

## The History of the Formation of Physical Culture

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**Abstract:** The necessary physical qualities, skills and abilities for people were acquired in the process of their direct labor activity. Only young people learned to some extent from older people how to make and work with the simple tools available at that time and how to protect them from wild animals.

**Keywords:** physical culture, pedagogy, history, game technologies.



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### Introduction

The issue of the origin of physical culture is one of the most important problems of the history of physical culture and has fundamental methodological importance. Many Burjuda scientists tried to solve this problem. Their research plays a role in the study of this problem. However, they solve this problem from the point of view of their class interests, distort and falsify history.

Letourneau, Espinas, Gross, Bucher, Schiller, Spencer and other foreign scientists put forward the theory that physical exercise originated in the game of animals. Freud and his followers try to prove that the game shows that the person does not have the full value, because in the game it is as if a person seems to leave the difficulties of life to the world of fantasy. Bourgeois theories about the origin of physical culture and religious rituals are based on the same doctrine. A number of foreign researchers - Bucher, Nering, Maksimov, Sternberg and others - have stated that the training of animals and work in general originated from primitive games and dances. According to their opinion, "play is greater than work" or "work is the child of play". Russian scientist G.V. Plekhanov scientifically proved that primitive games and physical exercises did not originate from biological factors, but from the labor activity of people. Although play precedes work in

some people's lives, in general, in society, it reflects only work. He said that "work is great in play",

"play is the child of work". It would take hundreds of thousands of years for people to learn how to chip and crack stone and make simple weapons out of wood.<sup>1</sup> In terms of production, it was actually a time of collecting what nature provided. Wild animal hunting had the character of folk chance. In this period, there could be no question about the existence of any relatively independent elements of physical culture.

Physical qualities, skills and abilities necessary for people were acquired in the process of their direct labor activity. Only young people learned to some extent from older people how to make and work with the simple tools available at that time and how to protect them from wild animals.

The development of production forces led to the improvement of various weapons that were later thrown. The appearance of light spears with various strong and sharp tips, and then arrows and bows, made hunting a person's main occupation. As a result, the time spent on finding food was significantly reduced. The settlements of the people of that period, found in the period of fossils, indicate that people began to live a much better life and had much more opportunities to satisfy their needs. For example, a person of that time had the opportunity to culture the young generation; Physical culture played a key role in this. Even the first group of people gathered in one place and found food by

random hunting and united was not a strong social order. That is why the initial, social form of the community of people was called "social herd".

With the emergence of new forms of economic perception, the work of organizing the kiskilik society became much stronger. Maternal seed-breeding community appeared, the permanent community of its members was started by work and blood kinship. With the emergence and development of communities, changes are gradually taking place in the field of culture. Now a person builds a permanent residence for himself, clothes appear, fine art is created. Various festivals with songs, games and dances became widespread. The appearance of elements of physical culture also corresponds to the same period. Many competitive games, which are directly related to work, acquire independent educational value and are used by different age groups of the clan team. The medical division of labor according to gender and age found its expression in the primitive physical culture that was just being born. Primitive art also plays a big role in the further development of physical culture. Art enriched people's thoughts and feelings, improved their spiritual world. Most of the labor and defensive actions rewarded in games and dances were now directed directly to the subject of labor. These movements have gained relative independence as physical exercises. The emergence of physical exercises in the form of competitive games made a fundamental change in the education of a primitive society. People will have a new means of preparation for life, especially for work.

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