



**SCIENTIFIC-PRACTICAL CLASSIFICATION OF EXERCISES USED IN DEVELOPING
THE ABILITY OF ARTISTIC GYMNASTICS GIRLS**

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Anatisation

In this article, the methods of using physical exercises in artistic gymnastics are described, and at the same time, the possibilities of using exercises are discussed. The multifunctionality of the gymnastic exercise is determined by the method of performing it and the number of repetitions. For example, it is stated that sitting postures can be used to write the rhythm of the limbs, develop the strength of the leg muscles, courage, internal endurance, strengthen the will, and expand the functional capabilities of the body's systems.

Keywords. Gymnastics, gymnastic exercises, movement skills, the task of the teacher, aesthetic, spiritual, emotional, moral, communication, work, sports.

Gymnastics exercise has a predetermined goal, such as: to expand the functional capabilities of the body, to develop movement, mental and personal qualities (skills), to provide participants with aesthetic, mental, emotional, moral, communication, work, sports and other experiences. is a complex dynamic structure of consciously performed actions to achieve enrichment. In order to be able to choose the most effective exercises that will give you the opportunity to solve the task, you need to have extensive and deep knowledge about them.

The wide range of tasks that can be solved with the help of gymnastic exercises is determined by their multi-structure and multi-functionality.

The multi-structure of some gymnastic exercise is determined by the quantity and content of the movements included in it, as well as sensory, energetic and psychological support. These elements, which are specific sub-structures of the exercise, collectively determine its content. The nature of the interaction between these elements is determined by the goal to be achieved with the help of the exercise. This is a form of gymnastics. Its form and content are inextricably linked. There are countless different gymnastic exercises, each of which differs from another in the form and content of its substructures.

The multifunctionality of the gymnastic exercise is determined by the method of performing it and the number of repetitions. For example, sitting postures can be used to write the movements of the limbs, develop the strength of the leg muscles, endurance, internal endurance, strengthen the will, and expand the functional capabilities of the body's systems.

The task of the pedagogue is to enrich the participants with knowledge, learning and skills from among a large number of exercises and methods of their execution, which are different in terms of structure, and to choose exercises and methods that will give them the opportunity to develop the necessary abilities.



Knowledge about gymnastic exercise is a subjective image of this exercise, an idea about the exercise, the structure of its movements, the difficulty and lightness of its performance, its opportunities for recovery, education and training. Knowledge of the exercise is characterized by the fact that the student correctly describes it verbally, using terms, describes it in a picture, scheme, etc. It serves as a basis for practicing the exercise. In order to consciously perform the studied exercise with a clear idea about it, deep and extensive knowledge is needed; it is necessary to have meaningful and operational knowledge, to know the philosophy of exercise perfectly.

Meaningful knowledge about exercise - the structure of movements, their sensory, energetic and psychological support, performance techniques, the demands it places on the participants and their abilities, learning and (assessing them) and development of the personal abilities of the participants knowledge about the possibilities of its use in the cultivation of properties, as well as for health, education and practical purposes.

Substantive and operational knowledge are inextricably linked, like form and content. Together, they give a full description of the studied exercise, show its potential for health, education, training and practical use. This knowledge is the basis of a conscious and active attitude to practicing gymnastics and mastering the learned exercises. For this reason, it is necessary to regularly enrich students with scientific knowledge that has passed the practical test.

Learning by students is the process of consciously and actively turning systematized scientific knowledge and practical experience of teaching gymnastics into the personal property of students, their unique wealth, a tool for thinking and effective practical activity, an important need for life.

For the pedagogue, the conscious acquisition of scientific knowledge in gymnastics means learning and mastering exercises for students, preparing them for work and military service.

These departments of scientific and practical knowledge are inextricably linked with each other, and each of them can only be combined with other departments, and the gymnastics course - other sports and related theoretical knowledge: mechanics, anatomy, physiology, psychology, pedagogy, theory and methodology of physical education, etc. can be mastered effectively.

Teaching gymnastic exercises is based on the general didactic principles of practical use of meaningful and operational knowledge and formation of learning and skills. The ability to perform a gymnastic exercise is the ability of the exerciser to control the movements included in it under the control of the mind in accordance with the knowledge of the exercise. This ability is acquired on the basis of the student's knowledge of movement techniques, movement experience, physical and mental preparation. At this stage of mastering the exercise, a strong mind, memory, will and mental work are required from the participant.

Each of the elements of learning to perform a gymnastic exercise has its own complex structure. Knowing it is the basis for the rational and effective formation of learning and skills related to movement, sports skills in gymnastics. Learning to perform the exercise is formed during the training process and includes a long series of conditioned reflexes of the first and mainly the second signal systems. Their work is determined by the activity of the brain and its higher departments and is subject to the laws of anatomy, physiology and psychology.



The skill of movement is a perfect and rational way of controlling movements in a holistic gymnastics exercise from the point of view of the learned exercise technique and the style of gymnastics. In this case, students' minds are focused not on certain actions, but on the conditions of performing the exercise, its final result, and the skill of performing the exercise.

Laws of human development in terms of age. Children acquire the experience of movement faster than adults and spend less neuromuscular energy. The wider the acquired experience, the more they know about the things and events that surround them, the better their body functions, mental and personal qualities are developed, each of them will have the dynamics of development appropriate to their age. . Because of this, it is important not to miss the most convenient (sensitive) age period and to encourage the development of abilities in a timely manner, to enrich the participants with the necessary knowledge, learning and skills related to movement, useful habits for life, regular practice of gymnastics. It is important to form a strong belief that it is beneficial for the individual and society.

Training of skilled gymnasts capable of adequately protecting the honor of the school, district, city, region, country. This factor is closely related to the previous factor. The same tasks are solved here, but at a higher level, higher and more stable results are achieved. In addition, the beauty of the gymnast's body, well-developed movement skills, discipline and other qualities acquired during gymnastics are worthy of being an example.

Skills are formed by repeatedly accurately repeating the actions or the learned exercise. In this case, no serious changes are made to the structure of the exercise, it is usually performed in the same conditions. As the number of repetitions increases, the gymnast gets used to the exercise, the need to concentrate, distribute and move attention from one point to another disappears, the tension in memory, will and other mental processes decreases, as well as the percentage of perceptual and content control decreases. The technique of execution gradually approaches the model, the technique of exercises.

The main feature of the skill is its "automation". Consciousness controls the correctness of action only in emergency cases. "Automation" of actions in changing conditions of the external and internal environment, such as: a) when the environment, weather, lighting conditions, etc. change; b) when the person performing the exercise is tired and feels uncomfortable; c) when there are long breaks in training, it gives a very stable and stable tone to the skill in performing exercises.

Along with the "automation" of certain actions in the process of formation of skills, they are combined into a single, integrated set, an unchanging pattern in terms of structure. This gives the movements a light, even and economical tone. At the higher stages of skill development, a separate perception of all parameters of movements (inertia, moment of inertia, amount of movements, moment of movements, reactive movement, reactive force, etc.) appears. A gymnastic combination is performed according to the principle of a dynamic pattern, that is, one movement starts the next movement.

Movement skills (habits) are of great importance in human life. Speaking in this regard, K.D. Ushinsky noted that if a person did not have the ability to acquire skills, he would not have made a single step forward in his development. Skills, life patterns and habits facilitate sports and labor activities, reduce the nervous-spiritual and functional stress of a person, help to strengthen his health and prolong his life.



Movement skills in gymnastics are a subjective factor determining the productivity of a gymnast's work: the better they are formed, the higher the gymnast's sports skills. The conditions under which the training process takes place (sports base, inventory, establishment of educational work, etc.) are an objective factor.

Knowledge, movement, learning and skills are the stages of a single process of achieving results in sports, and in labor activities - creating a work product. Knowledge continues and enriches in learning, learning in skills, and skills in sports results or labor. The achieved goal inspires the gymnast to acquire more complex knowledge and skills.

The task of the pedagogue is to provide gymnasts with the necessary system of knowledge, training and skills based on their existing talents and abilities, to achieve the planned sports result, and in the same process to develop the acquisition of more complex knowledge, training and skills, and ultimately to achieve high sports skills consists of riding.

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