

THE IMPORTANCE OF EDUCATIONAL EFFICIENCY IN THE ETHNOLOGICAL TEACHING OF ANCIENT AND MODERN SPORTS ACTIVITIES

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Annotation: This article discusses the importance of educational effectiveness in the etymological teaching of ancient and modern sports games.

Keywords: Ancient, modern, etymological, lexicography, effectiveness, Sports theory, Sports games, historical genesis, ethnogenesis of sports games, pedagogical research, systemic-structural, integration, innovation, strategic.

Introduction. Recently, the issue of physical education and sports has been raised to the level of state policy. After Uzbekistan gained independence, great attention was paid to the sports not only as a means of promoting the country to the world, but also as a key criterion for strengthening the health of our people and raising a healthy generation. In the current social process, "in addition to achievements in high-level sports, it is necessary to pay great attention to mass sports. Using the traditions of our great ancestors in the spiritual and moral education of the whole generation is still important.

The theory and history of sports, as well as pedagogy, analyze the ideas of our nation about educating the younger generation, the educational significance of historical sources and our spiritual heritage, the historical development of the field of education, school and education, the history of pedagogical views, and the development of scientific and pedagogical theories, adapting them to the new stage. In this research, it is analyzed the specifics of studying the pedagogy based on the ethnogenesis and historical principles of sports games. We believe that this process should be well understood by the team of teachers engaged in pedagogical activities, as well as by future teachers, that is, students, and should be studied from all sides as a national, spiritual, and historical source, and should be widely used in their pedagogical activities.

To study the ancient roots of traditional sports, to chronicle their stages of development, and to substantiate their significance in modern pedagogy naturally arises as a need. Therefore, it is important to equip the young with socio-historical experience, given the relevance and necessity of the topic of illuminating these issues on the basis of scientific and theoretical sources. Therefore, teachers and students of Bukhara State University, Karshi State University, Navoi State Pedagogical Institute, and Samarkand State University were involved in the experimental work. Historical genesis of sports activities, development principles and our main goal is to study its importance in the improvement of modern sports activities. At the same time, attention was paid to the selection and study of pedagogical problems in the improvement of sports games based on practical needs, as well as to the improvement of modern methodology of pedagogical research, along with the study of the main content of pedagogical ideas in the improvement of sports games that have been developed. Based on the results of the research, in this research the historical genesis of sports games has been presented, a predictive model of the idea development was developed and their significance in the improvement of modern sports activities (see Figure 3.1.1). Implementing the predictive model presented in Figure 3.1.1 will help ensure the effectiveness and efficiency of pedagogical benchmarking (studying, analyzing, evaluating, and implementing collaborative partnerships to achieve solutions and results) in the development of educational thinking.

Relevance of the research: The topic of this research is relevant to this world. The main goal of the predictive model of the development of pedagogical ideas, the historical genesis of sports games, the development principles and their significance in the improvement of modern sports games, and the development of pedagogical ideas developed in our research work are to achieve the systematic development of pedagogical ideas, select and study pedagogical problems based on practical needs, and develop modern research methodologies.

Research methods: Also, based on systemic-structural, integration, innovation, strategic approaches, the following principles were presented:

- 1) Research of pedagogical problems based on the historical genesis and development principles of sports games;
- 2) Prioritizing the historical principles of sports games;
- 3) Ensuring consistency and continuity in the development of pedagogical ideas about the historical genesis of sports games, development principles, and their importance in the improvement of modern sports activities.

In the system of continuous education, ensuring the feasibility, multivariance, and globality of the development of pedagogical ideas is considered a promising outcome through the use of national, interdisciplinary, and specific-scientific methods in implementing pedagogical concepts in practice. The solution to the important task of humanizing and informing education should be directed towards developing students' knowledge of communication. Today, there is a strong need to develop students' legal, economic knowledge and communication skills. This, in turn, requires a change in the approach to designing educational content. To address this issue, it is necessary to take into account the current needs of modern individuals. This is because outdated methods cannot support the creation of an educational process that meets the needs of the state and society.

First, it is necessary to determine the main essence and purpose of the educational content to be presented. The selection of educational materials and minimum and maximum levels of educational content is based on the conceptual foundations of educational content modernization. It is ultimately necessary to harmonize the knowledge presented to students based on the integration of various academic disciplines, to instill in them knowledge and information that will help them acquire the values of our people, and to build on the experience of emotional and creative activity.

Social order: To educate modern youth who are comprehensively developed, based on the ideas about the historical genesis of sports, the principles of development and the importance of modern sports in the improvement of sports, by introducing ideas about raising a well-rounded personality in accordance with the content of the national pedagogy

Objective: To study the historical genesis of sports games, their importance in improving



Research methods: Based on the systematic-structural, integration, innovation, and strategic approaches to conducting experimental research, following tasks have been set:

- Justify that studying the historical genesis, principles of development, and the significance of modern sports games in their evolution is a critical pedagogical issue.

- Illuminate the historical-pedagogical roots of the historical genesis, principles of development, and the importance of modern sports games in their improvement.

- Analyze and examine the pedagogical content of the historical genesis, principles of development, and the importance of modern sports games in their progression.

- Determine the scientific-theoretical and pedagogical foundations of the ideas and perspectives aimed at teaching the historical genesis, principles of development, and the significance of modern sports games, as well as reforming the physical education system.

- Conduct a comparative analysis of the historical genesis, principles of development, and the importance of modern sports games in their evolution, and develop recommendations and suggestions relevant to the present based on summarizing achievements and pedagogical experiences in this field.

The following tasks were carried out based on the principles below:

- Investigating pedagogical problems based on the principle of “concentrism”.

- Prioritizing the principle of “synergism” in the development of pedagogical ideas.

- Ensuring continuity and consistency in the development of pedagogical ideas.

Based on the tasks outlined above, the following surveys and question-answer sessions were conducted with teachers:

1. Which examples from ancient sports do you use in organizing your lessons?

2. What information do you provide about historical individual sports games when organizing your lessons?

3. What information do you provide about historical individual sports games when organizing your lessons?

4. In promoting modern sports types and forms, which ancient sports types and forms do you think contribute to their improvement?

5. In organizing lessons for students, in which subject areas do you think topics about national sports games and ancient sports types should be included?

The results of the question-and-answer sessions conducted between teachers and students are presented in the table. (Table 1)

Results of question and answer work received from teachers.

Table 1

№	Respondentlar	%	№	Talabalar	%
1.	Know well	27%	1.	Have knowledge	33%
2.	Have a general understanding	53%	2.	Have heard about scholars	40%
3.	Do not have an understanding	47%	3.	Do not have an understanding	65%
4.	Believe it is necessary to know and should be used in the education process	87%	4.	Want to learn	92%

The results of the analysis of the responses received from the teacher-students allowed us to draw the following conclusions:

1. The knowledge and understanding of the teacher-students on the issue are not sufficient.

2. They understand the relevance of the issue raised and its importance in increasing the effectiveness of education in the current era.

3. It became clear that teachers need certain scientific and methodological proposals and recommendations on the issue.

4. It became known that during the years of independence, scientific research in the field of history and sports, as well as the need to acquire the necessary information about the directions of the history of pedagogy, was considered necessary.

5. The need for the effective use of socio-historical experiences to improve the modern education system has been proven.

6. The scientific ideas put forward in the dissertation work, the scientific

materials presented and the conclusions can be used to teach the history of pedagogy and the theory of education, develop special courses, make significant changes to textbooks on pedagogical theory, and prepare educational materials and presentations. In addition, research results can be used to develop the field of pedagogy and methodology in Uzbekistan.

Thus, the conclusion of the experimental work is that students do not have sufficient knowledge about the historical genesis of sports games, development principles, and their importance in the improvement of modern sports games.

In accordance with the above conclusion, in order to solve the problems, the following work was carried out to fulfill the tasks set:

Experimental work was carried out in three stages between 2022-2024 among teachers and students of Bukhara State University, Karshi State University, Navoi State Pedagogical Institute, and Samarkand State University.

In the process of experimental work, the following tasks were set to study the historical genesis, development principles and significance of sports games in the improvement of modern sports games:

- Didactic material that allows you to increase the effectiveness of training on the historical genesis, development principles and significance of sports games in the improvement of modern sports games to determine the availability of conditions in higher education institutions;

- To identify the possibilities of using the historical experience of sports games, the history of sports theory in the education of human virtues, and the understanding of personal and national identity among teacher-students;

- To create a set of educational and methodological literature that will allow the educational process to be effectively conducted, taking into account the historical genesis of sports games, development principles, and the achievements of improving modern sports activities;

The identification of students' knowledge of the historical genesis of sports games, development trends and their significance in the improvement of modern sports games was carried out using the following predictive methods and tools:

1. a) General scientific: observation, experiment, analysis, synthesis, hypothesis development, induction, deduction, analogy, classification, systematization; b) Special-scientific: hermeneutic-pedagogical, axiopedagogical, reflexive-pedagogical.

2. Organizing seminars, trainings, scientific research, work in archives, meetings with teachers and scientists, scientific discussions, presentations and interviews.

3. Technical and information means - collecting information from radio, television, providing materials, using computers, international communication systems, Internet services, entering information.

4. Use of interactive methods: “Conceptual table”, “T-chart”, “Venn diagram”, “Cluster”, “Brainstorming”, “Case study” technology, etc.

5. Creative work - abstract, essay, independent work.

In organizing such events and trainings, 212 students from the Bukhara State Pedagogical Institute, 175 students from Karshi State University, 89 students from Samarkand State University, and 231 teachers and students from Navoi State Pedagogical Institute were initially involved. These respondents are reflected in (Table 2), (Table 3).

Results of the conducted experiment

Table 2

Student achievement	354 people in experimental group		353 people in control group	
	At the beginning of the experiment	At the end of the experiment	At the beginning of the experiment	At the end of the experiment
Excellent				
Good				
Satisfactory				
Unsatisfactory				
Overall average				

Table 3

Total Number	Total	Control Group				Total	Experimental Group			
		5	4	3	2		5	4	3	2
Bukhara Region										

212	103					109				
Kashkadarya Region										
175	89					86				
Navoi Region										
231	130					101				
Samarkand Region										
89	47					42				
Total Number										
Average										

An analysis of the curricula of pedagogical specialties in higher educational institutions shows that the period we are studying, that is, the historical genesis, development of sports games, is included in the curricula of pedagogical institutes and universities, in the process of teaching the subjects and courses. “History of Physical Education”, “Methodology of Educational Work”, “Theory and Methodology of Physical Culture”, “Sports Games and Methods of Teaching It”, “Theory and History of Pedagogy” and other academic disciplines and courses. You can use materials on the principles and importance of improving modern sports games. This, firstly, enriches the content of educational work in addition to the materials provided in textbooks, methodical and educational manuals created in these subjects, and secondly, it further expands students' knowledge of the past history of our people, forms a sense of national identity in them, and serves as an important factor in educating them in the spirit of patriotism.

In conclusion, in this article, instead of discussing the importance of educational effectiveness in the etymological teaching of ancient and modern sports games, it is worth noting that traditional games play a special role in the formation of such qualities in young people as agility, alertness, skill, honesty, respect for the opponent, hospitality, and tolerance. The role and educational value of traditional games in developing a healthy lifestyle, physical and spiritual well-being of the population, especially young people, is incomparable.

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