

**DRESS UP AND HOLD GYMNASTICS EXERCISES**

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*This article will show the growing younger generations with physical methods of organizing gymnastics training in training sessions lit.*

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**INTRODUCTION.** Growing and growing healthy offspring in our republic today and affect the health of all citizens;when riding "sprouts of Hope", " perfect from time immemorial, activities such as the" generation "and" student " titles are being carried out as you know, Travel (Hiking) is not just a holiday at a higher level, but empty make the most of the time, strengthen the health of the team, strengthen the individual every it consists in ensuring its comprehensive development. Physical in our republic great attention is paid to upbringing and sports. Including gymnastics the development was also given a wide range of opportunities.

President of the Republic of Uzbekistan Shavkat Mirziyoyev preschool admission on December 29, 2016 in order to expand educational organization networks made PQ No. 2707, PQ No. 3031 in the resolution of the younger generation physical there are many ways to educate, educate, engage in sports Gymnastics halls were built and started, and thousands of Uzbek girls in these halls it was made possible to engage in an elegant type of

gymnastics. In Uzbekistan Gymnastics has long evolved in the form of various exercises. With gymnastics of those brought up in preschool educational organizations our country in order to increase their interests Organization of gymnastics training taking into account the stages, the physical training of those involved needed.

The main tasks of training gymnastics are solved are: the general movement of children, and are significant for their physical fitness formation of movement skills, strength, agility, flexibility, qualities such as dexterity, durability. Gymnastics in preschool children regular exercise of the body of the child improves, Awakens the mood of cheerfulness.

Organization of classes with children in preschool preparatory age there are cases that are important for the educator in the development of this group of young related to the formation of skills in stages. Preschool rhythmic gymnastics exercises in organizations jump, storage, without items, with items, orientation and relaxation exercises alternating, at the same time supporting organs: arm, leg torso, muscles strengthens. Famous French scientist J. According to deems: "gymnastic exercises not static, but dynamic, complete with full amplitude, the shape is elegant must be". Scientist J. Dims promote health, posture formation and to achieve the elegance of actions is the agility and willpower of a person the development of the senses was seen as the most important task. Gymnasts physical training is the most important component of gymnastics training calculated from its parts, it develops the body in every possible way. There are some features of gymnastics training:

- In the selected type of gymnastics, sports gymnastics, artistic Gymnastics, aimed at achieving the highest result;

- Strictly limited training and regularity;
- Multi-year planning according to certain laws;
- Consistent increase in training loads;
- Sufficient independence of the gymnast and training career leadership role of coach and teacher in the context of creative approach;

When conducting gymnastics classes for preschool children sports advocacy and advocacy among educators and parents leading the work i.e. winners of the honorary international competition leading it is necessary to organize interviews with athletes.

Gymnastics in turn, Morning gymnastics, rhythmic gymnastics, it covers a number of areas, such as wellness Gymnastics. The correct development of a child's figure by performing morning Gymnastics exercises, helps to breathe, blood circulation. Attention in children, promotes purposefulness, promotes an increase in mental activity gives, evokes feelings of emotion and. Fiction Gymnastics wellness preschool children willpower,

patience it has an action game style for sustainable solution, and today's important for the harmonious development of preschool children in the day one of the areas is listed. Organization of gymnastics training, learning methods which take action skills and special knowledge directed. The learning process is continuous with the physical development of the cells will depend. Organization of training together with other children the presence in creative activity plays a role.

The organization of gymnastics training is divided into 3 parts:

1. Teach
2. Teaching perfectly
3. Strengthening and improvement.

Wellness Gymnastics in preschool educational organizations prevention of flatness, scoliosis, correct musculoskeletal system it is considered a universal tool in its formation. Training only the first of the day it is advisable to spend not only in half, but also in the second half. Shu at the same time, the work of the organism in the evening also increased with the family increase the activity of the main loading falling bodies and systems in the process helps.

The following physical exercises in wellness Gymnastics complexes groups are applied: (stretching), side bends, sitting stands, stretches, jumps, sports walking, running, forward bending, elements of relaxation are involved in extension movements, back bends, arm and to relax the muscles of the shoulder girdle, to coordination, accuracy and attention - focused exercises.

### **Conclusions.**

Actions performed in the process of labor in hygienic Gymnastics it is recommended to use physical exercises that are appropriate in nature. Hence in the selection of exercises for a good study of the movements of the labor process and such exercises should be included in the complex of physical education exercises, they play a leading role in the process of a specific type of labor of the organism let it help accelerate its physiological functions.

In conclusion, it is not only in the fogging with gymnastic exercises schoolchildren of preschool educational organizations, but we are older people also regularly exercise while increasing our activity it is imperative and necessary that we do it.

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