



## Development of Physical Fitness of Elementary School Students through Gymnastics

*Rayimova Dilnoza Fakhridin kizi*

*Teacher of the Department of Physical Education and Sports*

**Annotation:** This article provides information on the development of physical fitness of primary school students through gymnastics.

**Keywords:** Athletes, basic gymnastics, hygienic gymnastics, artistic gymnastics, athletic gymnastics.

Artistic gymnastics is a sport, women's competitions for performing various graceful gymnastics and dance exercises with and without an object (ribbon, ball, hoop, rope) to music. In the current program of international sports competitions, there is a lot of wrestling (one compulsory and three free exercises with objects) and group free exercises with objects. Winners are determined in multi-match, individual and group exercises. Sportsmen's exercises are evaluated on a 10-point scale. Rhythmic gymnastics competitions have been held since the 1940s. In the late 50s, the International Gymnastics Federation (FIJ) recognized rhythmic gymnastics as a sport. World championships have been held in odd years since 1963, and major international competitions have been organized for the Intervideniye Cup since the beginning of the 70s. It has been included in the program of the Olympic Games since 1984.

The creation of the national gymnastics system dates back to the beginning of the 19th century. It was a consequence of social demands. The methods of warfare required simultaneous action, exact execution of orders, formations on the battlefield. To the pedagogues and doctors of that time, gymnastics seemed to be the only correct method of physical education of young people.

By the first half of the 19th century, three directions became visible in the development of gymnastics:

- hygienic orientation (gymnastics was considered a means of strengthening a person's health and developing physical strength);
- athletic orientation (gymnastics was considered a means of developing the quality of human movement by using complex exercises, including exercises performed on gymnastic equipment);
- practical orientation (gymnastics was considered a means of teaching soldiers to overcome various obstacles encountered in war).

The following types of gymnastics are distinguished in the system of physical education of preschool children. They include general development (basic gymnastics, hygienic gymnastics, etc.), sports-oriented gymnastics (artistic gymnastics, athletic gymnastics, etc.) and health gymnastics. Basic gymnastics is aimed at strengthening health, general physical fitness, training the body, correct formation of stature, improving the functioning of internal organs. The content of the main gymnastics includes alignment, general development and basic movements. Physical exercises are carried out with the help of gymnastic shells and sports equipment. Basic



exercises help improve the functioning of internal organs, improve metabolism, and strengthen the nervous-muscular system. Gymnastic exercises:[1]

It can be a) dynamic (directed to the use of all movement forces and focused on slowing down braking forces) and b) static (related to keeping some part of the body motionless and in the same position). Gymnastic exercises are anaerobic and aerobic. Hygienic gymnastics is aimed at strengthening children's health, forming the correct figure, and improving the functional system of the body. The means of hygienic gymnastics are general development exercises in harmony with conditioning exercises (through water, air, sun), as well as massage and self-massage. Hygienic gymnastics is recommended for children of all age groups. Sports gymnastics is aimed at increasing the general physical fitness of a person. Some of its elements can be used when working with preschool children. Rhythmic gymnastics consists of sports-oriented gymnastic exercises, which are performed with or without objects, as well as shallow jumping exercises. The unique feature of artistic gymnastics is that it is performed in harmony with the elements of music and dance, and it also helps to develop sophistication by expressing the beauty and beauty of movements. Rhythmic gymnastics is characterized by balance exercises, dance forms of walking, running, jumping, elements of folk dances, exercises performed with objects (ball, hoop, ribbon, flag, bow, rope).[4] Artistic gymnastics exercises form movement coordination, that is, balance.[2] They are performed at different speeds and through different muscle activity.

The sports of gymnastics include acrobatics (Greek - "rising"). Some elements of acrobatics are used in the process of physical education of children in pre-school educational institutions. At the early age, acrobatic movements are performed with the help of parents and educators. These exercises include: "dragonfly", "plane", "swallow", "fish", "hole". Rhythmic gymnastics represents a system of physical exercises performed to music. Rhythmic gymnastics helps to ensure freedom of muscles, beautiful, beautiful and attractive movements in children. Therapeutic gymnastics is performed in order to restore health and strengthen health. Through these exercises, it is possible to improve the nervous system, raise the tone of the body, raise unpleasant emotions, straighten the height, and improve the posture of the body.[3]

In the system of physical education of preschool children - gymnastics. The content of gymnastics consists of basic movements, general development and alignment exercises. Basic actions are a set of actions necessary for the child's life activity, and the child constantly uses them in his activities.

These include crawling, crawling, throwing, walking, running, and jumping. The main actions that accompany the child from a young age naturally affect the overall well-being of the person as well as ensuring the health of the body. In the works of Russian physiologists I.M. Sechenov, I.P. Pavlov, A.A. Ukhtomsky, V.M. Bekhterev, L.A. Orbeli, as well as Uzbek psychologists and physiologists E. Gozиеv, Sh. Qurbanov, A. Qurbanov, E.N. Nuriddinov, B.T. Haydarov, the main movements and their impact on the body 'secret issues are scientifically based.

The goal of forming basic movement skills in gymnastics is to make the child: 1) consciously control his movements; 2) adjust one's actions in the most favorable direction based on independent observation and analysis of various situations; 3) to understand the characteristics of each type of basic actions; 4) teaching to acquire the skills of creatively applying the basic movements in everyday activities. The first basic movements of the child are the elements of catching, throwing, throwing, and then performing various movements with the ball, i.e. progresses to throwing and grasping movements. Actions with the ball have a great impact on the development of the child's psyche and motor skills.[6]



### Conclusion:

Taking into account the variety of gymnastics exercises, if they are carried out in a strict order, they have a selective and local effect on certain systems of the human body. This determines the use of gymnastics in the practical specialized decrees of physical education. Gymnastics can be used in some sports (swimming gymnastics, boxing gymnastics, football player gymnastics, etc.) and it can be a close example of the statement that gymnastics can be used in such practical specialties. There are three independent types of gymnastics in sports activities: sports gymnastics, acrobatics and rhythmic gymnastics. Gymnastics is an Olympiad type of sport. Since the revival of the Olympic Games (1896), gymnastics has taken a strong place among the current Olympic Games. Acrobatics and rhythmic gymnastics are the highest forms of competitions - the firsts. As a means of physical education, gymnastics has been developing for a long time. Its decision was connected with the change of the social system, the development of science about man, as well as the change in the methods of warfare. These had a significant impact on the changes in the content of gymnastics, its teaching methodology and even the technique of performing exercises.[5]

### Reference:

1. Abdullayev.A, Honkeldiyev.Sh "Physical education theory and methodology" Tashkent-2015[1]
2. Kerimov.F., Umarov.M. Forecasting and modeling in sports. Textbook. Tashkent-2017[2]
3. Kerimov. F. Theory and methodology of sports wrestling. Textbook. Tashkent-2013[3]
4. Petrov P. Method of teaching gymnastics in school textbook Moscow-[4]
5. Sushko G.K. Gymnastics and teaching methods TDPU, 2008[5]
6. Shlemin A.M., Brickin A.T. Gymnastics: - Tashkent, teacher, 2011[6]