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THEORY AND METHODS OF ORGANIZING GYMNASTICS LESSONS IN SPORTS SCHOOLS

Raxmatova Dildora Ismat kizi

Annotation: The tutorial covers the basics of the lesson methodology gymnastics, as well as issues of organizing and conducting sports events and gymnastics competitions .

Kalit so'zlar: middle,preschool,preschool,smoothness

Introduction: Basic gymnastics is aimed at the comprehensive development and strengthening of the body, at mastering the general fundamentals of movements, and at nurturing the physical, moral and volitional qualities necessary in all areas of human activity. The means of basic gymnastics are drill exercises; general developmental exercises without objects and with objects; floor exercises, simple exercises on gymnastics apparatus, acrobatic exercises, artistic elements gymnastics, choreography, outdoor games and sports relay races.Basic gymnastics, in turn, is divided into subtypes by different groups and ages of students.

Basic gymnastics for preschool children (3–7 years old). The main objectives of basic gymnastics in preschool age are to protect and strengthen the health of children, harden the body, form correct posture, comprehensive physical development, and develop initial skills of personal and public hygiene.

The teacher must take into account the physical capabilities of children of this age and subordinate the entire process of physical education of preschoolers to the interests of the normal development of the growing organism. Due to the peculiarities of the development of the skeleton, muscles, internal organs, nervous system, the simplest types of physical exercise are necessary. These are primarily general developmental exercises, walking, running, jumping, throwing, climbing, balance, outdoor games. Sports types of gymnastics 1. Educational and developmental types of gymnastics basic women's athletic professional-applied. 2. Health-improving types of gymnastics Hygienic Medical morning production rehabilitation corrective Rice. 1. Classification of types of gymnastics sports-mass sports (gymnastics, gymnastics, acrobatics, sports aerobics, fitness aerobics) as well as simple rhythmic gymnastics exercises. The teacher should strive to instill discipline in the children and instill the skills of organized behavior in a team.At this age, special exercises cannot be used, associated with high muscle tension. Imitation exercises should prevail in classes with preschoolers and developmentally appropriate outdoor games.To solve the problems of physical education, special physical classes are conducted in preschool institutions,educational-type exercises, such as morning exercises, physical education, hardening procedures, outdoor games, excursions, holidays, individual and independent classes.

Basic gymnastics for school-age children. The content for children of different ages is determined by the general objectives of gymnastics, physical education and the anatomical and physiological characteristics of the child's body. Basic gymnastics is aimed at the general strengthening and development of the body of schoolchildren, namely: the formation of good posture, education physical, moral and volitional qualities, as well as the ability to use them expediently in practical activities.

Due to the anatomical, physiological and psychological characteristics of a growing organism, school age is divided into three periods:

a) junior school age – 6–11 years (grades I–IV);

www.wordlyknowledge.uz Volume: 2, Issue: 2, 2023

b) middle – 12–15 years (grades V–VIII);

c) senior – 16–18 years old (grades IX–XI).

Each of these age groups uses different means and methods of physical education.

Wide range of possibilities for using basic gymnastics for the purpose of harmonious physical and spiritual development of the individual, they made it an independent means and method of physical education of all age categories of students. That's why it forms the basis of state programs for the physical education of children of preschool and school age, students of secondary and higher specialized educational institutions, as well as intended for middle-aged and elderly people. Systematic Exercises in adulthood help maintain high physical and mental performance for many years.

Women's gymnastics. Statistics show that on weekdays blue-collar women spend an average of eleven minutes a day walking and playing sports. And on Sundays days are devoted to active leisure less than an hour. We are talking about the average woman. There is a common belief among women, that they do not really need physical exercise, since they spend a lot of time going shopping, doing household chores households, often endure heavy loads at work and at home. Naturally, We all move in one way or another. But it does not at all follow from this that any of our movements in everyday life, in everyday life, are physical exercise.

And not every motor activity is physical culture - only that which is aimed on the person himself for the purpose of his self-improvement. Thus, Professor L. Matveev, from the endless variety of physical exercises, distinguishes two groups, without which it is impossible to do even within the framework of the physical education minimum. These are, firstly, exercises of the gymnastic type, which allow selectively and consistently influencing all the main parts of the muscular system and musculoskeletal system, thereby ensuring a certain level of muscle performance, flexibility in joints and coordination movements. Secondly, exercises of a cyclic nature, involving most muscle groups and activating mainly the functions of the autonomic systems (especially the cardiovascular and respiratory). In modern conditions, it is the cardiovascular system that turns out to be the weakest link in our body. It should be noted that with age a morphological restructuring occurs in the joints: the articular surfaces of the bones become flattened and deformed due to salt deposition, the cartilaginous layers become thinner and ossify, and they lose elasticity, ligaments are shortened and coarsened.

Women's gymnastics classes take into account the peculiarities the body and psychological make-up of women. When selecting exercises and methodological techniques, first of all the functions are taken into account motherhood, therefore special attention is paid to the development of strength, endurance, strengthening the muscles of the legs, pelvis, abdomen and back. The classes include all types of general developmental exercises without and with objects. Rhythmic gymnastics exercises, choreography, and elements occupy a large place ballroom and folk dances, using musical accompaniment.With the help of these exercises, coordination of movements, flexibility, smoothness, gracefulness, and beauty of movements are developed, correct and beautiful posture is formed, and strength is strengthened.health, physical and mental performance increases. Women's gymnastics classes help relieve psychological stress and increase resistance to stress,situations.

ATHLETIC GYMNASTICS, or athleticism, is a system of exercises aimed at improving health, developing muscle strength and endurance, and creating a beautiful physique. Used as weights shock absorbers, dumbbells, weights, barbells, block devices, body weight, various

www.wordlyknowledge.uz Volume: 2, Issue: 2, 2023

exercise machines, and so on. The abundance of exercises and the ability to dose the load makes this important means of healing accessible to all ages.

Currently, two directions can be distinguished in the development of athletic gymnastics - mass health and sports. Despite the fact that athletic gymnastics has always attracted young people, until a certain time they could not get official recognition in our country, especially when it comes to her sports direction. Today it is experiencing a new birth. First of all, this is due to the recognition of athleticism as a sport in 1987 and the creation of an independent federation of athletic gymnastics. Competitions are held in two types: powerlifting and athletic posing (compulsory and free program).

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