

**STAGES OF DEVELOPMENT OF THE SPORT OF GYMNASTICS AND
ITS ROLE IN THE SYSTEM OF PHYSICAL EDUCATION OF
UZBEKISTAN**

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DOI: 10.5958/2249-7137.2022.00853.9

ABSTRACT

In Uzbekistan, a unified system of tools and practices for physical education has been developed. One of these tools, gymnastics, is one of the most well-liked, and it has a legitimate position in this system. The mission of "educating the next generation from childhood in a physically healthy way, ensuring the harmonious development of physical and spiritual energies in them" is one that is helped by gymnastics instruction. It is not by accident that the gymnastic sport has long been regarded as the mother of all sports; for a large number of sports, sports equipment and jichoses at structures have served as the means of completing exercises intended to develop physical capabilities. This article provides feedback and feedback on the stages of development of the sport of gymnastics on its role in the system of physical education of Uzbekistan.

KEYWORDS: *Gymnastics, Sports, Physical Education, Theory, Stages Of Development, Tools, Children, Adolescents.*

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