



Pedagogical Opportunities of Wrestling Sports in the Formation of a Sense of National Pride in Students

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ABSTRACT

The article explores the use of physical education classes and extracurricular activities in wrestling to form a sense of national pride in students. Wrestling is also considered as one of the key factors in educating a harmoniously developed generation.

Keywords:

Harmoniously developed generation, pride, sense of national pride, personality, wrestling, sports.

For today's Uzbek pedagogy, the child's personality has become the main value, not a set of specific knowledge. Therefore, in national pedagogy, the main attention is paid not only to the preparation of educated students, but also to the formation of an inquisitive, enterprising person through the lessons taught.

Each lesson focuses on achieving the following three main goals: teaching, educating, developing.

Considering this, the general requirements for the lesson are clearly described in the didactic, educational and developmental requirements. Didactic (or educational) requirements clearly define the educational tasks of each lesson, enrich the lesson with information, optimize the content taking into account social and personal needs, introduce the latest cognitive technologies, use different forms, methods and forms, a creative approach to formation, the use of various forms of independent work of students, as well as methods of teamwork, the provision of operational feedback, the implementation of practical control and management, ensuring the scientific purpose and skilful conduct of the lesson. Educational requirements for the lesson are to determine

the educational potential of the educational material, the activity in the classroom, the formation and setting of clearly achievable educational goals, the definition of educational issues arising only from the goals and content of educational work, educating students in accordance with universal values; responsibility, discipline, independence, ability to do work, attention, honesty, diligence, a sense of national pride, etc.), attentiveness to students, adherence to the requirements of pedagogical etiquette, cooperation with students and an interest in their success. Wrestling is one of the means of strengthening the power of our country, educating the younger generation, prolonging life and strengthening health. Therefore, in order to develop wrestling at the level of the requirements of the time, it is included in the curriculum of physical education in secondary schools. Because of the direct support of our state and the work carried out by the Wrestling Federation of Uzbekistan to popularize wrestling, national wrestling federations have been established in foreign countries on different continents.

On September 6, 1998, the International Wrestling Association was established, uniting 129 national federations on five continents.

In 2010, the International Wrestling Association won the recognition of the World Anti-Doping Agency, which was an important requirement in the application for inclusion in the program of the Olympic Games.

At the 36th General Assembly of the Olympic Council of Asia on September 20, 2017, for the first time in history, wrestling was included in the program of the XVIII Asian Games in Indonesia in 2018 as a separate sport and in 2022 in China and 2026 in Japan. Games were included in the programs.

Wrestling, our national sport, which embodies our ancient values, in particular, the ideas of courage, bravery, patriotism and humanism, is taught in grades 5-11 of secondary schools. (4 hours in 5th grade, 6 hours in 6th grade, 8 hours in 7th grade, 6 hours in 8th grade, 6 hours in 9th grade, 6 hours in 10th grade, 4 hours in 11th grade. Overall 40 hours).

In order to study the views of teachers of physical education on the possibilities of comprehensive education of students through the sport of wrestling, an open questionnaire was conducted with students (teachers) of the Samarkand branch of the Institute of Retraining and Advanced Training of Physical Education and Sports. 68 respondents took part in the survey. The following answers were received in the questionnaire:

1. Increasing the number of wrestling hours in the physical education program (from 40 to 100 hours). 7.
2. To include wrestling in the physical education curriculum of general education schools from the 1st grade for better mastering.
3. Teaching wrestling as a subject in general education schools.
4. Further popularization of the organization and holding of wrestling competitions on public holidays. 5.
5. To increase the interest of young people in wrestling by organizing and holding meetings with famous Uzbek athletes who have won honourable places in the Asian and world championships in wrestling.

6. Organizing competitions "Mahallamiz Polvonlari" in schools in coordination with the citizens' gatherings. 5.

7. Organize a seminar on "Our national value of struggle" for unorganized youth in coordination with the citizens' assemblies of the neighbourhood.

8. Teachers of physical education to hold open lessons on "Wrestling is our national pride", "Wrestling is the pride of the nation". 4.

9. Conducting various events in schools one day a month under the motto "Struggle for all".

10. Involve local sponsors to develop the sport of wrestling at school. 6.

11. Conducting an essay competition among schoolgirls on the theme "Queen of Wrestling". 7.

12. Involvement of schoolchildren in extracurricular wrestling lessons. 6.

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