



Development of Sports among Youths in Uzbekistan

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Abstract: *In Uzbekistan, in order to develop sports among young people, to involve them in mass physical education and sports activities, it has become a tradition to regularly hold three-stage sports competitions - "Sprouts of Hope", "Barkamol Avlod" and "Universiade". . Special attention was paid to sports activities in order to raise physically healthy students studying in the educational system, sports facilities were built and provided with sports equipment.*

Keywords: *Uzbekistan, development of sports among young people, mass, physical education and sports, three-level sports competitions, "Seeds of Hope", "Barkamol Avlod", "Universiade".*

In the republic, the competitions for students of general education schools were held for the first time under the name "Olympic Hopes" in Tashkent in 2000, and under the name "Seeds of Hope" for the first time in Fergana region in 2002. 1918 schoolchildren participated in these sports games. 2003 of the Cabinet of Ministers of the Republic of Uzbekistan "Sprouts of Hope" was held in Khorezm in 2003 based on the decision No. 244 dated June 3, "On the organization of a system of continuous sports competitions aimed at attracting students and youth to sports." In accordance with the decision No. 244 of the Republic of Uzbekistan, it was established that the Republican stage of the competitions will be held once every 3 years. Such events served to educate children-teenagers to be physically mature, intellectually mature, in the spirit of loyalty to the Motherland, to prepare talented sportsmen for prestigious competitions, and to popularize physical education and sports among young people.

At the "Umid Nihollar" sports games, students mainly competed in mass sports such as rhythmic gymnastics, basketball, volleyball, handball, athletics, gymnastics, table tennis, swimming, tennis, football, chess, and belt wrestling. The republic competitions were held for the first time in 2002 in Fergana. It was held in Khorezm region in 2003, Karshi in 2006, Gulistan in 2009, and Navoi in 2012. Many schoolchildren participated in them. For example, more than 4 million students took part in the qualifying stage of the 2003 "Umid Nihollar" sports competition, and 2114 of them participated in the final stage.¹

In Uzbekistan, schoolchildren from the regions took an active part in the final stages of the "Sprout of Hope" sports competitions. For example, 8 students from Boysun district of Surkhandarya region participated in the "Sprouts of Hope" competition held in Khorezm region in 2003, 12 students participated in the competition held in Kashkadarya region in 2006, and 11 students participated in the competition held in Syrdarya region in 2009 and were awarded in various nominations. Positive results were achieved due to the regular implementation of children's sports development activities in the district².

¹Эргашева Ю., Шаропова Н. Ўзбекистон жанубий вилоятларида умумтаълим мактабларидаги ислохотлар. – Қарши: "Intellect", 2021. – Б.122-133.

²Эргашева Ю., Шаропова Н. Ўзбекистон жанубий вилоятларида умумтаълим мактабларидаги ислохотлар. – Қарши: "Intellect", 2021. – Б.122-133.



Significant work has been done in this regard in other districts of the region. In particular, by 2003, 12,190 students regularly participated in 14 types of sports in sports schools and general education schools of Zharkurgan district. At the "Umid Nihollar" sports competitions, students of grades 8-11 took part in the regional finals in 12 sports, and won 1st place in athletics, 4th place in table tennis, 1st place in rhythmic gymnastics, 1st place in wrestling, and 1st place in volleyball. 3rd place in football, 2nd place in handball, 3rd place in swimming. The youth of the district took the 2nd place in the overall regional team at the sports competition "Umid nihollari". In the 2004-2005 school year, he won the 1st place in the regional stage of the "Umid nihollar" sports competition held among the 5th-7th grade students of the district, the 2nd place among the 8th-10th grade students, and the 1st place in the region in the "Soglomjon-Polvonjon" sports competition. The team of Jarkurgan district took the 2nd place³.

The number of students participating in the sports competitions "Umid Nihollar" increased. For example, in 2003, 20 percent of students took part in the "Umid Nihollar" sports competition held in Khorezm region, and in 2015, this figure was 55.8 percent. In 2012, sports games were held in 12 rounds, and in 2015, they were held in 17 rounds. Initially, the winners of the "Sprouts of Hope" sports games were mostly won by schoolchildren from the regional centers, but in 2015, the prize-winning places were won by the students of district schools such as Chirakchi, Koson, Chimboy, Khatirchi and Khovos. In 2015, the first-place teams in the regional stages were awarded 14 "Damas" cars as a "President's gift" for the first time⁴.

So, since 2002, three-stage sports competitions, which have no analogues in any country of the world, have been regularly held in different regions of our country. This is a large-scale noble movement with great goals for the development of sports, from health to ensuring harmony in the quality and number of medals collected, building huge sports facilities in places, especially in remote villages, strengthening the material and technical base of our national teams formed in the sports included in the Olympic program. and it was a great school in training talented substitutes.

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