

The Importance of Sports Gymnastics in the Development of Young Children

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Annotation

The article focuses on gymnastics in our country, studies the decisions and decrees, the impact of gymnastics on the body of children and the process of its development. In gymnastics, the functional changes of the child's body and the level of endurance are widely covered.

Keywords: Gymnastics sport, development of gymnastics, attention to gymnastics, Health, Endurance, Gymnastics emotional stability.

The attention to physical culture and sports in our country is developing day by day. Rhythmic and artistic gymnastics are especially popular today. The focus on gymnastics is reflected in a number of resolutions and decrees passed by our President. In particular, the Decree of the President of the Republic of Uzbekistan No. PF-52 dated January 15, 2022 on the establishment of the Republican School of Gymnastics Coaches and Referees under the Gymnastics Federation of Uzbekistan. It was decided to establish the Oksana Chusovitina School of Gymnastics in P22-163 in 2022. The decision of the Republic of Uzbekistan on measures to further develop gymnastics is a good example of this. In order to further develop the sport of gymnastics, to create favorable conditions for the continuous improvement of skills and qualifications of gymnasts, as well as to actively promote and popularize gymnastics among the general population, especially youth and girls. ball conditions for gymnastics have improved in the provinces and districts. Among them are the conditions created at the Bukhara regional sports school for children and adolescents specializing in gymnastics. Gymnastics is the technical basis for many sports, and appropriate exercises are included in the curriculum for representatives of various sports disciplines. Gymnastics not only provides certain technical skills, but also forms movements of strength, flexibility, endurance, flexibility.

Gymnastics is a type of physical activity aimed at keeping the body in shape through regular exercise that is subject to a specific discipline. This type of exercise focuses on developing physical skills such as strength, balance, agility, flexibility, management, and finally endurance.

The word gymnastics is derived from the Greek word gymnastics. Gymnasium means "naked" because in ancient times, these routines meant "gymnastic exercises performed without any clothing." There are many types of gymnastics: sports, art, hygienic, fitness, and

etc. Today in our country the attention to gymnastics is organized at a very high level.

Gymnastics is one of the independent sports and is the most targeted method of physical training for people of different ages. Gymnastics is a selection of exercises that can be performed by young, middle-aged and older children, as well as the elderly, from a variety of ages.

Purification in gymnastics, general developmental and practical exercises, leaning and non-leaning jumps (longitudinal, high, gymnastic seats, over the beds) and the simplest leaning jumps, hanging and leaning exercises, the simplest acrobatic exercises (rolling), squats, shovels, standing on the head, sideways turns), simple exercises of gymnastics (leg and torso movements in the base position, dance movements) are used.

The healing function of gymnastics. Gymnastics is the comprehensive development of all internal and external human organs and networks, strengthening the health of the participants, increasing and improving the body's resistance to the external environment, increasing vital activity, ability to work and productivity, It has a great healing hygienic value for the formation of the body and the development of the physical qualities of the practitioners. Bukhara Nafis Sports School Primary Training Group-1 (BTG-1) When observing the functional status of boys aged 5-9 years, the results shown in Figure 1 were recorded.

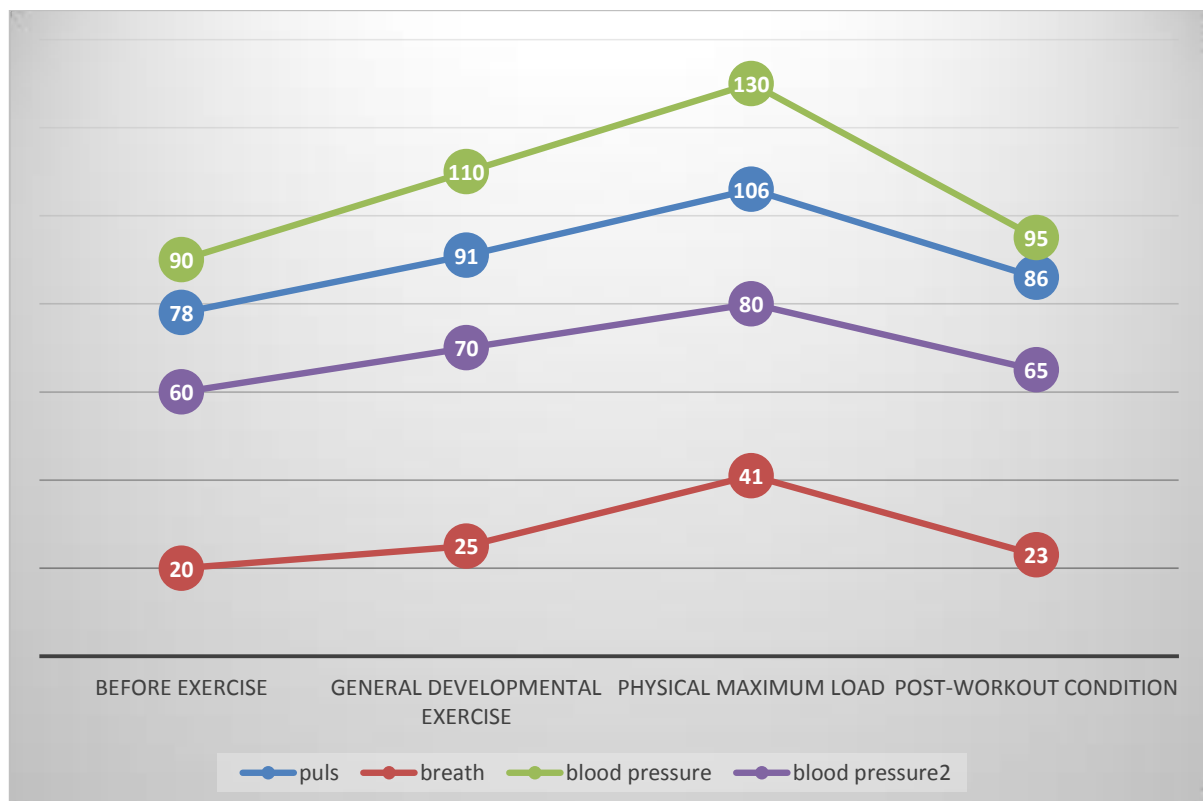


Figure 1. Functional effects on the child's body during gymnastics in the example of Khairullaev Husniddin

It can be seen that during gymnastics, a child's metabolism is accelerated, and the body's heat increases the process of breathing through the skin through the opening of the sweat glands, and the body's metabolism improves. If the functional condition is good, it indicates that the

body is resistant to various diseases, especially atherosclerosis, hypertension, obesity, diabetes, coronary heart disease. When the level of endurance is high, the normal functioning of the body's major systems is extended, which allows you to stay healthy for a long time. Studies have shown that there is a positive link between health and endurance. Therefore, both general endurance and aerobic capacity (maximum oxygen consumption) serve as health norms.

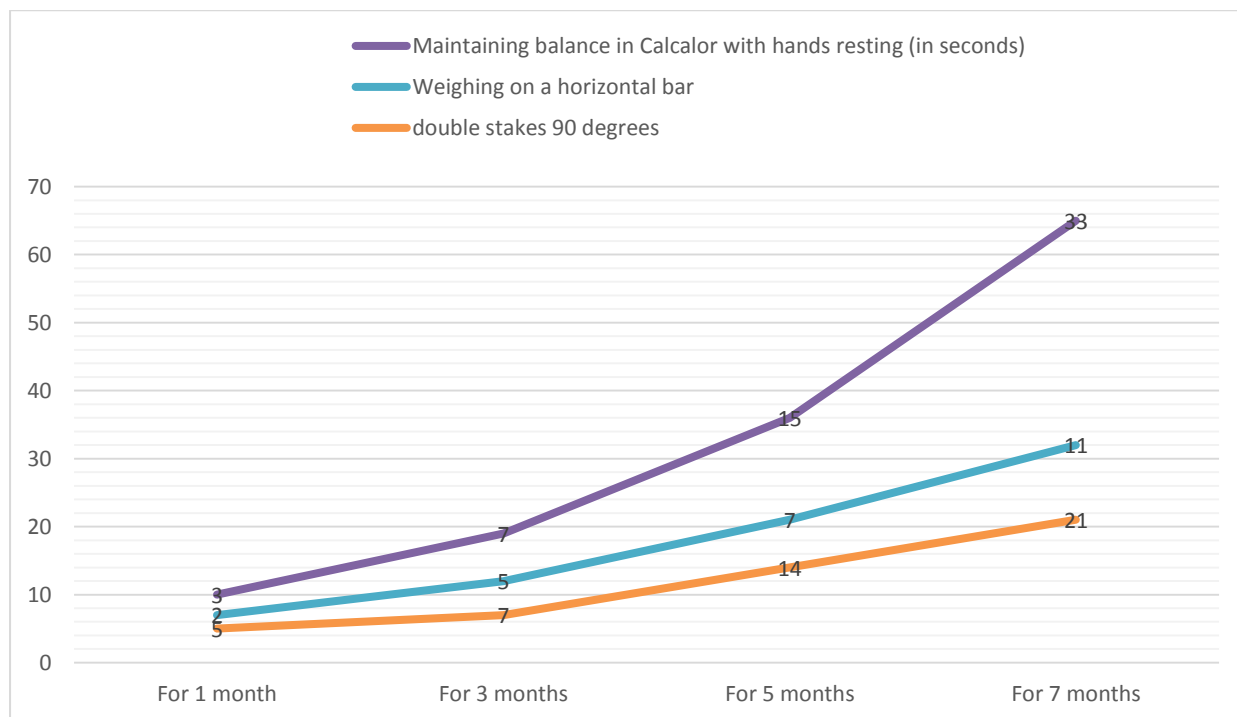


Figure 2. An 8-year-old boy endured for 7 months in the case of

Khairullayev Husniddin

Observations above show that.

- Good physical shape. Flexibility, body sensation and development are formed by standing, walking, endurance, elasticity.
- Health. Sport guarantees the harmonious development of the growing child in the body. According to doctors, regular physical activity increases
- Durable character. Gymnastics provides emotional stability.

Sports gymnastics mass health work helps to improve health, enhances physical performance and prevents disease.

With the help of gymnastics, it is possible to achieve a high level of physical fitness in all respects, without which the implementation of the principles of health, as well as the well-being of our people, love for the Motherland and readiness to defend the Motherland. The fact that the exercises serve the direction of human health is achieved by choosing exercises that are performed at varying intensity, suitable for all parts of the body. The choice of exercises should take into account the personal characteristics of the participants, their level of health, age, sex, physical fitness, as well as the anatomical structure of the musculoskeletal

system. To activate all muscle groups, their functional properties and size must be taken into account. Large muscle groups need to perform physical and mental work that requires a lot of energy. It is necessary to manage physical activity, to increase it gradually, to take into account their health and physical fitness when performing exercises for participants.

1. The practical significance of gymnastics. In the process of gymnastics, vital movement skills such as walking, running, balancing, throwing, climbing, moving a load from one place to another, overcoming various obstacles are formed and improved.

The movement skills mentioned are of great importance to people's work and activities. Learning them enriches the movement experience, allowing you to develop strength, speed, agility and endurance.

2. Gymnastics is an effective means of enriching the experience of movement. Elements of many movements are studied during gymnastics classes. After mastering the structure of exercises that differ in structure and technique, participants will be able to successfully master new forms of movement and perform various movement tasks. Any new movement skill is formed on the basis of previously learned movement activity. There are elements



(parts) of the movement being studied. This means that the more movement skills a person has, the richer his movement experience, the easier and faster he can be trained in new movement activities. It is especially important to address this issue in gymnastics classes with children, and this is reflected in the results of observations conducted over 7 months.

3. The educational value of gymnastics. Educational tasks are solved during the trainings. Gymnastics classes are characterized by being disciplined and rigorous, as the exercises are performed to the accompaniment of counting or music. Gymnastics classes teach you to perform a variety of movements and to perform these movements precisely in space, time unit, and level of muscle activity. School-age children learn to accurately assess their movements in all parameters, to control and remember the various movements of the body. Children aged 6-10 years should pay attention to the accuracy of movements and the gradual complication of the coordination of their execution. For this purpose, it is recommended to combine the studied movements with several parts of the body into several parts and combinations. By learning such exercises, the ability to remember and understand the movement activity performed is developed, which has a positive effect on the mental state of the child. In the process of gymnastics, mental education and physical training are successfully combined. P.F. Commenting on the school gymnastics system, Lesgaft wrote: "Mental and physical education are so closely intertwined that they must form an integral part of the school, for any one-sided development disrupts harmony in education and it does not create conditions for the harmonious development of man."

In short, in the process of gymnastics, it is possible to successfully solve the tasks of

comprehensive general physical training, the formation of vital movement skills and training in the basics of most movement techniques. It serves as a preparatory stage for the transition to gymnastics and other sports.

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