

FOLK GAMES AND GAME TOOLS

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Abstract: *Folk games and game tools are an essential part of national culture, serving not only as a source of entertainment but also as a means of physical and mental development. Traditional games and tools help preserve cultural heritage, strengthen communities and educate future generations. Furthermore, they ensure that ancient traditions and customs are passed down and continue to live in the modern world.*

Key words: *folk games, children, primary school, ancient traditions, sport games, mental games, kabaddi*

¹Folk games have long played an essential role in the cultural fabric of societies around the world, including Uzbekistan. These games are often passed down through generations, reflecting local traditions, values, and lifestyles. Each country has its own set of folk games and accompanying tools, often related to the environment, social structure, and ways of life.

Traditional folk games in Uzbekistan are reflective of the region's pastoral and agrarian lifestyle, as well as its deep connection to the land and community-based activities. These games serve both as entertainment and a means of strengthening social bonds.

Tug of war

Description: This is a traditional strength-based game where two teams pull on opposite ends of a rope, trying to drag the other team across the world.

Tools: a long, strong rope is the primary tool used in this game.

Cultural significance: Tug of war is a popular game in rural areas during² festivals and public gatherings. It highlights teamwork, physical strength, and the spirit of competition.

¹ Qoriyev, N. (1987). Uzbek Folk Games. Subject and technologies...99-103p

² Toshpulatov, S. (1999). Musical Instruments and Their Role in Folk Culture. Tashkent: Uzbekistan.

Kabadi

Description: Kabadi is a traditional Indian contact sport that involves two teams. One team sends a player to the opposing team's side to tag opponents and return to their half while holding their breath. The opposing team attempts to stop the raider. The game is fast-paced and highly strategic.

Tools: no physical tools are used, as the game relies purely on human strength and agility.

Cultural significance: Kabadi is a rural game, often played during festivals or community gatherings. It requires strength, speed and strategic thinking and is popular across South Asia.

Folk games and game tools are inseparable part of the ancient traditions and culture of the Uzbek people. Many folk games and their tools have passed down through generations and are still played today.

These games not only serve as a form of entertainment but also contribute to communication, physical and mental development and the strengthening of teamwork. Game tools in turn are the necessary implements for playing these games.

³*Types and Purpose of folk games*

Folk games are diverse and their cultural significance varies. They can generally be divided into the following categories:

1. Physical games

These games are designed to develop physical activity and are mostly played in open fields or outdoor spaces.

Examples include:

Tug-of-war: In this game, two teams pull on a rope, trying to drag it across a line to their side

⁴Hopscotch: a game for children where lines are drawn on the ground, and players attempt to jump through them without stepping on the lines

2.Mental games

These games help develop thought processes and strategy.

Examples include:

Chess: In this game, two players move various pieces across a board, aiming to checkmate the opponent's king.

3.Sport Games

Sport-related folk games develop physical strength, speed and teamwork. Examples include:

Korakop(cirit): A traditional game in Uzbekistan involving horseback riders who use spears to play a competitive game, enhancing physical strength and speed.

⁵*Game tools for folk games*

³ Abdullaeva G. (2001) Uzbek folk games and game tools. Uzbekistan

⁴ Ibragimov, B. (2010). Folk Games and Cultural Heritage. Teacher... 102-105p

The tools used in folk games are typically made from simple materials and come in various shapes and sizes depending on the game's content.

1. Rope

Rope is used in many folk games, such as the “tug of war” game. The strength and length of the rope allow players to engage in a competitive tugging match.

2. Wooden sticks

Some of folk games, especially combat or sport games, involve wooden sticks. For example, in the Dandia game or in certain physical battles, sticks are used.

3. Balls

Many folk games involve balls. The goal is often to throw, catch or pass the ball to defeat the opponent. Examples include soccer and basketball, which are similar to folk games in some cultures.

Cultural significance of folk games

1. ⁶Preserving culture: Folk games are an integral part of a culture and help pass on national values and traditions from generation to generation. They play an essential role in uniting the people and forming a cultural identity.

2. Team spirit: Many games encourage teamwork, collaboration and mutual support. These games serve as a means to unite communities and strengthen social ties across different nations and people.

3. Physical and mental development: Folk games help improve physical activity and mental skills. ⁷Through games, children and adults alike enhance their physical capabilities and sharpen their minds.

4. Historical context: Folk games often reflect historical, cultural and religious events. They may depict battles, agricultural practices or important celebrations from the past.

Folk games and their associated tools provide valuable insights into the history, culture and social dynamics of different societies.⁸ In Uzbekistan and many other countries, these games serve as much more than just entertainment; they are often deeply intertwined with traditions, skills and rituals passed down through

⁵ Sultonov, J. (2015). The Pedagogical Role of Folk Games.10-15p

⁶ Tolipov, A. (2003). Traditional Games and Their Influence on Uzbek Youth. Tashkent: Literature and Art.

⁷ Akramov, U. (2011). Folk Music and Games in Central Asia. Almaty: Kazakh University Press.

⁸ . Shukurov, S.(2018) Folk games and sports in Central Asian Traditions. Tashkent: Uzbekistan.

generations. The tools used in these games are often simply yet symbolic , reflecting the resourcefulness of the people who created them.

While some games such as Kuk bash and Kabaddi, require specific tools like horses or javelins specific tools and others rely on basic objects like stones, sticks and ropes showing the universality of human creativity in shaping play.

Folk games help preserve cultural heritage , teach values such as teamwork and strategic thinking and provide a way for communities to come together. Today, many of these games continue to be practiced , often as part of cultural festivals or in rural areas maintaining their relevance in modern societies.

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