

TRADITIONAL GAMES AND GAME TOOLS

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Abstract: *Traditional games and game tools are an integral part of national culture, having a significant impact on historical, spiritual and physical development. These games and tools showcase the unique customs, traditions and values of the people.*

Key words: *folk games, customs, methodical instruction, children, nut games, folk pedagogy, cultural significance.*

Play –is a means of education and recreation. Throughout human history, play has been associated with religious, rituals, sports, military and other exercises, as well as art, especially its performance forms.

It is known that a person is busy with activities such as play, study, work and recreation in his life. In the early stages of human life, play is the main activity, then it continues along with study and then play decreases and is replaced by study and work. In the early stages of human history, games played an important role in life. With the help of games, humanity grew, matured, became physically strong, developed mentally, spiritually and attained spiritual maturity.

⁹National folk games bring special pleasure to children of preschool age and have a positive effect on their mood. He is strong, agile, top in the physical, mental, moral development of children

Uzbek folk games are considered one of our spiritual treasures and values, with a long past and rich history, passed down from ancestors to generations.¹⁰ From the first days of our country's independence, great attention has been paid to the revival of our national values, traditions and customs, including folk games.

The following types of national games are widespread among the Uzbek people:

1. Natural-seasonal games (“uloq”, “white poplar-blue poplar”)
2. Games suitable for different regions and places (“Kuvlashmachok”, “rope game” in the garden-“walnut” nut games)

⁹ Usmonkhoyayev T.S., Khojayev F. Folk and physical games. T.: Teacher, 1992.-80p

¹⁰ M. Kurbanova A. 500 exercises and games. II part. T.: 1999.-60p

3. Games specific to different ages and genders (“chavandaz”, “ko’pkari”, “girboydi”,¹¹ “mouse and cat”, “tug of war”)

“ Tug of war game”

Preparation for the game: two parallel lines are drawn on opposite sides of the field. All players are divided into two teams based on strength and stand behind the lines. A coloured cloth is tied to the middle of the rope.

Description of the game: when the signal is given, players from both teams run up, until the rope knots and pull it to their side. The time limit is 45 seconds, and the team that has passed the most rope through its line within 1 minute is the winner.

Game rules: 1) only after the signal is given may you cross the line and run towards the rope.

2) each team can grab a part of the rope up to the colored rag, that is, half of the rope, while pulling it.

3) the rope is pulled only by hand

4) it is not allowed to loosen the ground, dig holes, lean on the ground with your hands, squeeze the rope between your legs, or sit or lie on the ground to stretch your legs.

The team that breaks these rules and pulls the rope to its side will not be considered a winner.

Pedagogical significance: this game develops children’s agility, dexterity, and patience. The game helps to develop teamwork and endurance skills.

Methodical instructions: in this game, it is necessary to achieve a united effort by the pupils to increase their strength and agility. This game can be played with both boys and girls.

Games help a child develop both mentally and physically.¹² Play integrates a child into society. It helps him find his place in society. Because in play, the child becomes a leader, a participant and it teaches him about society and the world. The most interesting things are that this knowledge is not forced on the child, but is taught in a way that makes him enjoy it. This is the essence of our folk pedagogy.

Traditional games and their tools are an essential part of national culture, standing out with their history, development and art. Traditional games help in the physical and mental development of children and play an important role in preserving various national values and traditions. Below are some examples of traditional games and their associated game tools.

TRADITIONAL GAMES

¹¹ Anderson, R. (2014). The evolution of folk games: A global perspective. *Folklore Review*, 22(3), 111-124p

¹² Garcia, M. (2016). Traditional games and play in the modern world. *Journal of cultural heritage studies*.

5. ¹³Ko'pkari – this game is especially popular in Uzbekistan and Central Asian countries. In it, two teams on horseback compete by playing with the carcass of an animal. This game is usually held in large fields with many spectators.

6. Chess – is a classic game played across many cultures, and it is very popular game in Uzbekistan as well. In this game, each player moves their 16 pieces, and the goal is to checkmate the opponent's king.

7. Girls and boys game – a popular game among children, especially girls, in which they sing songs, dance or play word-based games.

GAME TOOLS

1. Wood or stone – many traditional games for children use tools made from wood or stones. For example, in the “circle game” large stones or wooden disks are used.

2. Ball – a ball or top is a common game tool among children. Games with balls, such as throwing or hitting the ball to reach a target are widespread in national games.

3. ¹⁴Flute – flutes often made from natural plants, are used in folk games. They are played to produce various sounds and are used to create musical games among children

¹⁵Folk games and game tools are not only important for passing time but also for developing social interactions, physical abilities and intellectual skills. The folk games and tools of the Uzbek people stand out for their diversity and cultural significance.

Hopscotch

Tools: Chalk (for drawing the grid) and a small object (like a stone or coin) called a "marker."

Description: A children's game where players toss a marker into numbered spaces and hop through the grid to retrieve it without touching the lines.

Kite Flying

Tools: A kite made from light materials (bamboo, cloth, paper), a string, and sometimes a spool or reel.

Description: Players launch and control kites, often competing to see whose kite flies the highest or can stay aloft the longest.

Kabaddi

Tools: No physical tools, but a designated play area.

Description: A contact sport in which one player (the "raider") runs into the opposing team's side and attempts to tag members of the opposing team while holding their breath, then returns to their side without being tagged.

¹³ Abdumalikov R., Eshnazarov J.E., Yarashev K.D., Ko'pkari, scientific-popularizations book, T., O'zDJTI publication (1974), 117p

¹⁴ Akramov A.K., Kholdorov T.X., tourism and traditional book, T., Teacher, 1988.

¹⁵ Piaget, J. (1962). Play, Dreams, and Imitation in Childhood. W. W. Norton & Company.

Whip and Top

Tools: A wooden or metal top and a whip (or string) to make the top spin.

Description: Players use a whip or string to make the top spin as fast as possible. The goal is to keep the top spinning the longest or to "fight" other tops in a spinning contest.

Jump Rope

Tools: A rope, usually made of cotton or rubber.

Description: Players jump over a rope that is swung in a circular motion. The game may include various rhythms, counting games, or challenges as the rope swings.

Bouncy Ball Games

Tools: A rubber or bouncy ball.

Description: Games like bouncing the ball against a wall and catching it or using it in games like "Four Square" or "Wall Ball."

Hide and Seek

Game Description: One player counts while the others hide. The seeker then tries to find all the hidden players.

Game Tools: None, though a designated area is often needed.

Duck, Duck, Goose

Game Description: Children sit in a circle, and one child walks around tapping others on the head while saying "duck, duck, goose." When they say "goose," the tapped player must chase the child around the circle.

Game Tools: None.

These folk games not only entertain but also teach important lessons such as coordination, teamwork, and problem-solving. Many are played outdoors, making them ideal for community gatherings, festivals, and other social events.

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