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HISTORY OF GYMNASTIC

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Annotation: *This article contains materials about the history of the emergence of gymnastic sports, the stages of its development, the place of gymnastics in the system of physical education in Uzbekistan, its introduction into state educational standards, the conditions created for this sport in our country and its achievements.*

Keywords: *gymnastics, sports games, physical culture, specialist, comprehensively developed personality.*

INTRODUCTION

A unified system of means and methods of physical education has been created in Uzbekistan. Gymnastics, one of the most popular such instruments, rightfully occupies an important place in this system. Gymnastic training helps to solve the problem of "providing the younger generation with physical health from childhood, harmonious development of physical and spiritual forces in it." It is not for nothing that gymnastics has long been recognized as the mother of all sports, because for many sports the means of performing exercises aimed at developing physical qualities, i.e. gymnastics equipment. "Gymnastics" comes from the Greek word "gymnos", which means "naked".

Also, the Greek word gymnotsike (from the word gummass – exercise) is a set of specially selected physical exercises, methodological techniques used to strengthen human health, its comprehensive education and improvement of motor skills, strength, agility, speed of movement, endurance and other characteristics. It also means the system. Gymnastics is especially important for the physical development of children and adolescents. With the help of various means and methods of gymnastics , the tasks of initial physical education are more successfully solved, the basis for the development of physical and motor skills in children and adolescents is created, their functional and addictive capabilities are significantly expanded.

Gymnastics has a great hygienic and health-improving value. Plutarch, one of the famous thinkers of the ancient world, assessed the importance of gymnastics and said: "Gymnastics is a therapeutic part of medicine." Famous figures of world science, Russian scientists I.M. Sechenov, I.P. Pavlov, I.N. Mechnikov, P.F. Lesgaft, V.V. Gorinevsky attached great importance to physical exercises, including gymnastics, and considered these exercises the best means of increasing vitality, activity and efficiency, as well as health and active recreation. Everyone can do gymnastics – children and adults, elderly and young people, well-trained people and beginners, healthy people and even people with disabilities.

Gymnastics is practiced in preschool institutions, schools, secondary and higher educational institutions, voluntary sports societies, industrial and medical institutions, recreation camps and sanatoriums, as well as in the army and Navy of Uzbekistan. Many people practiced gymnastics at home after listening to it on the radio, watching it on TV, as well as in residential buildings belonging to house administrations, etc.

Women's gymnastics Competitions in women's gymnastics include such projectiles as:

support jump;

uneven bars;

log;

floor exercises on the carpet.

A support jump is a competition that involves jumping over a gymnastic table immediately after pushing off from it with two or one hand and combined with the presentation of gymnastic elements on the fly, such as multiple rotations along the axis of the body. The run-up to the jump should not exceed 25 meters. For women, the length of the gymnastic table is 125 cm. Balance bars are exercises that require a combination of pendulum movements, handstands, rotations and flips using two parallel poles at height 1.95 cm and 3.5 m long.

A log is a device, the main element of which is a wooden beam covered with a soft material, on which the gymnast moves to maintain balance. Floor exercises on the carpet are acrobatic jumps combined with gymnastic elements: strength, flexibility and balance. They are performed by an athlete on a 12x12 carpet meters.m The performance can last a maximum of 90 seconds and is performed to specially selected music.

The reason why gymnastics is so widespread is that its means are clear and diverse for everyone, and there is a great opportunity to choose exercises for solving various tasks of physical education. Life skills and abilities are acquired and improved in gymnastics classes. The educational value of gymnastics is also very great. The conditionality of the exact distribution of training tasks, the widespread use of motor analysis and synthesis, the complication of the studied motor activity in various embodiments, an unlimited combination of movements, the study of a large number of various physical exercises. from the point of view of form and coordination, all this allows participants to learn how to evaluate their own motor capabilities and determine general patterns of motor activity.

CONCLUSION

Gymnastics is an effective means of aesthetic education of a person. In order for the technique of performing gymnastic exercises to be as perfect as the style characteristic of gymnastics requires, the movements should be smooth and expressive, the actions of the performer should be appropriate and elegant. As a result of gymnastics, a good figure is obtained, defects in the structure of the body are corrected, a very good proportion is achieved in the development of some joints of the body, as well as in the development of the body as a whole. Finally, gymnastics is a vivid example of the unity of mental education and physical education. The methods used in gymnastics are the intellectual activity of the participants. It allows you to stimulate its activity, contributes to the formation of the predisposition of the central nervous system, its ability to adapt to various conditions of muscular activity. PF. Assessing the importance of gymnastics at school, Lesgaft wrote: "Mental and physical education are so closely linked that, as a result, they constitute an indispensable task of the school; for any one-sided development undermines education and certainly does not create conditions for the formation of a fully developed personality."

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