the period of development-crisis, and its replacement with new progressive forms. The issue of the origin of physical education is one of the most important problems of the history of physical education and has a principled methodological significance.

It takes several hundred thousand years for people to learn how to grind and crack stone and make simple weapons out of wood. In production activities, this was, in fact, the period of collecting what nature donated. Wild animal hunting still

had a random character. During this period, there could not even be a case of physical education about the presence of independent elements of any ratio. The necessary physical qualities, qualifications and abilities for people were formed in the process of their direct labor activity. Only young people would learn to some extent from older people how to make and use ordinary labor weapons that existed at that time, and how to hide from wild animals.

The advent of light Spears with various strong and sharp tips, followed by arrows and bows, made hunting a major occupation. This resulted in a much shorter time spent finding food. The settlement found during the excavations of the people of that time is a sign that a person began to live a much better life and had much greater opportunities to satisfy his needs. A man of the time, had the opportunity to educate the younger generation; physical education played a key role in this. Both the gathering of humans on the same land and foraging by random hunting, and the combined early community, were not robust social organisms. That is why the initial, social form of the community of people was called "social herd". with the advent of new forms of economic perception, the work of organizing a society of man has become much more consolidated. A matrilineal seed community emerged, whose members had begun with constant collective labor and blood-kinship to be done together. With the emergence and progress of communities, gradually changes also occur in the field of culture. Now a person builds himself a permanent residence, clothes appear, fine arts are built. Various festivals where songs, plays, and dances are performed have become common. The emergence of elements of Physical Education also dates back to the same period. Most competition games, which are directly related to Labor, have independent educational significance, and they begin to be used by different age groups of the seed collective. The medical division of Labor by gender and age has also found expression in primitive physical education, which has just been born.

Primitive art also plays a large role in the further development of physical education. Art enriched the thoughts and feelings of people, perfected their

spiritual world. Most of the action in the character of Labor and Defense, awarded in games and dances, was now directly directed to the subject of Labor. These movements gained relative independence as physical exercises. The emergence of physical exercises in the form of competition games made a radical change in the upbringing of a person of primitive society.

In fact, the history of Physical Education is considered a cultural history of the peoples of the world, in which the laws of the origin, development and upbringing of physical education and sports are studied, so that in our country new directions have emerged that have historical significance in the field of physical education and sports. In the views of the head of our state on raising a healthy generation, the role and importance of the physical education and sports movement in the upbringing of people who are free and independent in all respects, recognize their right, rely only on their knowledge, strength and capabilities, and are able to fight for the benefit of the motherland and the people with all their.

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