



Development of Gymnastics and its Role in Child Education

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Abstract

In this article, a summary of the development of gymnastics and its role in child education is presented.

Keywords: Gymnastics, gymnastics, special, naked, physical development, healthy, speed, strength, flexibility, endurance.

Gymnastics (Greek: "gymnos" - naked) is a specially selected system of physical exercises, which is considered a set of scientifically based methodological instructions aimed at the comprehensive physical development and health of children. implies readiness for activity and physical fitness. Gymnastics creates an opportunity to train vital movement skills, gives movement beauty, elegance and precision. It ensures the development of mental and physical characteristics such as dexterity, speed, strength, flexibility, endurance, builds will, forms character and order, develops memory and thinking. The specific task of gymnastics is to form the correct figure and correct various defects in the body. Gymnastics is the main method of physical education, used at all ages, starting from early childhood. Gymnastics has tools for solving educational and health problems, and through these tools, it ensures accurate and correct performance of movement and improvement of its performance technique. Gymnastics ensures the emotionality of the exercises, forms an aesthetic feeling, and gives rhythm and expressiveness to the movement. Through music, its influence on the child's organism and personality increases. Thus, gymnastics and its methods help to improve the general level of physical fitness of the child and help to solve the tasks of physical education. 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. -correct formation of the figure, will be directed to improve 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:

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). Artistic gymnastics exercises form movement coordination, that is, balance. 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. In the system of physical education of preschool children - gymnastics

The content of gymnastics consists of basic movements, general development and stretching exercises.

Basic actions

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. Nuriddinoy, B.T. Haydarov, the main movements and their impact on the body 'secret issues are scientifically based. The purpose of forming basic movement skills is to make the child:

- 1) conscious control of one's actions;
- 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) is to teach to acquire the skills of creative application of basic actions in daily activities

The first of the child's basic movements are the elements of catching, throwing, throwing, and then they grow to performing various actions with the ball, that is, throwing and catching. Actions with the ball have a great impact on the development of the child's psyche and motor skills.

Throwing and throwing exercises

A ball is one of the first toys of a child, and before the child learns to sit, he learns the skills of handling the ball. The ball is a tool for all-round development of the child. Whatever the child wants in his life and career, the ball will provide him with that. Each hand of a child is designed to catch a ball, and it is necessary to teach it from the first age. Thanks to this, the fingers and muscles of the hand develop. A ball is tied to a ball and given to the child's hand. Then, when the string is pulled, the child's hand falls down due to the weight. The child has a desire to show his strength, which gives him peace. With these actions, the game begins. Through these actions, other activities develop. The ball that falls from the child's hand begins to shake in front of his eyes, which creates a feeling of perception of the object. When the ball is hidden from the child's eyes and shown back, the child has an idea that the ball will reappear. This situation makes it possible to perceive 3 things: the object, the surroundings, and time. In this way, the ball affects not only the body parts, but also the psyche. Various movements with the ball later form the skills



of catching and throwing it. Throwing has a great physiological effect on the child's body, including brain activity, coordination and balance. It takes a certain period of time for a child to develop the skills of throwing a ball. A 3-year-old child does not have a preparatory stage, the tossing is weak, the approximate, target direction is not clear. Only 10% of boys can throw correctly with their right hand at this age. And girls will not have throwing skills at all. Even at the age of 4, girls do not develop this skill. The ability to throw and catch an object increases at the age of 5 with the development of strength characteristics, c haming and movement coordination. After 4-5 years, the strength of various muscle groups begins to increase. But the development of each muscle group has its own characteristics. For example, body strength, that is, the strength of the muscles of the human body, reaches its highest level at some late times, but it weakens more slowly than arm strength. As muscle strength increases, throwing distance also increases. Throwing is carried out in the direction of the distance and the target. There are a variety of throwing methods for distance and target, such as overhand, over the shoulder, overhand, and underhand.

Toss the body from behind over the shoulder

When throwing the ball, the legs are straightened; the body is straightened and directed forward. At the last stage of throwing the ball, the weight of the body falls on the front leg and is equalized with the right leg and the left leg.

Initial position: legs slightly wider than shoulder width, right leg behind, right hand in the direction of the object. The right hand is directed up and back, and then the ball is thrown forward through the palm.

Starting position: feet slightly wider than shoulder width, right leg back, right arm half-bent at the wrist, swinging right arm down-backward, throwing arm forward-upward is done.

Initial position: legs slightly wider than shoulder width, right leg behind, right hand in the direction of the body with the object, the body is pulled during the swing, the right hand is extended back to the end, the weight of the body is in a bent position is lowered to the right leg. During the swing, the right leg is straightened, the body turns to the left and forward, the right hand is directed forward, and the object is thrown with the help of the palm. Scratching belongs to the type of cyclic movements. Climbing and descending have short repetitions of movement elements similar to running: leaning on the step of the ladder with each foot and standing on it with both feet, the arm and leg are moved alternately. Children of preschool age master the following types of climbing: crawling, jumping, crawling, standing on all fours ("class" game) on a horizontal and inclined plane (on the floor, on a gym bench) light jumps, jumping over objects placed up to the floor; jumps performed by turning and moving arms in different ways; jumping forward, backward and sideways is recommended.

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