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## THE IMPORTANT ROLE OF GYMNASTICS IN THE LIVES OF GIRLS

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### ABSTRACT

*This article identified the real reasons why you should enroll your daughter in gymnastics classes. The benefits of Gymnastics classes in girls life were discussed in this work. As far as I am concerned gymnastics is one way to help make that happen. I think the fact that it's largely a female sport, makes gyms an ideal place for little girls to start to learn self-confidence as they exercise their bodies. Children and adolescents between the age of 6 and 17 should get 60 minutes or more of physical activity a day. And as part of their 60 minutes of physical activity a day, they should include muscle and bone strengthening activities at least three days a week.*

**KEYWORDS:** *Flexibility, Physically And Mentally Healthy, Sports, Activities, Gymnastics Classes*

### INTRODUCTION

It is fact that we all want to help our daughters grow up to be physically and mentally healthy and to give them greater odds of success later in life. In this article I'm going to tell you the benefits of gymnastics: how gymnastics positively impacts young girls and the some real reasons you should enroll your daughter in gymnastics. I work at school №223 as a physical training teacher and I have my lovely girl pupils, I will want to do everything possible to make sure they are strong, confident, healthy women when they grow up. As far as I am concerned gymnastics is one way to help make that happen. I think the fact that it's largely a female sport, makes gyms an ideal place for little girls to start to learn self-confidence as they exercise their bodies. And as they grow up, become teenagers on a gymnastics team with girl friends that empower and root for one another.

#### **1. Gymnastics will help to make your daughter strong.**

Swinging on the bars and learning skills like cartwheels that require her to support her own body weight build strength from an early age. It's important to teach our girls when they are young

that not only is being strong good for the body, but it's important in life. Strong girls are healthy, pretty girls.

## **2. Gymnastics will increase your daughter's flexibility.**

Every gymnastics class begins with a warm-up that includes stretching and splits, and then throughout the rest of the class gymnasts learn and practice skills that require them to use their flexibility. According to statistics "Better flexibility may improve your performance in physical activities or decrease your risk of injuries by helping your joints move through their full range of motion and enabling your muscles to work most effectively". So, better flexibility will decrease the risk of your daughter getting injured from gymnastics or any other physical activity she does.

## **3. Gymnastics will keep her fit and help her develop the habit of staying active.**

We know that young people need to be more active and fit. It's such a problem in some countries that they try to solve the epidemic of childhood obesity. Children and adolescents between the age of 6 and 17 should get 60 minutes or more of physical activity a day. And as part of their 60 minutes of physical activity a day, they should include muscle and bone strengthening activities at least three days a week. Gymnastics is one of the most diverse sports in terms of the types of exercises and muscles it develops. Gymnastics works to enhance a gymnast's strength, flexibility, speed, balance and coordination. For example, the vault develops speed and power, bars is an endurance event and beam improves a gymnast's flexibility and balance. Having this flexibility and strength (especially core strength) skill set base as a teenager will prepare girls for yoga, pilates and other cardio exercise classes as young adults. Knowing they can take exercise classes like this without excessively struggling will help them maintain their healthy exercise habits while working or going to school.

## **4. Gymnastics will make your daughter a well-rounded athlete, and teach her skills that will enhance other sports.**

Gymnasts are flexible, agile and strong, with coordination, balance and flexibility. These are important traits in gymnastics and in other sports. For example, learning how to run fast for the vault would be important in not only track and field, but basketball or valley ball. Balance and flexibility are useful if she ever wants to join a dance team. And gymnastics skills such as tumbling skills and jumps are an important part of cheerleading. Wouldn't it be great if when your daughter's in high-school or middle school and she wants to try out for the cheerleading team, she had a decent shot? Taking gymnastics classes as a young girl will teach her skills that will help her participate in gymnastics, cheerleading or other sports if she wants to.

## **5. Gymnastics will teach your daughter balance.**

What better tool for learning balance than the balance beam ? Learning to walk on a low beam first and then a high beam will teach balance at a young age. And this balance will help your gymnast learn how to ride a bike. Gymnasts learn to not only balance on their feet, but on their hands. A handstand is the ultimate balance skill, learning to control your body in order to hold yourself up on your hands.

## **6. Gymnastics will teach your daughter to fall, helping to prevent her from getting injured in other sports or activities later in life.**

One of the first things on the agenda in any beginner gymnastics class is to learn how to fall safely. Falling and putting your arms behind you is one of the first things gymnasts are taught not to do, as this is an easy way to break your arms. It's easier and safer to learn how to fall correctly in a gymnastics gym because of the many mats and foam pits to use when doing falling drills. Learning how to fall young will become instinctual and protect her from unnecessary injuries later in life.

### **7. Gymnastics will help her develop hand-eye and foot-eye coordination.**

Kids aren't just born with good body awareness and hand-eye, foot-eye coordination. Gymnastics is a great way for kids to learn how to make their body do what their brain is telling them to. Crawling through the pit, swinging from the bars, jumping on the trampoline, learning how to roll on floor mats—all of these exercises help kids learn how to move their body.

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