

**METHODOLOGY OF TEACHING ELEMENTS OF RHYTHMIC GYMNASTICS IN PHYSICAL EDUCATION IN HIGHER EDUCATIONAL INSTITUTIONS**

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**ABSTRACT**

*This article describes the tasks of preschool education organizations to combine elements of rhythmic gymnastics in physical education classes in the form of dance, without the body, walking with objects, jumping, a series of exercises that require flexibility with music.*

**KEYWORDS:** *Gymnastics, Exercise, Rhythmic Gymnastics, Walking, Jumping, Exercise, Flexibility, Music, Physical Qualities, Body Movements.*

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