

TRAINING OF SPECIAL PHYSICAL QUALITIES OF STUDENTS 5-7 CLASSES IN THE SCHOOL CIRCLES OF ARTISTIC GYMNASTICS

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ABSTRACT

The article examines measures to properly organize artistic gymnastics clubs in general secondary schools and to increase students interest in artistic gymnastics.

Keywords: Artistic gymnastics, sports, choreography, dance, health, position.

INTRODUCTION

On March 15, 2022, a new resolution of the president of the Republic of Uzbekistan on the further development of Artistic Gymnastics was signed by the Ministry of people's education of the Republic of Uzbekistan in order to introduce innovations to a number of its multidisciplinary directions for the development of Artistic Gymnastics in secondary schools in the Republic of Uzbekistan. According to the decision, Oksana Chusovitina School of sports skills in gymnastics was established. A total of 25 billion soums were allocated from the state budget for the establishment and equipment of the gymnastic school. According to the document, the school of gymnastics is a state educational institution of sports education, which has an affordable general education in the possession of a legal entity, and its activities begin in 2022-2023 academic year. In order for this school to be comfortable in every way, the school is planned to build from inexpensive energy-efficient and quick-repair light constructions and materials based on the most modern innovative technologies. In addition, on compliance with the requirements of comfort and ecological safety, the task was entrusted to ensure a comprehensive examination of the project documentation and to establish a permanent state architectural building control over the quality performance of the construction mantle work. In total, the social contingent of schoolchildren consists of 165 people, they will consist of 1-11 class pupils.

Physical qualities should be present at a satisfactory level in almost all young people of school age who want to study in gymnastic schools. Especially in them, the elasticity should be highly developed. It is noteworthy that the interests of many schoolchildren of young people will be in terms of the type of gymnastics of the sport. With artistic gymnastics, mostly girls are engaged. Especially in 5-7 classes, this interest will increase even more. This is due to the fact that at this age the bones of future gymnasts are completely hardened, and in terms of elasticity, too, they become very active. Gymnastics means-tenderness, tenderness. Therefore, even from time

immemorial to the present time his fans bisyor. The main goal of the organization of Artistic Gymnastics in schools is an expression from tempering their organisms with the help of sports.

LITERATURE ANALYSIS AND METHODOLOGY

There is much more literature on artistic gymnastics. The fact that artistic gymnastics is closely related to the choreography of each of its elements, the exercises in the choreography, the elements of dance, is much more effective especially useful for schoolchildren M.Karimov's choreographic exercises, Artistic Gymnastics and folk action games are also mentioned in his book titled. In cartography, it is mainly processed by Position [1].

Position is the main position of the legs, from which all the movements of the classical exercise begin. In classical dance, five positions are distinguished. These positions are distributed to the position where the feet are tilted, and the weight of the Gav is more on its edge than on the toenail. This book covers elements and positions of Uzbek national dances and international dances. For example, Uzbek national dances "Tanovar", "Andijan Regiment", "Lazgi" and others are shown. And from the international games Tango, Lezginka, Arabic dances the elements in it are shown positions. Schoolchildren are mostly fond of national dances, and their interest will also be in this direction. For this reason, even junior schoolchildren are more recommended the elements of national dance. M.This is exactly what was mentioned in Karimov's Book [2]. In the initial period of study, the twisting of the foot in the pelvic thigh joints should be determined from individual possibilities. The movement from one position to another position should be performed precisely with the necessary muscle tension. Bunda is mainly the observance of the order of children in the state of dance. Working with a position in every dance performance, the attachment to the position also increases their love for dancing, to some extent, the interest in this dance. As children begin to engage in dance for the first time, they should also know its advantages, difficulties and direct laborious aspects. And for this, of course, they are obliged by the teacher to know the instructions.

RESULTS AND DISCUSSION

When we had a conversation with some of the schoolchildren, we asked them the question What do you think you need to do to pass the gymnastics lessons more interesting. Most of the students answered that working together with music in a gymnastic lesson is very pleasant for us.

The following techniques were used in our study:

1. Analysis of scientific and methodological literature.
2. Pedagogical experiment.
3. Testing.

The study of the literature made it possible to find out which sides and problems have already been well studied, on which scientific discussions are being held, what has lost its relevance, and which issues have not yet been resolved. Working with literature involved the use of such methods as: compiling a bibliography — a list of sources selected for work in connection with the problem under study; abstracting — a concise transcription of the main content of one or more works on a common topic; taking notes — keeping more detailed records, the basis of

which is the allocation of the main ideas and provisions of the work. The problem of organizing and planning a pedagogical experiment appears in the theory and practice of higher school pedagogy as one of the main general theoretical problems.

By pedagogical experiment, modern pedagogy of higher education understands a research method that is used to determine the effectiveness of the use of individual methods and means of teaching and upbringing. The organization of a pedagogical experiment is connected with the planning of its conduct, which determines the sequence of all stages of work, as well as with the preparation of all conditions that ensure a full-fledged study. A special method of research, the most popular in modern conditions and, perhaps, quite effective is the testing method.

In this paper, it is implemented through exercises used to quantify the level of development of jumping ability of gymnasts aged 12-13. To determine the level of development of jumping ability, the following tests were selected:

1. Jump up with a push with two legs. To carry out this test, a centimeter (measuring tape) is attached to the wall in advance strictly from the floor, starting from the zero mark. The gymnast stands sideways to the wall, standing on the entire foot, and at the signal of the coach jumps out of the half-crouch with a wave of her hands. It is necessary to fix the height of the gymnast's jumping by the position of the heels at the time of the jump on the measuring tape. The evaluation criterion is considered to be the jumping height, which it is determined by the difference between the final indicator (in the jump) and the initial indicator (standing on the entire foot) in centimeters. The total number of attempts is 3. The best result is counted.

2. Long jump from a place. The gymnast stands on the control line, to the right of which there is a measuring tape, without stepping over it with her socks. Then, with a push of two legs with a wave of his hands, he performs a long jump, trying to land as far as possible. The evaluation criterion is considered to be the jump distance. The result is measured in centimeters, at the point of landing of the heel, which is closer to the control line. 3 attempts are made. The best result is counted.

3. Jumping up from the stop squatting. The gymnast must take the emphasis squatting, then jump up with an active wave of her hands, while exerting the maximum amount of effort at the moment of repulsion.

At the end of the study, the saccharification of 5-7 class artistic gymnast girls was changed to the positive side.

Personally, I also practiced Artistic Gymnastics in my childhood, and I can say from myself that every lesson with the help of music increases the attention and love for the lesson in children. Not only lessons, but also music in our social lives has a much larger place. Children have such a strange perception that they quickly become bored, quickly interested in everything. But to keep the interest in one lifetime is a link to the parent and of course the teacher. The organization of artistic gymnastics clubs in schools will help students to spend their free time in sermazmun and qalavera useful. Every parent wants his child to be busy with useful activities. Especially for the growing younger generations to be healthy, most people give their children to sports activities. This is the most effective way to properly trust and of course.

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