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The Development of Gymnastics and the Role of Children's Education.

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Annotation: *This article gives a brief overview of the development of gymnastics and its role in the upbringing of children.*

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Gymnastics (Greek. "Gimnos" - naked) - a specially selected system of exercise, a set of scientifically based guidelines aimed at the comprehensive physical development and well-being of children, the development of the child's diversity in the process of achieving physical perfection. activity and physical fitness. Gymnastics provides the opportunity to develop vital motor skills, giving the movement beauty, elegance and precision. It promotes the development of mental and physical qualities such as agility, speed, strength, flexibility, endurance, heals the will, shapes character and order, develops memory and thinking. The special task of gymnastics is to form the right posture, to correct various defects in the body. Gymnastics has been used since early childhood and at all ages as a basic method of physical education. Gymnastics has the means to solve educational and health problems, through which it is possible to perform the movement accurately and correctly, to improve the technique of its performance. Gymnastics provides rhythm and expression to the movement, providing an emotional and aesthetic feeling. Through music, its impact on a child's body and personality is enhanced. Thus, gymnastics and its methods help to solve the problem of physical education, helping to improve the general level of physical fitness of the child.

The following types of gymnastics are distinguished in the system of physical education of preschool children. These include: general developmental (basic gymnastics, hygienic gymnastics, etc.), sports-oriented gymnastics (rhythmic gymnastics, athletic gymnastics, etc.) and health gymnastics. -correct formation of the body, will be aimed at improving the functioning of internal organs. The essence of gymnastics is purification, general development and basic movements. Exercises are performed using gymnastic projectiles and sports equipment. Basic exercises help to improve the functioning of internal organs, improve metabolism, strengthen the nervous system. Gymnastic exercises:

a) dynamic (focused on the application of all motor forces and aimed at slowing down the braking forces) and b) static (related to keeping any part of the body motionless and uniform). Gymnastics is anaerobic and aerobic. Hygienic gymnastics is aimed at improving the health of children, the formation of a healthy

figure, improving the functional system of the body. Hygienic gymnastics includes general developmental exercises in combination with exercise (water, air, sun), as well as massage and self-massage. Hygienic gymnastics is recommended for children of all ages. Gymnastics in the field of sports is aimed at improving the general physical fitness of a person. Some of its elements can be used when working with preschoolers. Rhythmic gymnastics is a sport-oriented gymnastics exercise that can be performed with or without an object, as well as non-pole vault exercises. The peculiarity of rhythmic gymnastics is that it is performed in harmony with the elements of music and dance, and also helps to cultivate elegance, expressing the beauty and elegance of movements. Rhythmic gymnastics is characterized by balance exercises, walking, running, jumping dances, elements of folk dances, exercises with objects (ball, hoop, ribbon, flag, club, rope). Rhythmic gymnastics exercises the coordination of movement. They are performed at different speeds and through different muscle activity. Gymnastics also includes acrobatics (Greek for "climbing"). Some elements of acrobatics are used in the physical education of children in preschool institutions. At an early age, acrobatic movements are performed with the help of parents and caregivers. These exercises include: "dragonfly", "airplane", "swallow", "fish", "hole". Rhythmic gymnastics represents a system of exercises performed through music. Rhythmic gymnastics helps children to have muscle freedom and beautiful movements. Therapeutic gymnastics is performed to restore health and improve health. These exercises help to improve the nervous system, increase body tone, raise unpleasant emotions, correct posture and improve posture.

In the system of physical education of preschool children - gymnastics

The content of gymnastics consists of basic movements, general developmental and rowing exercises.

Basic actions

Basic actions are a set of actions necessary for a child's life activities, which the child uses regularly in his activities. These include crawling, crawling, throwing, walking, running, and jumping. The main actions that accompany a child from an early age naturally affect the overall health of the body, as well as the overall well-being of the individual. The main actions in the work of Russian physiologists IM Sechenov, IP Pavlov, AA Ukhtomsky, VM Bekhterev, LA Orbeli, as well as Uzbek psychologists, physiologists E. Gaziev, Sh. Kurbanov, A. Kurbanov, EN Nuriddinov, BT Khaydarov and their impact on the body. 'secret issues are scientifically based. The purpose of developing basic action skills is to:

- 1) consciously control their actions;
- 2) to adapt their actions in the most favorable direction on the basis of independent observation and analysis of various situations;
- 3) understand the specifics of each type of basic action;
- 4) to teach the skills to use basic actions creatively in daily activities

The first basic movements of a child are the elements of catching, throwing, and throwing, which then develop into various movements with the ball, such as throwing and catching. Movement with the ball has a huge impact on the development of the child's psyche and motor skills.

Shooting and throwing exercises

The ball is one of the child's first toys, and the child learns to handle the ball until it learns to sit. The ball is a tool for the full development of the child. The ball gives the child whatever he or she wants in life and activity. Each child's hand is designed to hold the ball and should be taught to hold the ball from an early age.

This allows the fingers and toes to develop. He ties a string to the ball, hands it to the boy, and when he pulls it, his hand suddenly rises. Then, as the rope is pulled, the child's arm falls under the weight. The child has a desire to show his strength, which gives him joy. This will start the game. Through these actions, other activities also develop. The ball in the child's hand begins to sway in front of his eyes, which creates a sense of perception of the object. When the ball is hidden from the child's eyes and shown back, the child imagines that the ball will reappear. This condition allows you to perceive 3 things: the object, the environment, time. In this way, the ball affects not only the body, but also the psyche. Different movements with the ball later develop the skills of possession and throwing. Throwing has a huge physiological effect on the child's body, including brain function, c formation and balance. It takes time for a child to develop throwing skills. The 3-year-old has no preparation stage, the throw is weak, the probability is not clear. Only 10% of boys at this age are able to throw with the right hand. And girls don't have the throwing skills at all. Even at the age of 4, girls do not develop this skill. With the development of strength properties, c the development of coordination and movement coordination, the ability to throw and pick up an object increases at the age of 5 years. After 4-5 years, the strength of different muscle groups begins to increase. But each muscle group has its own set of characteristics. For example, the strength of the muscles of the human body, that is, the strength of the muscles of the human body, reaches its peak in the evening, but weakens more slowly than the strength of the arms. As the muscle strength increases, so does the throwing distance. Throwing is done at a distance and at a target. There are different ways to throw from a distance and to the target, such as throwing over the head, over the back of the body over the shoulder, with the right hand from above and with the right hand from below.

Shoulder-to-shoulder throwing

When throwing the ball, the legs are straightened and the body is straightened. In the final stage of throwing the ball, the weight of the body falls on the front foot, the right foot and the left foot.

Prerequisite: Legs slightly wider than shoulder width apart, right foot behind, right arm in the direction of the body. The right hand is moved back and forth, and then the ball is thrown forward with the palm of the hand.

Prerequisite: Legs slightly wider than shoulder width, right leg back, right arm half-bent at wrist, right arm pointing back and forth in swing, throwing arm movement forward-upward is done.

Initial position: legs slightly wider than shoulder width, right leg back, right arm with the object in the direction of the torso, torso pulled, torso extended to the end of the right arm, torso bent is lowered to the right foot. When swinging, the right leg is straightened, the torso is turned left and right, the right arm is turned forward, and the object is thrown with the palm of the hand. Crawling is a type of cyclic movement. Climbing and descending have a short repetition of movement elements similar to running: leaning on the ladder on each leg and leaning on both legs, the arms and legs move alternately. Preschoolers learn the following types of climbing: crawling, jumping, squatting, cross-legged (on the floor, on a gymnastic bench) on all fours ("class" game). light jumps with and without confusion, exercises for jumping from the floor to the floor; jumps with turns and different arm movements; jumping forward, backward to the sides is recommended.

GENERAL DEVELOPMENT EXERCISES.

General developmental exercises are special exercises. They play an important role in the development and health of the whole body and help to develop and strengthen large muscle groups such as the shoulder girdle, torso, legs, normalize the process of muscle tension and relaxation of joints. The purpose of these exercises is to form the right posture, strengthen the entire musculoskeletal system and improve blood circulation, respiration, metabolism and nervous system. General developmental exercises activate the work of higher motor centers that control movements; helps to show physical qualities such as speed, agility, balance of forces, endurance, flexibility, evokes a positive emotional mood. General developmental exercises are divided into several groups:

1. Exercises to develop and strengthen the shoulder girdle and arm muscles.
2. Exercises to develop and strengthen the torso, back muscles.
3. Exercises to develop and strengthen leg and abdominal muscles.

Exercises for the shoulder girdle and arm muscles in the first group help to increase chest breathing; strengthens the diaphragm, allows deep breathing, straightens the spine, helps strengthen the heart muscle.

The second group of exercises is for the torso, back muscles. These exercises help to form the correct posture and help to develop the flexibility of the spine in bending the body forward and sideways, turning to the right, left, and in rotation.

The third group of exercises is for the leg and abdominal muscles. They help to strengthen the abdominal muscles from jerking during rapid movements (jumps, jumps...), as well as prevent blood clots in the veins (kneeling, half-squats, squats...). General developmental exercises have a comprehensive strengthening effect on the child's body. Each movement in the exercise begins with the correct position of the body (standing), sitting, lying down, and the position of the legs and arms required for a particular exercise. Initial cases vary:

- the initial position for the legs in an upright position;
- initial position of the arms while standing;
- Initial sitting position;
- Initial cases in bed.

Exercise helps to increase chest mobility, deepen breathing, expand the life of the lungs, and saturate the blood with oxygen. Use of materials during exercise. Most of the general developmental activities that children do include objects: sticks, flags, hoops, ribbons, cords, anchors, and balloons; on objects - gymnastics wall, bench, chairs, pole. Children do exercises with objects with interest, and repeating the exercises helps to create the right muscle tone.

Purification exercises. Purification exercises - purification (round, column, sherenga...) re-purification (two, three, four from a single column, purification into a sheren...) turns in different directions (right, left, back), spread and gathering, all movements in space (various purifications and scatterings) are used to perform various physical exercises (in classes, morning gymnastics, movement games, trips to holiday festivities, excursions). In the process of performing these exercises, children are taught the coherence of movement in the team (performing different exercises together and in interaction). Cleansing exercises help children develop the right posture. They can be performed with various instruments, songs, music or percussion instruments (circle, drums). Thus, the whole group of gymnastic exercises - basic movements, general

developmental and purifying exercises - strengthen the functional processes in the child's body, affect physical and all-round development.

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