

# Development Stages and Characteristics of The History of Physical Education

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**Annotation:** This article reveals and systematizes materials on the stages of development of the history of physical education and their integral connection.

The study of the history of the development of physical education has been studied as an important source in the development of the necessary knowledge, skills and competencies provided for in the professional training of future specialists in the field of physical education.

**Key words:** Ancient, primitive, seed, archeological, ethnographic, scientific books, sources, pictorial, artistic, monumental.

The study of the history of physical education is important in the cultural life of any developed country. Therefore, the historical sources on the history of physical education include information about the work, development and progress of physical culture of our ancestors from ancient times to the present day, its general laws.

We all know that physical education serves as a tool and method as a pedagogical process in the formation and development of the full development of the human personality.

Physical education performs the functions of teaching and educating people in the use of equipment, clothing, sports facilities, compliance with the rules of hygiene, proper and beautiful normal growth and development of the body.

It will be important to recognize the stages of development of the history of physical education as a scientific methodological source in the field of physical education and sports. The history of physical education includes information that has emerged and become an integral part of the development of society.

The study of the history of the development of physical education teaches the younger generation that from ancient times to the present day the peoples of the world have been engaged in physical culture and that these movements have improved and developed over time, and also provides information about what they are capable of.

Today, the stages of development of the history of physical culture are studied in the subject "History of Physical Education" as an important component of scientific knowledge in the field of physical culture and sports.

Also, the study of historical data on the origin of physical education is one of the most important problems in the history of physical education today and has scientific and theoretical significance.

The problems of finding a solution to this problem have been studied by many of our scientists, and the information they have gathered about their research is now an important source for studying this problem. A study of the history of physical education of each period has shown that scholars in this field have falsified the history of the origin of physical education by distorting the history of the development of physical education by resolving it in terms of the interests of the ruling classes in society.

Based on many sources, we can understand the essence of physical education as a set of views that emerge in the process of productive labor, such as living conditions and the struggle for life. For example, people chased small animals to hunt, ran away from wild animals to save their lives. It took hundreds of years for the minds of the ancients to develop and learn to grind and crack stone and make simple weapons out of wood. At the heart of all this lies the physical movement of man.

Over the centuries, humans have not only increased their power in the struggle against the forces of nature, but also improved their tools of labor. The physical movements and mental labors in the process of labor were constantly evolving into this skill and qualification, and as a result of slow improvement, an orderly form of movement, i.e., a system of exercises, emerged and developed. The roots of the history of physical education go back to a very long time in the development of society, that is, all the mental and physical activity of man dates back to a period limited to the provision of living conditions.

Although the data on the emergence of physical education have a certain place in the research of scientists on the study of the problem, however, they have expressed their views on this issue from their own personal point of view.

Although it has been acknowledged that physical education dates back to the time of the primitive community system, the issues of its emergence and development have not yet been fully explored. Consequently, based on the sources available to date, it is possible to make a certain impression about them by thinking logically about the first appearance of physical education.

As mentioned above, many scholars have interpreted the issue differently in the way of their own views and the interests of their time:

A number of foreign scholars, such as Leturno, Espinas, and Gross, advanced the theory that physical training originated from animal games. Freud and his followers tried to prove that the game does not show the full value of the individual, because the game is supposed to express a person's attempt to escape from the difficulties of life into the world of fantasy.

Theories about the origins of physical education and religious ceremonies are based on the same doctrine. A number of foreign researchers: Bucher, Nering, Maximov, Sternberg, and others have argued that the training of animals in general originated from primitive play and dance.

Huxley and Vogts, on the other hand, tried to prove that physical training was inherited by man from his animal ancestors in a purely biological way. Proponents of this view can say that they have not been able to analyze or pay attention to the fundamental difference between the involuntary actions of an animal and the conscious activities of a human being.

G.V Plekhanov scientifically proved that primitive games and exercises originated not from biological factors, but from human labor. In his research, N. Ponomaryov concluded that "in the process of becoming a human being, it is important not only to improve the tools of labor, but also to constantly improve their bodies, to turn the human race into a major productive force."

Mankind began to demand movement skills related to new physical qualities in order to meet their needs, to use labor as an important tool in the struggle for life, that is, for hunting. For example, actions such as increased exposure, agility, endurance, and activism at work were seen as barriers to society in the struggle for survival, and people gradually realized that they had to work on themselves to overcome them.

➤ Socio-historical laws have always been a key factor in the liberation of man from infinite biological dominance and in his development. The following are the main sources for studying the history of physical education. These are:

- Archaeological and ethnographic sources on ancient physical education;
- Archive materials on physical culture and sports, scientific books and other written sources;
- Fine arts related to physical education and sports, art books, movies, photos, sound materials;
- Practical information on the development of physical culture of different nations (sports achievements, sports records);
- government laws, decrees, special official documents on physical culture and sports.
- Material and written monuments, folk epics and epics, the practice of the development of physical education are also sources of study of the history of physical education.
- Also, the main content of the study of the history of physical education is the following areas:

- The reasons for the emergence and development of physical culture and sports, its theoretical foundations;
- Formation of the system of physical culture as a certain social organization;
- The main stages of physical culture and sports;
- Organization of physical culture and sports in foreign countries, history of international sports and Olympic movements.
- On this basis, all the guidelines for understanding, imagining and gaining knowledge about the historical development of physical education, as well as training specialists in the field of future physical education will be reflected.
- Most importantly, it reflects the various reforms being carried out in Uzbekistan, their positive results, the conduct of various physical culture and sports and health-improving activities, and others.

When we say the study of the history of physical education, we mean: - the emergence of physical labor through labor in the primitive community system, the characteristics of the development of physical education in the two periods, i.e. maternal and paternal, physical education in the period of disintegration and slavery; We must make it our task to study the information about the development of physical education in the feudal system. At the same time, the general content of the history of physical culture - the views of great humanists on physical education in the collapse of feudalism, the development of physical culture and sports abroad, the establishment of the International Olympic Committee and its congresses, the introduction and development of physical education in Central Asia. The level of military and physical training of our troops and the development of physical culture and sports in Uzbekistan and the establishment of the National Olympic Committee, the role and place of physical education in the upbringing of a harmoniously developed generation.

The history of the development of physical education is studied in four main periods:

1. Physical education in the ancient world (VIII millennium IV century VI).
2. Physical culture and sports in the Middle Ages (V-XVII centuries).
3. Physical culture and sports in the new era (late XVIII - XIX centuries).
4. Physical culture and sports in the most recent period (early twentieth century - present).

Briefly describing the four periods of the study of the history of physical education in the framework of my own opinion, each of these periods:

- The emergence of physical education;
- formation of human motor skills;
- increased experience of life, the emergence of opportunities for mental development and analysis of actions;
- the need to improve effective forms of labor;
- The stages of development of physical culture and sports, and many other factors.

In the opinion of scholars, while studying the history of physical education, we have been able to give a brief explanation of these four periods as follows:

The history of the development of physical education begins with the study of the characteristics of the emergence of physical education in ancient times. The physical training of the ancient world means the physical training of the two historical and social periods that mankind has gone through - the primitive community system and the system of slavery.

The vital skills and abilities necessary for a person are physical qualities, skills and abilities formed in the process of their direct labor activity.

Young people learned all their labor and physical activities from adults and developed them by imitating them.

❖ History of medieval physical education In the V-XVII centuries European countries understood the physical education of feudal lords, peasants and townspeople, the system of training knights, the views of humanists on physical education, the development of medieval physical education in Asia, America and Africa. education and sports are also developed.

❖ Physical education and sports of the new period Development of physical culture and sports in all countries of the world from the beginning of the XVIII to the end of the XIX century, development of theoretical bases of physical training, emergence of gymnastics systems in Europe, development of sports in England and USA, Asia, Physical education in American and African countries is understood.

❖ The feudal system that ruled in the 16th and 19th centuries collapsed and the era of capitalism began. During this period many scientific discoveries were made in the field of natural sciences. It has led to ideas about the stability of the material world and the absence of supernatural forces. Society needed enterprising, resourceful, healthy workers.

❖ It is obvious that education plays an important role in the manifestation of the human mind, will and physical qualities. It has led to an increase in human interest in pedagogy and the practical implementation of the theoretical foundations of physical education.

❖ The latest period of physical culture and sports From the beginning of the XX century to the present day, the development of physical culture and sports in all countries of the world,

In the period between the world wars, physical culture and sports in foreign countries, the militarization of physical education, the emergence of professional and modern sports, the emergence of the international sports movement and its main factors, the development of sports and the formation of international sports organizations, the establishment of international sports federations. , European and Asian Championships and the development of the current sports movement, as well as the study of current issues in the industry.

In conclusion, it is important to study the history of physical education in order to gain an understanding and knowledge of the information left by the ancestors of our current generation, as well as to prepare future professionals in this field to meet modern requirements.

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