

## GYMNASTICS FOR PRESCHOOL CHILDREN

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### ABSTRACT

This article is about gymnastics for children and adults of preschool age and the types of gymnastics and their characteristics.

**Keywords:** Gymnastics, basic movements, training physical means, types of gymnastics, method

### INTRODUCTION

Gymnastics has special means of carrying out educational tasks: it requires actions to be carried out in a predetermined manner; has a unique way of organizing the educational process, which provides for the agenda of classes, awareness and independence of actions, creative initiative. All this serves to train discipline, attention, and helps to strengthen the will and character. It is the task of gymnastics to strengthen a person's health, improve his physical maturity and ensure his comprehensive physical preparation for various activities. correcting and preventing various defects in the body, restoring the working ability of movement apparatus after injuries, training the ability to control one's own movements.

There are the following types of gymnastics:

1. General developmental gymnastics.

a) basic gymnastics;

b) hygienic gymnastics.

2. Sports gymnastics.

a) sports gymnastics;

b) athletics;

c) rhythmic gymnastics.

3. Practical gymnastics

A) professional-practical gymnastics;

B) gymnastics in production;

c) include therapeutic gymnastics.

General gymnastics

The task of comprehensive gymnastics is to strengthen health and physical fitness.

a) Basic gymnastics includes line-up, general development and basic movements. Physical equipment is used to perform exercises. Basic gymnastics helps to strengthen the functional process in the human body, its physical development, improvement of various movement skills, training of physical qualities, ability to independently and creatively use mastered movement activities in various life situations, to be able to correctly assess one's capabilities., helps to understand the basic laws of movement activity, to understand the importance of acquired knowledge and skills for life and activity.

B) Hygienic gymnastics is aimed at strengthening and maintaining human health, training the correct stature, improving the function of the main systems of the body (respiration, blood circulation, activation of exchange processes).

Gymnastics in sports.

The purpose of sports gymnastics is to increase and maintain general physical fitness.

Rhythmic gymnastics is aimed at improving movements and has a sports character. The main exercises of rhythmic gymnastics are organically connected with music, which helps to acquire high plasticity, coordination and expressiveness of movements.

Practical gymnastics.

Professional-practical gymnastics develops and improves movement skills and qualities that help to acquire a certain specialty (installer working at height, miner, transport driver...).

Gymnastics in production.

Industrial gymnastics is organized in order to increase and maintain the working ability of people. It is part of the workday schedule: introductory gymnastics is held before work, physical break during the workday, during breaks.

Therapeutic gymnastics belongs to therapeutic physical culture and is aimed at restoring health and working ability. It is used in all diseases and is a means of non-specific functional therapy.

Thus, gymnastics as one of the means of physical education is an integral part of all state programs of physical education of children, teenagers and adults in various educational and educational institutions and communities (enterprises, institutions, factories, plants) and individual training.

In the process of education, the ability to evaluate one's own movement possibilities, to understand the general laws of movement activity is cultivated. This is achieved through the distribution of learning tasks, the use of analysis and synthesis of movements, the integration of movements into new movement activities, and the study of various physical exercises.

Gymnastics has special means of carrying out educational tasks: it requires actions to be performed precisely as long as they are pre-conditioned; has a unique method of organizing the educational process, which provides for a regulated agenda of training, awareness and independence of movements, creative initiative. All this serves to train discipline, attention, and helps to strengthen the will and character.

Thus, gymnastics, as one of the means and methods of physical education, is an integral part of physical education of children, adolescents and adults in various educational and educational institutions and institutions (enterprises, factories, plants) and individual training, all state programs. .

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