

Use of acrobatic exercises and their terms in the process of teaching gymnastics.

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Abstract: In this article, a complex process is carried out in the Jude during the formation and control of movements, in the human central nervous system and nervous system. This is the case when, in sports, several muscles in my arganizim and cases associated with nerve ischemia are reflected in the control of dynamic movements and keeping certain states of the torso in balance.

Keywords: Gymnastics, acrobatics, vaulting, jumping, combination, association, sports gymnastics, musculoskeletal, physical exercise.

Introduction

Gymnastics is the practice of systematic exercise often using rings, bars, and other apparatus as a competitive sport or to improve strength, agility, coordination, and fitness. Gymnastics for children is a universal sport that develops all muscle groups. Many coaches note that this is a great start to sports and a great foundation for moving on to other disciplines.

Like all gymnastics, gymnastics is an early sport. A gymnast's career ends at the age of 18-20, and therefore, the sooner he is enrolled in the childhood section, the higher his chances of achieving high results.

According to coaches and psychologists, the best age to start playing sports is 5-6. But some departments accept children from 3 years old. At this age, lessons are conducted with the participation of parents and only in a playful way. From the age of 4, classes are already held without parents. At this age, children begin to master the simplest elements, stretch and work to increase physical performance.

In almost every city, you can find clubs that accept children from 2 years old. However, according to psychologists at this age, training is not beneficial, because the young child does not yet understand what is required of him and cannot even repeat the initial exercises correctly. Also, school-aged children from 7 years old are accepted in the department, but in this case, the child's chances of becoming a champion are significantly reduced.

Gymnastics for boys and girls

Gymnastics is available for both girls and boys. But, like rhythmic gymnastics, this sport is more popular among girls. Its unpopularity with boys is due to the idea that classes reflect growth during adolescence, since all gymnasts are short. This opinion is wrong, in fact, most of the athletes are short in sports gymnastics, but this is due to the fact that it is the short guys who remain in the sport, because it is easier for them to perform acrobatic elements.

Choosing a type of gymnastics.

Any sport, be it gymnastics or athletics for children, for example, has great benefits for children's bodies. Children who play sports are distinguished from their peers by strong immunity, harmonious physical development, strength of character, perseverance. These qualities are important not only for reaching the top in sports, but also for good studies and success in adulthood. In addition, young athletes more easily tolerate the period of adolescence without significant hormonal growth, mood swings and harmful hobbies.

Gymnastics package for children: Involvement of children in sports gymnastics is carried out every year in spring and autumn. In the selection, coaches look first of all at physical data. Physically developed thin short children are preferred.

When enrolled in the professional department, the child must complete a series of exercises. The competition program includes general and special physical training exercises. Before signing up for a group, it is better to pass special tests to make sure that this sport is suitable for your little one. This sport is suitable for stubborn, enthusiastic children who are not afraid of heights and can repeat the same exercise many times.

Gymnastics school - how to choose: To understand whether sports gymnastics is suitable for a child, you can enroll him in a children's club near home, this option is perfect for beginners. If a young athlete has been involved in gymnastics before and you decide to send him to a professional school, his choice should be viewed with all responsibility.

When choosing a school, consider the following:

- The teacher's psychological approach to the child
- Gymnasium equipment;
- The coach's approachability with his children;
- Student achievement;
- Participation of the school in competitions.

Special requirements that should be taken into account in gymnastics training:

Any diseases of the musculoskeletal system;

Cardiovascular diseases;

Diseases of the respiratory system;

Diabetes.

In the presence of these pathologies, the child can choose another sport, for example, swimming for children, wushu or yoga.

Acrobatics _

1) type of physical exercise in the form of gymnastics;

2) jump, a complex of other special physical exercises, a type of sport performed with or without sports equipment while maintaining balance, showing strength, dexterity.

Sports Association appeared in the 30s of the 20th century. Jumping exercises in this type of sport are performed as follows: rotations, round jumps, somersaults. When performing these movements, the athlete must first maintain his own balance, and then the balance of his partners. Competitions are divided into the following types:

acrobatic jumps (men and women);

mixed pairs exercise (male and female);

men's doubles;

women's group exercises;

men's group exercises (two or four people);

Exercises (men and women) on a trampoline.

29 countries are members of the International Federation of Sports Associations (founded in 1973) (1987). The world championship has been held since 1974, and the European championship since 1978. A. sport began to develop in Uzbekistan in 1936. In the Republic of Uzbekistan, N. Lakiza, M. Teshaboyev, M. Tojiyev, D. Kostin, R. Isyanov, V. Babich, M. Kadirova, Ya. Muhamedov are famous acrobats; 3) genre of circus art. It has been known since ancient times in Egypt, Greece, Rome, Byzantium, China, and Japan. In the Middle Ages, A. Turkestan took a place in the art of masharaboz and was widely used in gatekeeping. In other countries, mimes (in Italy) and jugglers (in France) appeared in their activities. It became widespread in the circus from the end of the 18th century. Basically, it is divided into dynamic and static exercises.

Dynamic exercises - hip hops, somersaults, somersaults (hanging in a standing position and then returning to the original position);

Static exercises consist of exercises such as balancing in different situations, turning on the back, and making the body "bridge".

Power combination (handstand or head stand, balance), jump combination (jump of two or more people, flip-flop, saltomortale, cartwheel jump, etc.), shoulder combination (with at least 3 people, one of them jumps from shoulder to shoulder), comic A. (clowns come out in make-up and pretend to accidentally stumble, make the audience laugh, perform funny exercises on gallows, turnstiles, trampolines and manege) and other acrobatic games. Acrobatics on horseback (performing exercises on a running horse) is one of the main genres in modern circus. Acrobatics are widely used in circus and pop programs of Uzbekistan. Acrobatic exercises are taught separately in special (circus, theater) schools.

Acrobatic exercises terms i.

Roll up - turning the body by touching the support one after the other. There are following types of rolling: forward rolling, side rolling, circular rolling, back bending rolling.

Being in a crouch is a bent position of the body (knees are pulled to the shoulders, elbows of the hands holding the marrow are stuck to the hips). There are different types of *squatting*, such as lying down, sitting, and squatting.

Umbalok is a rotational movement in which the body is supported first and then rolled over the head. There are types of squats forward, on the hands, and with the left leg swinging and holding the arms to the side. 1-2 and running a few steps, raising the umbilicus (to the side).

Writing exercises performed on equipment . When writing the exercises performed on the equipment, in addition to writing the zero of the equipment, it is necessary to indicate the following:

An initial state (hanging, leaning, jumping, running) or an action that precedes the first element (swinging, swaying).

No movement (climbing, throwing, flying. Spinning, turning from the shoulder). Method of execution (sharply written, swinging forward in an arc, tumbling). The direction of movement (to the left, back). If it is not *obvious* from the movement itself , the last dh (hang, lean back). For example, in a low compound. Swinging on the wrists - swinging back and forth, swinging forward and jumping at an angle.

When writing different cases in the order in order, the main elements (combinations) are separated by dashes. For example, in a single stick; a sudden rise of the body, turning back, swinging in an arc, turning back to the left, hanging with various grips, etc.

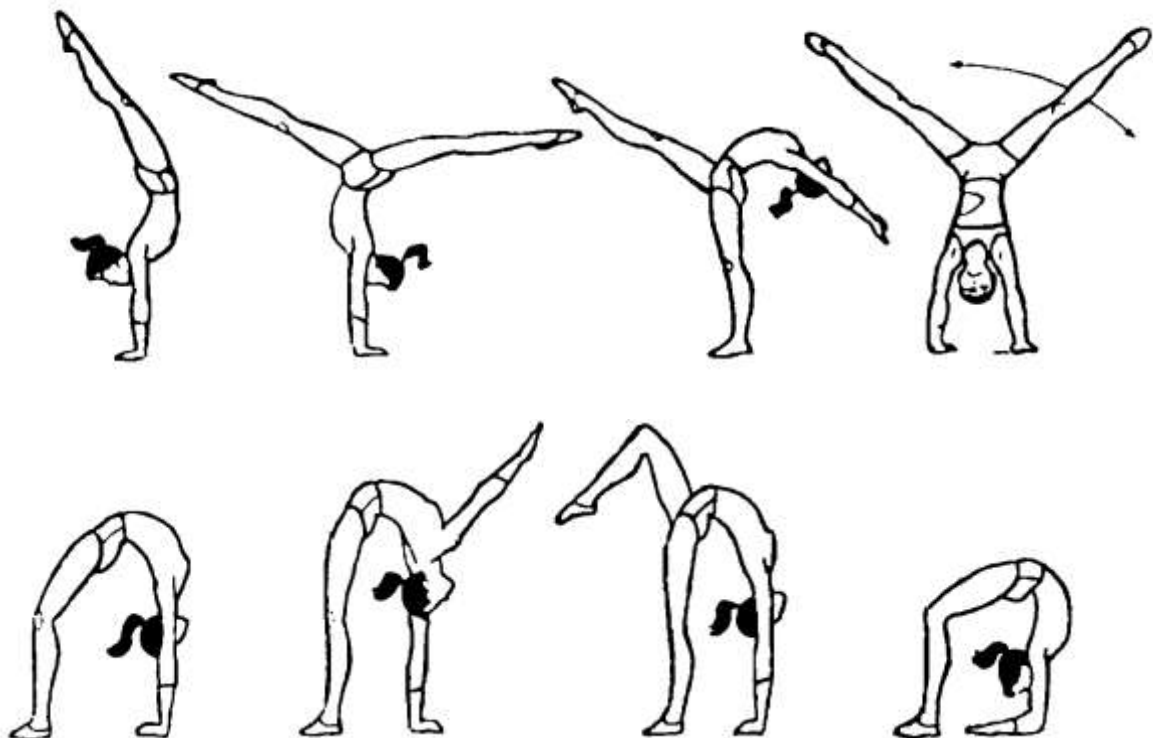
Writing acrobatic exercises . When writing acrobatic exercises, taking into account certain features, the following rules apply:

When performing elements that do not reach a full revolution (for example, hip hops), the end position should be shown. For example, standing on the chest while leaning forward from a supine position.

Sometimes it is not necessary to express the transition from one state to another by a special term. For example, from balancing on the right (left) leg, standing on the head or standing on the hands, etc.

The position of the athlete after one or another sign (movement) determines the method of execution of the next element. For example, rolling forward from standing on knees to standing on one shoulder, or rolling back from squatting to standing on chest, etc.

Acrobatic exercises



Concluding off the view that we conclude - the pros and cons of sports gymnastics for children. Before making a decision to start a child in gymnastics, parents should understand that this is one of the Olympic sports with a high risk of injury and a strict training schedule. This sport is not suitable for all children, because here you will have to work hard and improve your skills every day. But if your little one is stubborn, stubborn and does not give up on his plan, gymnastics will help him become the meaning of his life and realize himself as a person.

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