

## THE IMPORTANCE OF GYMNASTIC EXERCISES IN TRAINING PRIMARY STUDENTS TO DIFFERENT MOVEMENT

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**Abstract.** The article discusses the main content of teaching primary school students in the school physical education program in the physical education system: educating the movement qualities of primary school students: developing the correct physique, forming the muscles: educating spiritual qualities, raising the cultural level, arousing interest in independent performance of gymnastic exercises, and including physical exercises in the daily routine.

**Keywords:** school, child, student, gymnastics, physical education, exercise, physique, physical quality.

Physical education exercises at school are aimed at improving health, all-round physical, mental, and labor-loving development of children. To fulfill these tasks at school, the state school curriculum divides students into physical education classes for grades I-IV, V, and IX, depending on their age. In elementary grades, the systematic use of physical education becomes a habit among students. The tasks for students of this age are as follows.

- strengthening the health and physical development of students;
- developing and improving balance, climbing, throwing, walking, running, and jumping skills;
- To cultivate movement qualities: to develop the correct physique To form children: to cultivate spiritual qualities, to develop a cultural level, to arouse interest in independent performance of gymnastic exercises, and to include physical exercises in the daily routine In the physical education system, the main content of education in the school physical education program is outlined in a state-developed program, which has theoretical and practical sections.
- Theoretical information for children includes the importance of morning hygienic gymnastics, its procedure, difficulties during physical exercises, hygienic rules, choosing a place for independent training and storing equipment;
- Practical exercises include rowing exercises for children of all ages, climbing and crawling, exercises on the gymnastic wall and benches, exercises with large and small balls, long and short ropes, acrobatics, chair exercises, and body-building exercises.
- The program also includes basic gymnastics exercises for elementary grades at home. The physical education program for middle school students includes both theoretical and practical exercises, and the main tasks are as follows: to strengthen physical development in all aspects; to develop students' ability to control their movements during the stages of "Alpomish" and "Barchinoy"; to instill in students an interest in physical education and to include it in their daily routine through regular practice. In the process of each lesson, the tasks of health promotion, education, and upbringing are implemented.

The theoretical information includes the following questions that are necessary for students:

- 5.1. The government's concern for the development of school physical education;
- 5.2. Achievements of Uzbek athletes at the Olympic Games;

5.3. Types of gymnastics: sports gymnastics, acrobatics, rhythmic gymnastics, physical education routines for students;

5.4. The importance of physical education and sports for the student himself is included.

In practical classes, exercises are divided into classes according to their ease and difficulty: Further strengthening of basic skills: climbing and crawling, overcoming various obstacles: acrobatic exercises, exercises that develop movement qualities: strength, flexibility, endurance, joint mobility: balance exercises Exercises performed on gymnastic equipment: hanging, leaning, pulling up: split and simple jumps on the rope Exercises performed on the equipment, on the gymnastic wall and bench: ball throwing Exercises performed in motion: ball throwing Active games and relay races are recommended. The following tasks are set in the physical education program for high school students: Theoretical information on gymnastics and other sports for students at the next stage of "Alpomish" and "Barchinoy". Teaching special exercises on gymnastic equipment; teaching students to apply these exercises in various conditions, using physical exercises to develop the student's personal development: forming refereeing skills in rhythmic gymnastics, acrobatics and sports gymnastics . In the process of gymnastics and other classes, tasks of health and educational importance are carried out. The main content of the educational materials is to prepare a growing adolescent student who is comprehensively developed, resilient. Ready for the sacred homeland. Therefore, great attention should be paid to the full mastery of military-practical machines suitable for perfect study of line exercises by physical education students. Exercises for girls differ from those for boys in that they are aimed at developing them in physical fitness, aesthetic movement, and as future mothers. Theoretical information includes: organizing various types of gymnastics in independent ways; familiarizing yourself with the government and ministries; and familiarizing yourself with the achievements of Uzbek athletes in international competitions.

Practical exercises include the formation and further improvement of special movement exercises, such as jumping, climbing and crawling, weightlifting, performing exercises on the bars, on the horizontal bar, jumping from the horizontal bar, and acrobatic exercises. For girls, rhythmic gymnastics exercises are included. The program includes tasks and requirements for homework on basic gymnastics. A physical education program has been developed for special medical groups, which is the main form of improving gymnastics classes at the target school for students with weakened health. The current physical education system for school-age students from the preschool age has a method of organizing various classes. These include basic gymnastics classes, classes in gymnastics sports, physical breaks, games with a long break, preparation for and participation in mass gymnastic performances. Gymnastics is conducted with students in the school both in class and out of class. The form of the lesson includes a lesson, extracurricular activities, general physical training classes, therapeutic classes. In the physical education system, the main form of the lesson is considered to be a lesson. In practice, the form of the lesson has a high effect. As a teacher, a physical education teacher, he or she draws up a plan for the lesson and conducts it according to the lesson schedule. Explaining each lesson, providing assistance to students, he or she provides organizational and initial support in the lesson: this ensures the correct definition of the entire educational process and the tasks of each subject: providing qualified assistance to the student; educating the moral qualities inherent in a citizen of Uzbekistan. The advantages of conducting lessons in the form of a lesson or its social aspects can also be attributed to it. Depending on the conditions of the lesson, they consist of training, exercises. The factors that determine the effectiveness of the lesson, that is, the correct organization of the lesson, are:

1. Achieving maximum results by maximizing the effort and time of participants.
2. Maintaining high levels of performance throughout the lesson.
3. To create favorable conditions for the health of those involved in conducting training, determining its regime.

The content of gymnastics lessons is mainly determined by the state program. However, training is carried out in different conditions, which cannot be taken into account by a single general program. The teacher teaches students practical and convenient methods of performing row exercises in the lesson. The following are considered the main tools of gymnastics lessons.

1. Exercises that provide specific physical processes for participants.
2. Auxiliary and special additional exercises that ensure successful mastery of the vocabulary by participants.
3. A variety of gymnastic exercises that increase the coordination capabilities of participants.
4. Exercises intended for a certain contingent of participants and controlled by the state program.

The overall intensity of the training session should be close to 100 degrees when the training is organized very correctly. The following can cause the intensity of the lesson to decrease:

1. Waiting in class without reason as a result of not preparing the training area and sports equipment on time and waiting in line before performing the exercise.
2. The teacher's lack of preparation in class.
3. Excessive and ineffective explanation by the teacher.
4. Student indiscipline in class.

Instead of a summary, exercises performed on a moderate schedule are selected for the preparatory part of the lesson, and they are usually performed in a frontal manner with short breaks for rest. The teacher should monitor the behavior of the participants during the lesson and strive to achieve the highest possible quality of execution of the exercise under certain conditions.

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