



METHODOLOGY FOR TEACHING CHILDREN GYMNASTIC EXERCISES

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Annotation

The article highlights the methodological foundations of the education of physical qualities in children in the process of gymnastics training on the example of the procedure for structuring training tools intended for the initial preparatory group and their distribution.

Keywords: jumping, sitting, hanging, throwing, doing exercises on gymnastic projectiles, relying, simple grip, standing swing, forward swing, waiting when you swing forward.

The strategy of actions of the president of our country Shavkat Mirziyoyev on the five priority directions of development of the Republic of Uzbekistan, adopted and consistently implemented at the direct initiative and leadership, has launched a new Bosk of the development of Uzbekistan. This strategy led to the construction of the people's state in the form of the East law Democratic state, and this is a new and obvious manifestation of the law state in the functioning of such public agencies as "dialogue with the people", "electronic government", "people's receptions", "presidential Portal", "Road Map". Our country is moving to periods of rapid development in all fronts. Because the Strategic Program – actions of the president in his books "we will build a free and prosperous democratic state of Uzbekistan", "critical responsibility, strict order, discipline and personal responsibility should be the daily activities of every leader", "ensuring the competence and interests of the law is a guarantee of the development of the country and the well-being of the people", " we will build our One of these developments is the development of uninterrupted education and science. The development of the sphere of education and science is developing intelectual personnel for the transition of state policy to new modern technologies derived from the meaning of meaning and its application and effective use in the Republic. There will be changes in uninterrupted education and an 11-year education system will be built. The allocation of 33.7% from the state budget for educational expenses is a clear application of this policy in the improvement and reconstruction of the material technical base of all schools in the region. It should be emphasized that by the decree of the president of the Republic in our country "the creation of the Fund for the development of children's sports of Uzbekistan" and its gradual implementation encourage the formation of Uzbek sports, including children's sports, in a completely new direction. It is desirable that the means of special physical training be close or appropriate to the content and characteristics of the competition exercises. The study of the methods and means of developing the physical qualities of gymnasts shows that after reaching the level of 1 discharge of most athletes and a candidate for Master of sports, there are cases of a return on some indicators of training to poorly mastered quality and movement skills (elements)in the previous stages. And only time is spent on this. Some athletes perform a series of elements that are technically complex when they have sufficient physical fitness by bending the arms (in modern gymnastics, all elements are performed in a recorded



state) or cannot maintain a "gymnastic figure" in the final part of the element. Statistics show that gymnasts with 80-90% abilities are not able to rise at the level of a candidate for Master of sports. Only some athletes reach the level of Master of sports.

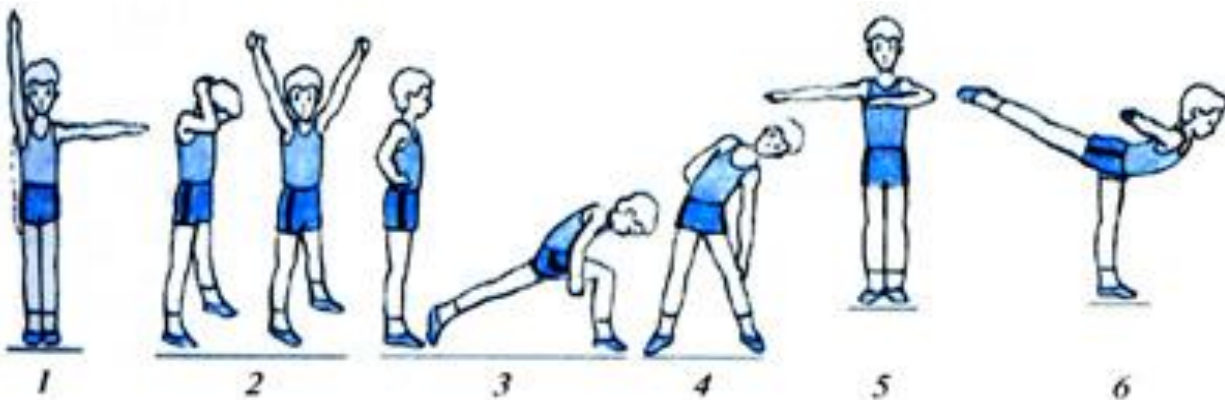
The study of the physical fitness of young gymnasts shows that the exercises used in their training on the principle corresponding to the nature of competition exercises and affecting physical and technical training in times do not find sufficient expression. Exercises applied on this principle are usually used by trainers in much later stages of training.

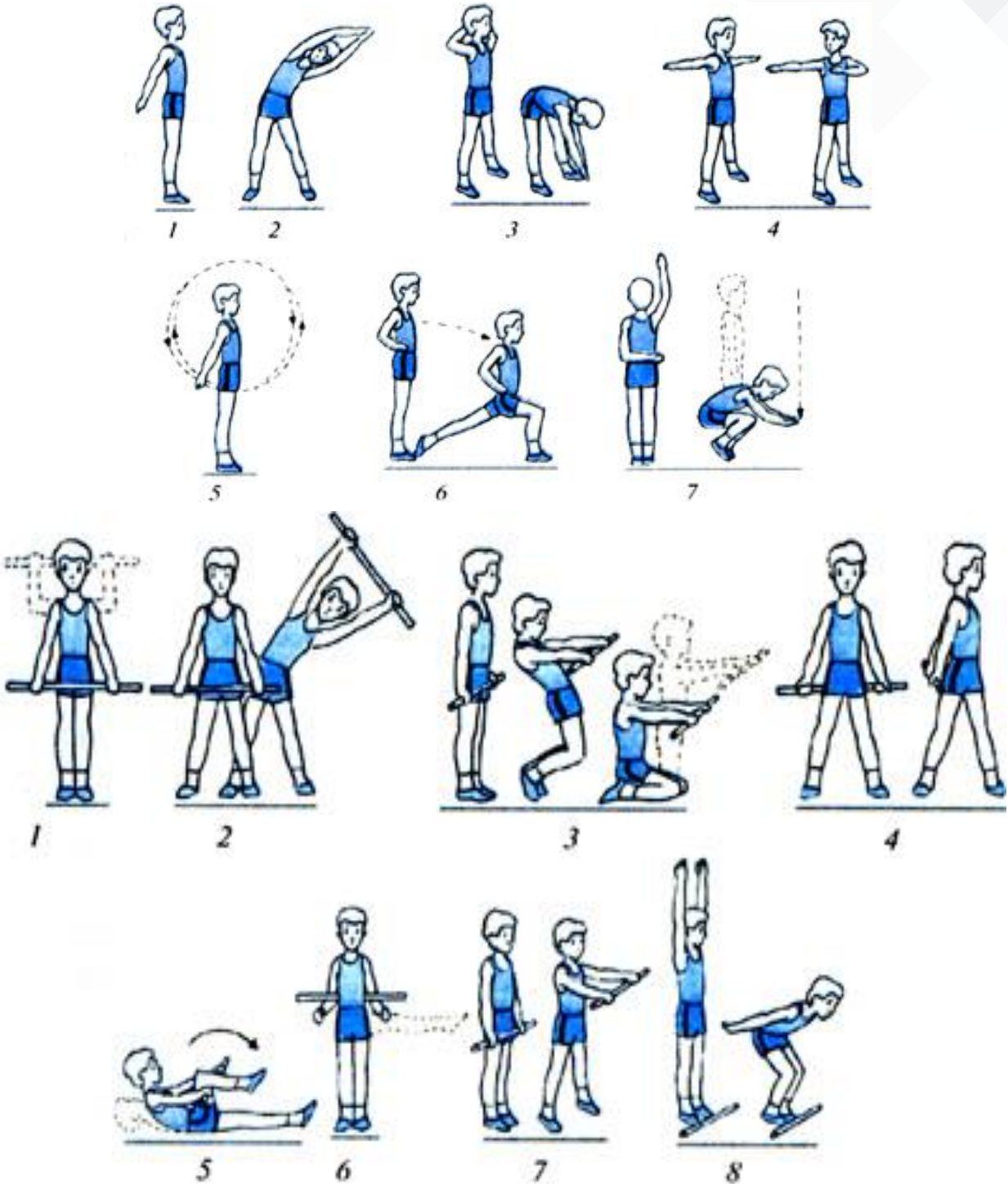
When using these exercises, the main attention was paid to the training of the qualities of muscle movement of the arms and legs "writer" and "bring" (to the initial state).

The general template of the training process, organized by the weekly microcycles and training years of young gymnasts, is presented in Table 1

In the formation of the function of movement (most importantly), the third component consists in the study of the ability to feel the movements in space per unit of time and depending on the degree to which the muscle is subjected. The accuracy and coordination of movement is ensured by a well-developed muscular sensation. This is the result of the activity of the motion analyzer. The activity of the motion Analyzer can only be improved through a special exercise part with the help of physical exercises. To train such a ability, simple and complex movements with certain parts of the body make use of a person to walk, run, jump, throw, acrobatic exercises.

When performing these exercises, practitioners should be able to compare the subjective sensations about their space and the time they spend doing their movement activities with the information they receive from the teacher. In the process of movement activity, time, space and muscle contribute to the content of their sensation in relation to the volume of information quickly and directly about the degree of exertion, which is very important for controlling movements. Conscious control of movement activity is closely related to the development of sensory organs, since the outside world is felt through the sense organs.





Having mastered the perception of special checks and movements in space in units of time and the degree of muscle tension, children perform various movement activities more successfully than children who are not trained in this.



Methodology for teaching children gymnastic exercises. When performing assignments with peers at home, in the yard, the following rules must be observed:

1. It is necessary to start with the fact that the exercise is not too complicated in execution.
2. If you get sick or feel unwell, it's best not to engage in training.
3. Physical education classes cannot be done at once, without being hungry or malnourished or not very full.
4. Do the exercises with pleasure and take a break for 2-3 minutes in between.

To teach to determine the resulting load from a vein stroke.

The development of muscle strength is of great importance for the correct formation of the figure. It is very important for strengthening the muscles of the legs, especially those that hold the sole of the foot in the correct position, located transversely and lengthwise, for movement activity, and for the prevention of wet feet. The bones of the palm of the foot solidify at the age of 16-18.

Children of younger age cannot jump from a height of more than 80 cm to a hard place and do the exercises long and standing. Through the activity of the active muscle, it is necessary to activate vegetative functions that affect the exchange of substances in the body, the growth of the neck and the development of all organs and systems.

For younger children, that is, for children 8-9 years old, the following exercises of gymnastics are recommended: walking, running, a sloped bench, a gymnastic wall, climbing a ladder, overcoming obstacles with a height of 1 meter, throwing balls, lifting and throwing stuffed balls, relying on shovels. Children at this age first see and then do it. Instead of doing the exercises often well, they do poorly without success.

Boys are among the teenagers at the age of 12, girls at the age of 11 during their second childhood, girls at the age of 12-13, and boys at the age of 13-14. The growth and development of middle-aged children will not be uniform. The main gymnastic training of guys and girls is seriously different in content. Therefore, it is held separately. The guys should well master the skills of the main practical action during this period.

In particular, they should be able to overcome natural and artificial obstacles, shoot balls of each weight far and to the target, climb a rope, know ways to carry people and various objects, be able to force and coup, perform side and forward coups. Performing these exercises in the process of training, it is necessary to train such sensations as strength, cheerfulness, endurance, physical qualities, endurance, hard work, the desire to perform complex and difficult exercises, while improving the agility, speed and endurance of girls. Because, especially during the period of development of children aged 8-9 years, growth goes forward.

1. When choosing exercises that develop physical qualities in the training process, it is necessary to take into account that the gymnasts engaged in these exercises at the initial preparatory stage are in accordance with the exercises included in the Classification Program.
2. It is important that the main volume of physical training sessions in children 8-9 years old consists of game tools, and such tools should be aimed at the formation of weakly developed muscles and Bone-Joint Systems. It is advisable to apply these game exercises in the following order: first "who performs



more correctly", "who is more accurate", then "who is faster", "who is more". Such an approach to game exercises accelerates the pace of formation of movement skills.

3. With the help of special exercises, the physical and technical training of young gymnasts is increasingly being formed, it is necessary to develop physical qualities that ensure the growth of the results of sports in children and adolescents. In this case, it is recommended to focus the main attention on exercises that move the executive organs away from the body and close it to it.

4. In the initial part of training, it will be important to use agility, speed, flexibility, in the main part – agility-strength qualities and strength, in the final part - complexes of exercises that develop endurance.

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