

METHODS OF TEACHING GYMNASTICS ACTIVITIES TO PRESCHOOL CHILDREN

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Abstract

This article discusses the process of teaching gymnastics exercises to the younger generation, the effective methods and pedagogical approaches used in training, as well as the importance of such activities in promoting a healthy lifestyle. The impact of sports gymnastics on children's physical development is also highlighted.

Keywords: Physical education, exercise, sport, gymnastics, teaching methods, healthy lifestyle, J. Dims, sports gymnastics, pedagogical approaches.

Introduction

It cannot be denied that the development and development of physical education and sports, including gymnastics, in the territory of Turkestan in the 17th-19th centuries in this region is directly related to the history of physical education and sports in Russia. Currently, Uzbekistan has developed a unified system of motor methodology of physical culture and sport. Gymnastics, one of the most popular of all the means, rightfully occupies an important place in this system. The most important task of gymnastics training is to bring up the younger generation from childhood to be physically and mentally healthy, harmoniously develop their physical and spiritual strength. "Gymnastics" comes from the Greek word "gymnos," which means "naked." Also, gymnotike (derived from the Greek word gymmazo - coach, train) is a network of specially selected exercise styles used to strengthen a person's health, train him physically in all aspects and improve his physical qualities - physical qualities: strength, agility, agility, endurance and other physical qualities. At the right sessions, children should be accompanied by gymnastics training, morning independent hygienic gymnastics sessions, as well as wellness physical education activities. The content of the exercises should be so varied and the slower the physical load should be increased. In the preparatory part of the training, it is necessary to include a variety of exercises for all parts of the body (character, scale, pace). It is necessary to take into account the effect of exercise on the pelvic floor and pelvic floor muscles. They are directly affected by exercises such as bending the legs forward, extending back, lifting to the side, moving in circles with the legs, turning the thigh in and out, as well as twisting the torso, bending forward and sideways. Particular attention should be paid to exercises for

the formation of the correct frame. It is necessary to use more exercises of a dynamic nature and relaxation. It is advisable to do in parallel the exercises to develop flexibility and strengthen the muscles of the framed buttocks. After the back bend (the "bridge", the umbilical cord crossing), it is necessary to perform forward bending exercises to prevent the uterus from moving backwards.

In order to stimulate children's interest in gymnastics, we can set the example of many gymnasts who raise the flag of our country: O. Chusovitina, Sabina Turobova, Alexandra Serdyukova, Sabina Tashkenbayeva, Nurinisa Usmonova, Dildora Rakhmatova and many young athletes. When organizing gymnastics classes, age stages, physical fitness of the participants should be taken into account. In the procedure of teaching gymnastics exercises, the following main tasks are solved: the formation of movement skills, such qualities as strength, agility, flexibility, agility, endurance, which are important for the general movement and physical training of children. Regular gymnastics exercises in preschoolers improves the vital activity of the child's body, awakens a mood of exuberance. According to the famous French scientist J. Dimes: "Gymnastics exercises should not be static, but dynamic, be performed at full amplitude, graceful in form." Scientist J. Dimes considered the most important task to strengthen health, achieve the structure of the body and elegance of movements, the development of agility and willful qualities of a person. Physical training of gymnasts is one of the most important components of gymnastics training, it comprehensively develops the body. Some of the features of gymnastics training include:

- by the type of selected gymnastics, artistic gymnastics, rhythmic gymnastics, aimed at achieving the highest result;

- Strictly limited duration and regularity of training;

- multi-year planning in accordance with certain legislation;

- A consistent increase in the workload of training;

- the leadership role of the coach and teacher in the conditions of sufficient independence of the gymnast and a creative approach to the training process;

When conducting gymnastics classes for preschoolers, it is necessary to conduct sports outreach and propaganda work between educators and parents, that is, organize interviews with the winners of honored international competitions, leading athletes.

Gymnastics, on the other hand, covers a number of areas, such as morning gymnastics, rhythmic gymnastics, and wellness gymnastics. Performing gymnastics exercises in the morning will help the child develop his body properly, breathe, blood circulation. It educates children's focus, purposefulness, helps to increase their mental activity, evokes feelings of emotion and joy. Gymnastics and rhythmic gymnastics is an active game style for the well-being of preschool children, willpower, patience and a successful solution, which today is one of the most important areas for the harmonious development of preschool children. The organization of gymnastics classes focuses on the acquisition of movement skills and special knowledge of teaching learning methods. The learning process

is inextricably linked with the physical development of children. In organizing classes, the teacher plays a leading role in creative activities together with children. The organization of gymnastics classes is divided into 3 parts: 1. Initial training

2. Excellent teaching 3. Strengthening and improving.

The development of gymnastics for children is becoming more and more popular. Exercises for the body, arms and legs guarantee not only harmony and intelligence: the earlier a healthy lifestyle is formed in the baby, the easier it will be to raise a physically healthy baby.

The advantages of developing gymnastics for children include:

- stimulating all muscle groups, the cardiovascular system, blood circulation and respiration;
- improve posture and develop flexibility;
- treat and calm the baby;
- temper of character;
- Making friends and learning to work on yourself.

Children's gymnastics significantly improves appetite, facilitates digestion and develops coordination of movements. Various studies show that a child who regularly engages in gymnastics surpasses his peers not only in strength and health, but also in the development of speech and quick intelligence. Exciting entertainment develops the baby's consciousness and eliminates the stubbornness of children.

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