

Methods and methods of teaching sports gymnastics in young boles.

Sayfiev Hikmatullo Xayrullayevich

hikmatullosaefiyev@gmail.com

*Osiyo Xalqaro Universiteti Jismoniy Madaniyat kafedراسi o'qituvchisi
(Asia International University)*

Anotation: In the article, the method used in the process of training for sports gymnastics in our country and the content of mmashgulot constitute the essentials. In sports gymnastics, the functional variation and level of endurance of a child's organizm is widely covered.

Keyword: Basics of knowledge, outdoor games, gymnastics, athletics, sports, sports gymnastics, development of sports gymnastics, attention to sports gymnastics, health, endurance character, sports gymnastics emotional stability.

The analysis of scientific and methodical literature and research results showed that it is necessary to seek new methods of increasing the efficiency of this program materials were used during the experiment. The experimental part of the basis of the programs of "gymnastics" to increase the number of hours to be containing extended gymnastics associated with the use of tools. Gymnastics has set the following tasks:

1. Knowledge of the basics
2. Open games
3. Gymnastics
4. Athletics

Every a person each day to do the work just as the first time, make be should, only then the development is. Sh. Mirziyoyev

Young children physical education in the education of initial Sports gymnastics organization to the course of future specialists in physical education, various different methods in national and foreign exchanges experience of effective use to teach, them physical education in the field of the priority directions corresponding without, goals and tasks of the practice to fulfill to teach is. Gymnastics of the system of further improvement, development and radical reform to, the material-technical base, strengthening, gimnastik training requirements to be suitable in the expansion, qualified specialist personnel for the needs to provide, children of a special group training plan radically improve, the educational process of modern educational programs and technologies implementation to, the children each party 's intellectual, moral, aesthetic and physical aspects of development for the conditions to create in order O'of uzbekistan, uzbekistan Republic , the president of 2022-15-year- in January, UP-dated 52 the decree O'the republic of uzbekistan Sports gymnastics federation in the presence of the sport and the sport of gymnastics types of bO'citizens coaches and judges of the republic of the school organization to tO'g'rising, O'uzbekistan uzbekistan Republic President 14.03.2022 years PQ163-the number of sports gymnastics bO'citizens Oksana Chusovitina sports

skills of school organization to T'g'rising the decision taken was. O'zbekistan uzbekistan , the republic of of sports Sports gymnastics the types of further development measures for t'g'ofthe rising decision thus focus on the effective management example toe"la takes.2019-2023 years during the republic of uzbekistan republic of physical culture and mass sport development the concept of 2019-2023 concept (13.02.2019) approved. Current documents of various educational organizations in the advanced foreign experience into account taking without children in any party 's intellectual, moral, aesthetic and physical development of conditions for creation; young children, physical education education education given the quality of the increase, pre-school education in the organization of the children to school quality training radically improve, the educational process in the world in the practice widely used modern educational programs and technologies, the introduction of the possibility creates. Future specialists professional skills, children, their parents, experts team with out you go, who many facets and creative activity manifested is. Future professionals of children development, growth process of understanding with togetheraction, activity increase, and the human body itself to specific functions know, the game and the action of the preparation of the software, the content to understand with a number of children with mental-physical development, physical preparation in the diagnosis of skills able to be, as well as, rearing of modern methods and methods are well aware that they need. Sports gymnastics to children of various activities for sog'lomlashishi and physical preparedness, physical maturation of the form of development systematically on the basis of their into gets. Sports gymnastics life movement abilities to educate and help will, as well as, action, beauty, charm , and accuracy to give will. Abilities, speed, strength, elasticity, durability , such as development and psixofiziologik qualities provides; the will, character, discipline, memory, thinking you will develop. Sports gymnastics (Greek. "Hymnos" – workout I) - each - way physical development and child health problems in the solution to be directed special selected physical exercises of a system and scientific work out methodical instructions for the system. From childhood , starting , Sports gymnastics classes, pre-school aged all age groups is used. In itself this physical education is the most important method is. Sports gymnastics education and health task solve to, of action clear , complete, them out increasing technique improvement for an important tool to have. Business regulated laid procedure, education organization to the action of a conscious and independent fulfillment, creativity development, provides. Sports gymnastics training emotional increases, movement, aesthetic beauty, the rhythm and the expression shape. The child's body and spiritual effects of music voice under further strengthen. Sports gymnastics training organization in a complex method important role plays, workouts during movement abilities to assessthe action of the activities of the general law study qualities of nurturing was. This task is done to increase educational assignments, distribution, movements, analysis and sinkezini applying, various physical exercise study and of them creative use help will. In so doing, Sport gymnastics and its methods on the child's general physical preparedness enhancing aimed at is, physical education, the problems of successfully solve to help will. "Recreational Sports gymnastics" of the term general concept, Health to maintain the Sport of gymnastics for the main types into the composition enters. Sports gymnastics this special selected physical exercises a system is, improve your health , strengthen, physical perfection of development and the child's move ability, power, quick, scan speed, the resistance and others improve to the applied methodological approach, the system is its own into gets. The current exercise is the size of a whole body effect to and the muscle of individual groups and bodies in the development, sex, age, physical preparation level depending on loads and arranging it to look the opportunity it gives. Recreational Sports gymnastics - this overall health to increase contribute added that physical exercise of the full package is, this is very easily fulfilled actions their into gets. The child's body

and physical training to up the action out increase should. This is a complex exercise in children to improve the health of the opportunity it gives and base movement system, joints mobility that a significant extent of increases. Recreational Sports of gymnastics school age children physical development and body form most important sports constitute dimension. Recreational Sports gymnastics set included the exercises on the body of the formation, movement activity increase, strength, stamina, skill, flexibility, as well as, training focus and determination to ensure the development service will. Especially, often shamollashga tend to that immune deficiency who have children for lessons is much too important. Preschool age children for lessons basic action types to the formation directed: whose hands fine movement skills development, balance to maintain the ability of the formation, curiosity, know the ability, physical exercise and self- fulfillment interest to increase to. • Rostgo'ylik; • hard-working let; • Discipline; • Rahmdillik; • Mutual aid; • Creative initiative manifestation be.

Recreational sports gymnastics main function:

- Safely`lomlashtirish;
- Ta`limiy;
- Education;

Physical exercise is a freelance basis to work out increasing habit to develop, as well as, the day of the order to comply to o`in rgatish an important role to have. This to the children joy, pleasure , and teaching the process to continue and sustain a desire to give should. In so doing, the lessons active, serharakat and fun games in the form of held, that while its in turn abilities and imagination shape. Running, walking, tirmashib out, to throw and twisted to get and items to hold stand, lifting and transportation , such as various physical exercise, various obstacles overcome to, in children with different physical qualities, goal to pursue, team work, will power, efficiency to you will develop. Such exercises in children o'zo'zini respect to , and their ability the confidence and good development provide. Also, recreational Sport of gymnastics in the body, all the metabolic processes, the vessels and in the body, blood circulation improves and muscle growth help will. Aesthetic, artistic and sports Sports of gymnastics elements of their own into the body a variety of different Sports gymnastics programs because they hormones, ritmika, dynamics, charm and power in the development of the most useful of the priorities one is. Children are resilient, strong and durable to be to grow needed. Training initial stages of basic exercises, the movements of coordination and smooth dynamics, a great attention is given. Of these, all action activity can improve to be needed. Present at the time preschool age child body good condition, kept most simple, the with along the most effective methods of one of this item the first Sports gymnastics lessons. In the morning from sleep, after, around occurred that all events enough perception to start to, many to children known to the time, more precisely in a few hours you need will. Item Sports gymnastics up after the children the body's physiological processes restored, central nervous system, activates and work ability increases. In the morning the first Sports gymnastics exercises with involved: Immune system becomes active, that while the environment of the negative factors protect to help you , will;

- The child's body, the overall work ability significantly in the level increases;
- Basic movement skills in the form of;

- Scoliosis and yassioyoqlikning prevent the will;

Regular physical exercise and improvement for the need occurs. Also, short, but a regular item, the exercises, the child's mood lifting for strength and interaction trigger feel make it to enough opportunity it gives. Badantarbiya and exercise to the exercise performance, as well as, attention and discipline increase should. Sessions gradually the child's body the day of the order to apply to get come. A rule as, this training various different simple exercises set, approximately 10 times more than was repeated. They item the exercise force be bajartirib or the children in training himself worse you feel make, this is a body from the benefits than the more damage will be caused can. In the morning gigienik Sports gymnastics good that euphoria in the room, of the game on the landing in the stadium, or the fresh air out carried. The training simple exercise from the start should, gradually more difficult exercises is passed. The specialists from each of a child, an individual approach should be. Because every a child in their development level have. That is in addition to, item, Sports gymnastics children for being sick after, children for a long time for the inactive state, the active condition reducers means as it is used. First of all, this child of the body, all the functions work me'yorlashtirish and stabilized to provide, in his work the level of increases and each different foreign warning of the impact against preventive measures to see provides, action of high culture and the next discipline is the order of saves. In children, strength , and self , the confidence, the feeling of increases. Initial Sport of gymnastics for all the workout exercise simplicity and them use capacity is based on. Gigienik Sports gymnastics of the day, any time out is being carried can. Often in the morning, daytime (evening meal after), as well as, evening hours is used. One approach in the exercise of the whole set of 10-15 minutes can be done. This , with , along, they are of the day, different time per day, one or a few times out be carried can. Properly planned exercise and their sequence 10 lessons from after the first results show will. Exercise implementation process specialist not only of the child's general condition, but also their breath that you take will also be observed should. The next exercise power or difficulty with out are enhanced, it the child's body for him ready , and until a little time back to be pushed should. Remember that, gigienik Sports gymnastics - this 3 from the age of 7 under the age of that they are children for a simple, convenient, effective and very useful exercises is a set. Exercises in minimal time require will, but results in true miracles to be created can. Found rhythm Sports gymnastics - this Sport of gymnastics traditional sog'lomlashtiruvchi-gigienik Sports gymnastics type isit the movement of the music , accompanied by the rhythm and temp to to submit based. Artistic Sports gimnastikaumumi development exercises, cycle movements (walking, running, jumping and jump, dance elements), certain a pace and rhythm in done which Sports gymnastics exercises is a system. Found rhythm Sports gymnastics 4-7 year old children, many - sided impact , make the opportunity , which gives a different direction of exercises is a set. Found rhythm Sports gymnastics pre-school age of the child into the body a complex effect shows. Exercise continuous and complex effect according, downloads mostly heart-blood vessels and a breath to take systems and base-action to the system falls. Physical exercises, movements and their coordination compounds a rhythm sport of gymnastics in the complex provided are, the child's move ability improve, as well as, on the body and the rational walk to shape, of action on the culture and on to conduct will train. Education in the process of children's physical quality is in the form of , and improve, in the joints mobility both will improve.

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