

## BASICS OF TEACHING YOUNG CHILDREN TO SWIM

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### ABSTRACT

The main form of organizing and conducting swimming lessons is a group lesson, which embodies the entire educational process. The task, content and direction of each lesson are determined based on the tasks and educational material set before the course, as well as the knowledge and skills of the participants acquired in the previous lessons. The lesson plan is created on the basis of tasks and training methods. It is conditionally divided into three parts - preparatory, main and final parts. In the preparatory part, the task of organizing and preliminary training of the participants is carried out. It involves organizing the participants (sorting, reporting, sorting, etc.), briefly returning what has been passed, correcting general and personal mistakes, explaining and demonstrating new educational material, performing previously learned and new auxiliary exercises and, Finally, there is the exercise of writing, which is necessary for the body of the exercisers to enjoy the success of the exercises.

**Keywords:** Swimming lessons, educational health work, principles and methods of training, planning and content of training lessons, methods of organizing training for children and teenagers.

### INTRODUCTION

Usually, in the main part of the lesson, first of all, theoretical knowledge is given to participants, and then practical exercises on mastering the technique of swimming, development and improvement of movement qualities of participants are solved. In this part, the elements of the technique of swimming methods, teaching and mastering the technique of starting and turning, showing the deficiencies in the quality of the exercises performed by the students of the taught swimming style, and giving some warnings of educational importance. It consists of describing general and personal tasks for independent activities at home, in the open air, and in the pool. It is necessary to take into account their anatomical, physiological and psychological characteristics when organizing and conducting the initial swimming training of children. There is no fundamental difference between the method of primary teaching of swimming for adults and children. However, when working with children, the coach should use methodological methods based on their age characteristics and capabilities.

**The main tasks of the organizational process of swimming training are as follows:**

1. It serves to strengthen the physical condition and health of young children in all aspects, to train their body.
2. Young children are taught the theoretical basis of sports swimming techniques. These issues include conducting interviews, showing sports films, photos, cinemagraphs, presentations, videos and other visual aids,

3. Special features of swimming technique and training methods of strong swimmers, the origin of some mistakes in swimming technique and ways to eliminate them are revealed by children reading special literature on sports swimming.

4. During practical training, swimming skills are improved by repeating some exercises on land and in water under the support and supervision of a coach.

5. After mastering the technique of swimming training and swimming methods, the tendency of participants to a certain type of swimming is determined.

The method of teaching sports swimming is understood as the method and instructions used by the coach so that children can quickly and thoroughly learn the swimming technique. The main methods used in teaching swimming techniques:

- Explanation method.

- Display method.

- The method of teaching swimming technique by dividing it into separate elements and as a whole.

- Exercise method.

Teaching children to swim, in particular, methods of explanation and demonstration are widely used. When working with young children, demonstration is combined with explanation in a light and easy form. A full and deeper explanation using visual aids is necessary in the teaching of middle-aged and older children. It is necessary to take into account that children's minds are sharp when accepting what they see. Therefore, the presentation must be correct and competent. The quality of swimming technique acquisition and the sports future of students largely depends on the quality of performance.

Children should not be allowed to perform incorrect and waterfall swimming technique during exercises. Every movement of children who master swimming technique in a general, rough form has to be corrected. Children between the ages of 5 and 8 usually do not know how to swim at all, and many of them do not dare to enter the water independently and perform even the simplest exercises. Even when swimming independently with an inflated circle, their legs and arms move as they do when walking. In this case, the head is raised above the surface of the water. As a result, the legs sink deep into the water, the body becomes almost vertical, and it becomes almost impossible to move in the water. It is difficult for children aged 5-8 to memorize the exercises shown in the water, and they are slow to accept verbal explanations. They perform the shown and explained exercises or some swimming movements with great difficulty. At the same time, they need the direct, spiritual support of the teacher. Therefore, the teacher should be in the water until the children learn to confidently enter the water independently and perform swimming exercises.

The coach's direct presence encourages them and helps them to learn swimming movements correctly. For example, children use their hands to hold on to a special holder on the edge of the pool, in order to perform the correct sequence of leg movements, the coach should help them to stand horizontally in the water by holding their leg around the knee or calf-paw joint.

. When swimming on the chest or lying on the back with the help of leg movements, the trainer walks next to or in front of the child, holds him by the elbows, helps and controls him to perform hand movements. Exercises are performed with the help of a swimming bag, then without a bag. One of the many years of experience of the coach is to use a set of special

preparatory exercises aimed at mastering the water environment before teaching the techniques of athletic swimming. There is a big difference between these exercises and the exercises performed during the primary training of children of small, large and middle age.

**Water training exercises for children aged 5-8 are as follows:**

Immersion of the child in water (first up to the chest, then up to the shoulder girdle and completely immersed with the head. It is done while lifting the child by the hand). At the same time, it is necessary to teach the child to hold his breath when he is submerged in water.

The previous exercise itself. It is performed by holding the child's hand and only without immersing it in water.

The coach swims in the breaststroke method or is immersed in water up to the neck, holding the child's back, stomach or his shoulders.

In the water lying on the chest, the child is held by the hand, until it is submerged up to the neck, and while lying on its back, it swims on its back, holding the armpit or the head.

The trainer helps the children to stand horizontally (on the chest and on the back) and to maintain this position by holding the child's lower back and abdomen, teaches: holds with his hands in various positions;

a) next to the body;

b) forwarded;

c) one hand is stretched forward and the other is next to the body;

g) it is helped in cases where the elbows are written to the side and the palms are placed behind the head (only when lying on the back).

These exercises are performed first standing in one place, and then moving together with the teacher.

Children are helped to maintain a horizontal position when sliding from one teacher to another in the water (in different positions of the hands, lying on the chest and on the back); The horizontal position is maintained when sliding from the teacher to the edge of the pool, from the edge of the pool to the teacher, using the speed calculated by the teacher's tool (slightly pushing) or the foot from the edge of the pool.

Lying on the back, with the help of leg movements (in different positions of the hands), they swim in groups across the width and length of the pool. Teachers stand at the edge of the pool to observe and guide. They give necessary instructions to the children about keeping the body in the water, swimming movements of the legs and breathing correctly. Children are taught to move their legs while lying on their backs (in various positions of the arms) and to match them with the movements of the legs and breathing in the following sequence:

While lying on his back, he swims by leg movements, the teacher follows and corrects the movements of the hands by walking next to or in front of the child. The teacher holds the child's elbow and helps him perform hand movements.

Lying on his back, he swims across the pool. The teacher walks next to the child and observes him, showing him hand movements and the execution of inhalation and exhalation.

Lying on his back, he swims along the length of the pool. The teacher swims next to the child and becomes his eyes and ears.

That's why the coach walks around the edge of the pool (with and without a stick) and shows the child hand movements and matching them with breathing.

Starting jumps can be taught after the above mentioned exercises are thoroughly mastered. Turns are taught directly with the help of a teacher. The teacher demonstrates the turn in water and teaches it together with diving, retrieving objects from the bottom of a shallow pool. The instructor first dives with each child, then watches them dive independently in turn. The process of teaching children to swim at the age of 9-10 is basically the same as the process of teaching middle-aged, older and adults to swim. However, in the first phase of teaching, the teacher is in the teacher in the teacher in water to conduct general training exercises and the implementation of the development of foot control and to help them and help them if necessary is necessary.

In each of the lessons allocated for entertainment games, the cheerful environment should be created. It excites the children, improves their mood and increases their enthusiasm for the next lessons. The coach must mobilize all his experience, skills and abilities for this.

### SUMMARY

Teaching children to swim, in particular, methods of explanation and demonstration are widely used. When working with young children, demonstration is combined with explanation in a light and easy form. A full and deeper explanation using visual aids is necessary in the teaching of middle-aged and older children. It is necessary to take into account that children's minds are sharp when accepting what they see.

Therefore, the presentation must be correct and competent. The quality of swimming technique acquisition and the sports future of students largely depends on the quality of performance. Children should not be allowed to perform incorrect and waterfall swimming technique during exercises. Children who have mastered swimming technique in a general, rough form have to correct every movement. Young children usually do not know how to swim at all, and many of them do not dare to enter the water independently and perform even the simplest exercises. Even when swimming independently with an inflated circle, their legs and arms move as they do when walking. In this case, the head is raised above the surface of the water. As a result, the legs sink deep into the water, the body becomes almost vertical, and it becomes almost impossible to move in the water. Exercises shown in water are difficult for young children to memorize and they are slow to accept verbal explanations.

They perform the exercises shown and explained or some swimming movements with great difficulty. At the same time, they need the direct, spiritual support of the teacher. Therefore, the teacher should be in the water until the children learn to confidently enter the water independently and perform swimming exercises.

In short, in the process of swimming training, the body of the participants should get used to the gradually increasing physiological load and changes in various meteorological conditions. Training should be conducted under the regular supervision of a doctor, and should be structured according to the trainer's work plan and the doctor's work plan. Trainers need to be regularly interested in the instructions of the doctor's supervision in order to have an idea about the functional capabilities and health of the participants.

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