

The Initial Exercise of Teaching Methodology to Gymnastics

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Annotation: : Gimnatika exercises, jump, balance to maintain, twist, shake the bottle, without the product, the parts with, direction and to relax navbatlashtirish with, the same with along the base in front of the exercise of their into gets and gavin, the hands, leg muscle-the world will strengthen. They not only power and joints mobility , you will develop not, the muscles in subtle sensations, movement of the koordinatsiya up, on qaddi body shape, difficult conditions in a balance and keep, so help willgan exercise will ketmaketlik and them about the concepts given.

Keywords: Gymnastics, burulish, leg tip, review, jump, walk, purjina, changing step, running, umbalaoq increased.

Gimnatika exercise conduct in dance specific elements and combination of any kind running and jumping on the type of use with itself and a specific feature it has. Involved in this exercise fulfill the demands stand light action make to take to their body freely possess do they can. Gimnastikada same-g'ullanuvchilarga exercise the right to do teach to their own originality understand and his other sports from the type of any difference there is that you know you should. His main features of the dynamic and integrity. They blood circulation and substances metabolism to improvethe movement apparatus, the heart -blood-vascular system of functional imkomyatlarini increase, work the ability to increase help will.

Gimnastikada exercise in complexity as the physical downloads on too easy me'yorlashtirilgan. Physical yukla-man following the mastering with regulated in can be:

- 1) in the complex of exercises , the number of
- 2) every a of exercise repetitions , the number of
- 3) the action, the pace of
- 4) action of amplituda
- 5) exercises between the rest of taking the duration
- 6) buyumlaming weight, size , and so on.k.

Gimnatika exercise teaching pedagogy; actively and onglilik; tizimlilik and steadily; ko'rsatmalilik (accuracy), simplicity, consistency of the principles in accordance with out carried. Towards exercise on the initial influencevur the appearance of be to coach it the name of right to say and possible if slower pace, carefully the technical details to focus show should. You exercise difficult if it is, it show before auxiliary exercises complete must.

Initial training during the period Gimnatika with to deal sessions in week 4 times of the day and the second half will be held to a goal it is. Training the structure of the rule made: preparatory part, the main part and the final part is it is. Training of the first part , walking, running exercises, difficult the game, the task is given. The second part of children akrobatik exercise and sports equipment to work, you will be the product and the products with of exercise shall perform, h'arakatli the game is held. The

final part of the breath , adjust , and the muscles relax that commercial from exercise are used.

Work of the air , who share in the hall to conduct the necessary. Clothing is comfortable, light, movement when it comes to (stretch and soft cloth, a) be a should. Sport repository engaged in age and height to fit your be should. Training for artistic gymnastics-a rope or a rubber to arg'amchi, wooden or plastic authority, ebonit or a wooden tayoqcha to thin a thread using is secure, width 3-4 cm. and the length is 3 meters which is the atlas strip, sport gymnastics turnik, bruyus, mining, burusya, batumi and again many equipment to able be should.

In the hall a few gymnastics wall installation and the child's beli as to come at the height of the wall from 15-20 cm. in the distance reyka secure , please. You this is possible if, the base with exercise to do chair support hold held to be. Training products with fulfilled of exercise gradually-slowly, for the child to saflan and re - saflan to, walking, running and other movements of knowledge, skills and skills to take looking to add should. The same reason for training with certificates to achieve easy it will be. At the beginning the children waiting for with the items you get and abandoning, them manually correct to hold, transfer roll and others to teach need. Children are the product of the exercise when doing certain a pace and rhythm that they do, the same with along the action repeated in given the pace kept remain very important.

Harakatli the game and other conduct in the injury to avoid to take measures on warning important: running and jumping at the time of children between the distance to keep, landing fb solids from clean.

.Walking, running, jumping and dancing in steps of exercise to the model list. Walking and running exercise task of hand and foot movement in good koordinatsiya with light, easy - act work out, in classes to children light a step with, the foot at the tip of, the heel, the leg three cho'qqayib, loud steps with me to walk me to teach you need. Then these actions, various hand condition with to teach recommended are. For example: hands ahead of, chip, below, above, and, in the shoulder, the head is on the back, the chest, in front of, behind and * .h k. Action mastering during tasks is a complex emergency - children scan rulaccounted for at the beginning of every 8 account, then while every 4 account will replace.

For example:

1-8- light step with a walk, hands , and;

1-8- foot three-in walk, hands ahead;

1-8- foot three yarimcho'qqayib walk, hands above;

1-8- in the heel to walk, hands to the head behind.

Scan type, and his hands the condition of the coaches involved preparation depending on their discretion with change can.

Walk contrast contrary, running without base phase has and dramatically pushing with is made. Running while gavin's free position, hands whose exact position and the feet on put: leg three from the force of transition position follow qiljsh required is.

Children in training the following running from the type of benefits justified to be: slow and fast, in place and running, within is running, the circle is, the serpent trail is, the parts around, hand ushlashib, the pair is. The teacher's task is complicated stand going with your knees high lift running (in place and forward may move), each side of the spread you specified to place a" saflash, pair-pair is, three life , and so forth with exercise will.

Jump to teach your leg muscles , which stretched after depsinib to during the rapid reduction which at the time of the initial yarimcho'qqayishga importance you give should. Depsinib to sharp, short, the feet quickly write with, special attention be should. The flight during the body on, the feet of the tip extends and laptop bukilmas I am, on be should. Landing at the time of power lower gently on the leg at the tip of landing after foot all of the joints had buk position the foot into plaques will fall. Continuous jump fulfilling landing phase is short - be should.

The form on the most simple jump review - standing in place of two legs, forward, back , and the chip he moved, to the right and to the left by 90° by turned to jump. Then yarimcho'qqayib and cho'qqayib jump. Studying next the stage, standing in a place and in action to irg'ib (podskok) is. That's in addition to the initial preparation shug'ullanuvilarga your legs kerib, this with along the feet of one forward, one back, to jump, to teach you can. A foot when he jumped the second leg back, bend or forward, chip, the transmission is to be completed can, but to jump 4 times, repeat from than be should.

More complex jump arg'amchi in or gymnastics stick-from a response to the movement,

gymnastics sikamenkasidan of the jump right, left, forward and back, jump, up, different in height mo'ljalga touch jump: knees or feet to plaques items pinch out to jump (in a place and he moved), this with along to a height of jump out and it jump down to is.

Then forward step throw up, a foot, sharply forward bend with fulfilled irg'ib to jump to teach recommended are. Thus, above the knee bruised leg forward free production to the importance you give should. The number and boldir among the right corner formed to be needed.

Foot plaques uncomfortable getting to jump to the simple walk, tall steps with walking, running with navbatlashtirish should. Exercise moderation of children's individual reflect the real opportunities in accordance be should.

Dance action-thekids most favorite and emotional effort of the activities is one. Them on qaddi the body, chiroyh to walk the formation, movement of koordinatsiya and the ritmika, durability and quick-power - quality development of the help you will. Small ages of children for basic dance movements: juftlama step types, galop and polka, vals step scoreis justified.

Juftlama step - forward, back and chip bajariiislii can. D. h. - III feet of the condition, the right foot ahead of, methodology'ls and. 1- right foot step to remove, the same leg standand the left leg behind the leg of three; 2-left foot juftlashtirish and d.h.

Methodical instructions, Step when you remove gavin burilmaydi. Foot at the end of the standing leg and your knee to the outside is turned, right qaddi the body to follow and make.

Juftlama step to strengthen to the following dance of exercise recommended are.

D. h. — two life - hand ushlashib stand tothe left side of the center towards, empty hands andiii at the feet of the condition, the right foot ahead of, 1-4-forward two juftlama step; juftlama step movement (at the end of the left leg III condition juftlashtirish): 9-12 - left foot forward juftlama step;. 13-16- to the left two juftlama step movement (at the end of the right foot to d.h.ha juftlashtirish).

Variable (peremenni) step - two steps from up composed: juftlama step and ahead standing on the feet step. Next changing the step the other leg is made. D. h. - III feet of the condition, the right foot ahead of, 1 - 2-right foot forward juftlama

step; 3- right foot forward a step, left foot three; 4-left leg forward leg three. Then so himself, and the other leg with complete.

Changing the step back scan , with also complete can. These steps doing foot three and the head of the movement with along get that go to remember to keep you need.

Changing the step of consolidation for individual and pair if fulfilled simple and variable step from a combination of formed consisting of dance steps recommend to can.

Galop step - forward, back , and the chip is made. Galop his own dynamic and intensity with karakterliki is. It chip two feet to depsinib with continue , which will the legs of the movement. Flight on the phase of one foot second boosting is added. The landing of the second leg at the end, your knees bend is made.

Methodological guidelines. Galop until you had every time a leg is made. Gavin forward egilmaydi, on qaddi the body is stored inthe head slightly raised. Flight phase the leg tip is stretched, the foot on.

Galop step in the consolidation for approximately following dance exercise, given you can:

D. h. - III feet of the condition, the right foot ahead, hands and. 1-8-right foot forward galop step, then the left foot; 1-4- left turn and right galop 4 step; 5-6- right juftlama step; 7-to the left foot at the end of the turn; 8 - III the feet of the condition, the left foot ahead of. Then the exercise with other leg is made.

Polka step - this light jump with fulfilled changing step. Kicliik young children just ahead polka step follows fulfilling to teach , you need:

D. h. - III feet of the condition, the right foot ahead, hands and. "I" left in the leg small to irg'ib, the right leg ahead-bottom; 1- right foot galop; 2-right leg a step jump, left leg ahead of the bottom. So himself, the other in the leg.

Methodological guidelines. Polka until light, elegant, head chip legs with one side to turn with along is observed. Forward to irg'ib out that leg from the knee and the leg tip of good stretching, be should. Irg'ib to music takt with performs. Polka step in the development then it galop, the earth tepinish, turn the work with adding a skip you can.

Vals until - one variable in step, and the feet have three a two step up I find. 5-6 year old children for vals until it had forward and chip implementation recommended is. Study of the teeth at the beginning hands and, then hands a flat move is added.

Forward vals until you had will be complete: d..h- III the leg of the condition, the right foot ahead, hands and. 1-right foot forward a step yarimcho'qqayish, left leg ahead of the bottom; 2-3-left leg at the tip of two steps. So himself, the other in the leg.

Chip vals step of the leg on the end to stand out begins, hands and. 1- right foot chip a step yarimcho'qqayish left leg at the knee when you bend, the legs of three to'piqqa out go the right leg behind you; 2-left foot forward is a step the right foot at the tip; 3-right foot, left foot, on juftlashtirib foot at the tip of the stand.

Methodological guidelines. Vals until a gentle, steady, slow pace in is carried out. Then on qaddi the body to keep, the head to turn the movement with together complete should.

Vals step improvement in feed stand, turn, slightly to the chip down, light running with complete can.

The above quotes dance moves from in addition to children's modern "to len-side to", "Veseliye utyata", "Lambada" dance of the elements also successful was able to spend learning can be. Children themselves move the tool that tasawur to make the opportunity of giving lessons to improvizatsiya elements also add to the target according.

The base in front of the exercises, a list of

The base in front of exercise face with, the side or the back with without is made. The base in front of the away - side stand mode hand of plaques in reyka free is, hands tirsakdan bruised, back straight, shoulders kerilganhome, raised. In the aspect, side, side - by stood when the force close toe'lgan methodology'l of plaques approximately beldan or toe'lgan height in gymnastics wall reyka in empty stands, gavin slightly ahead, the forearm and the elbow was down. In the force back, with stand, gymnastics wall on qaddi the body, which kept the case stick are, hands - chip-the bottom, the strip over I am holding the position.

The base in front of the exercise complete foot and gavin muscles mustahkamlashishiga, physical quality of the development, on qaddi the body, the formation of help will. That in addition to children, the force of the hold, standing in exercises, perform easier.

The base in front of the fulfilled of exercises is a sample:

1) d. h. - the leg of the tip and the heel of the pair, the force in the face with a stand.

1-2-foot three stand

2) d. h. -so, himself. 1-2-foot three at the stand;

3-4-your knees bend yarimcho'qqayish; 5-6-foot three stand; 7-8-d.h. That's in addition to the 5-6 year old children base in front of the training of choreography elements also add in you can: I - II case yarimcho'qqayish and cho'qqayib to complete, the leg at the tip and the heel stand, 45 in all the links to pick up and h.k. This workout all the action of the school of the formation, the koordinatsiya improvement, rhythm action, the development of help will.

Training in children with exercise prujinasimon trying, "wave", turning and balance to maintain use to the purpose, according. This exercise mastering in the process of physical quality and koordinatsiya skills is to improvement skills in the form.

Prujinasimon trying a time bo'g'implarni bend then be written with characterized and he hands, feet and whole body is made. This effort much of the imitation to the character (clicking, to push, to lift up, to draw influencevur the) having or partner's methodology'l resistance to the back, to the wall or to the seat rely on when his body weight with is made.

Hands with prujinasimon action for a time at the turn-by-turn and a time at different yo'nilishda be done can.

Prujinasimon action to teach d.. h-hands to start most of the best. All bo'g'implarni a time to bend, kaft getting kicked (elbow to gavin closehgan, kaft bruised and out - facing) and a thousand others at write and h.k. Whom hand finds doing so in bend home and yelka slightly forward leans, when writing, while to'g'irlanadi.

Whom hand finds doing so by turn prujinasimon movement to each other, looking the pair is, hands ahead, your fingers with to hold the stand with teach can. Doing so whom hand finds resistance with

turn-by-turn bend and writing carry out stood, children prujinasimon action of fulfillment from the beginning of the transfer you need the position it got so close to it makes.

Most murakkabi different direction for a time at prujinasimon trying is. Thus, children's hands for a time, bend in various directions, the design will write. For example: a hand chip, do not duplicate other up and h.k.

Feet with prujinasimon action dynamic power influences the development of the resurrection, in the joints mobility to increase, jump on to depsinib and light landing to achieve help will.

Learn to start , you should that the most simple form it -on the spot stand two feet prujinasimon action: above the knee is bukmasdan of the leg on the end stand and your legs into plaques completely fall; foot plaques in standing knee it bend to write; then the body weight of one foot from the second boosting prujinasimon transfer, in place, to stand and to walk, to learn from the heel of the foot to three variable step with is completed.

Small age of children with holistic prujinali move as quyidagilanii complete recommended it: 1-4-continuous action with hand finds doing so whom to bend, gavin and foot cho'qqayib to position fall;

5-6-a flat to 'g'irlanib d.h.to return.

"The waves". To'lqinsimon action of all the joints in the series and continuous movement by characterized. This plasticity show that to himself, typical exercise it is. Them on complete koordinatsiya ability, joint mobility and "muscle of intuition"s development associated with young children to'lqinsimon action hand and gavin with is made. Music accompaniment with spend the lyrics, traditional in character, ³A size, slow and the average temp in music choice should be.

Hands with to'lqinsimon action of good follows you learn , you should: d.h. - the main stand. 1- action yelkadan starting the elbow slightly bend, in doing so finds hands whom the forearm and of kaft behind left the act with the chip to pick up (it yelka from horizontal comes, the remaining members of the girth line with the bottom located); 2- the elbow slightly bend hand finds doing so whom the forearm and the kaft behind the rest of the movement with down start.

Children to'lqinsimon to move teaching her first one hand, then turn with right and left hand with the perform should. Especially, "the wave"to the two manually - a time and turn-by-turn complete difficult it is.

Methodological guidelines. The action show and the show to be possible , as much clear and talking be should. Hands with "the wave" when doing shoulders finds doing so whom ko'tarilmasligi and wrists to the chip not down can look at all the importance you give should. The movement is gentle, a flat be to the action of the sequence the correctness observe to and the tiers quickly bend not write should.

Turn work. This dynamic exercise of a special group is, it's on to complete a balance to keep to know related. That's in addition to to turn successful implementation beginning on turn also related. Head movement at the beginning of gavin's burilishidaH a while behind, remain, then, to him, reached out should. Going in-ed to turn on mastering for high foot end on a good stand to take, gavin on, flat position, hold the stand to take should.

Long, turn to complete vestibulyar hardware disgusted he 's, at the beginning of the following preparatory exercises of performance to the purpose it is:

1) Two life - hand ushlahib stand, to convert to is made.

2) The floor chalqancha lay, hands above, the floor to the left and right 360°to dumalash of performance (gavin, feet and his hands stretching the position of the importance to give).

3) Different temp in the head, turn and convert.

Then the small age of children to two feet in 180° and 360°. turn moves will teach you. Learn to the most light (easy) work turn small and a quick step with the knee of the leg on the end of the body , the weight of it from the feet, this boosting held fulfilled hatlab turning. Thus, your knees bukmasdan, the back flat to hold, feet and gavin's muscles tense, in place from fixed, qaddi the body straight and keep your hands to chip or and will be.

Chalishirma step with turn , as follows , made: completely foot plaques in standing position, with a leg chalishtirib forward (back) leg three to put. Leg three to stand 180° or 360° by turn. Turn at the end of the foot kaffiga fall. Hands and or chip.

Methodological guidelines. To turn fulfilling carefully janilay and space-the space for you to get the need. Turn the most at the beginning of the body and of his hand fixed the condition received is and

it is the action of the end until I kept are. Whom hand finds doing so in advance, that has weakened the body to relax out come and ultimately the recession of loss-ladi. To become teaching initial period during this exercise, the norms of greater importance to give you need because, they more the time to complete the balance of the center and foot plaques to bad effects shows.

The balance to keep - this is basically turg'iSnlik skills that justified the development requires , which the condition is fulfilled on feet, erect and stand types is one. Balance to maintain exercise the main xara-we havethe sweat of the qualities of proper gavin, pull the abdomen, a certain position of the hand hold to be standing. Balance to maintain at technical muscle strength on got distribution. get and ularhing that's a big order put in to get an important role has (strain and to bo'shasha level). This is the reason for the balance to maintain the function of improving the back and the whole gavin muscles tonusini much , which is, true it is-the body in the formation of help that special exercises are important in the role earned is.

Balance to maintain the function of the form preparatory exercises as different situations in 8 account to hold stand, feet in plaques, the leg of three, the back with gymnastics in the seat, walking, gymnastics seat ensiz on the side walk, gymnastics placedig'ida side to side with juftlama qadamlab walk, the base in front of a foot at three stood chip down, 2-3 umbaloq increased after then side by the stand and position to maintain exercise use you can.

Above listed exercises master then the balance to keep exercise to fulfill will be held.

1) D. h. - the main stand. 1-2-leg at the end to slow up, hands yondan yoysimon up; 3-6-foot three standing balance to maintain; 7-8-foot plaques to slow down, hands yondan yoysimon down.

2)a foot in gymnastics wall to the face withthe side or the back, with stand, with the second leg 2-3 in reyka , and each with the same hand , the condition with the balance hold stand

3)d. h. - The main stand. 1-2-the right leg on the standand left leg ahead of bruised (left leg to the tip of the right leg to his knee touched is), hands above; 3-4-balance to hold , stand; 5-6-feet d.h.to start; 7-8-the rest get. Then the exercise with other leg is complete.

4)d. h. - so , himself. 1-2-the right leg back to 45, hands - chip, gavin vertical, of the breast from the part slightly to kerishib; 3-4-balance to hold , stand; 5-6-feet d.h.to start; 7-8-the rest get. exercise with other leg and repeat.

5) d. h. - so , himself. 1-2-right leg back and bend the right hand with the foot tip to hold yourleft hand ahead of; 3-6-balance to hold , stand; 7-8-feet d.hj to start; the exercise with other leg and repeat.

Methodological ko 'rsatma. Balance mode in the foot on, the foot, the tip of stretching, back and leg muscles to the end of the tension is located. The balance to keep on carry to the children of the total weight of the center base area of the border holding stand to teach should. You balance turg'unligi he lost, then his hands with, empty legs, gavin , and your head, overall body weight is the center of the base on briefly located providing auxiliary movements with restore , you can.

Balance quality improve to various efforts and erect stand eyes closed keeping, certain condition to hold stand function with different games to conduct recommended are.

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