

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

Aslanova Malohat Akramovna*; **Sultanova Diana Baxodir kizi****

*Associate Professor,
Navoi State Pedagogical Institute,
Navoi, UZBEKISTAN
Email id: aslanova@gmail.com

**1st Year Student,
Navoi State Pedagogical Institute,
Navoi, UZBEKISTAN
Email id: sultanova@gmail.com

DOI: 10.5958/2249-7137.2022.00622.X

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.*

INTRODUCTION

Today, physical education and sports are becoming one of the priorities of the world community. Gymnastics is one of the most important sports in the physical education of children. In the framework of the broad political and social reforms in the life of our country to improve the quality of education and upbringing in preschool education, the creation of advanced pedagogical, psychological and information and communication technologies and the necessary conditions for the educational process Extensive work is underway. Article 8 of the Law of the Republic of Uzbekistan "On Education" defines the tasks of physical development of children in the process of preschool education and upbringing. President of the Republic of Uzbekistan "On measures to further improve the system of preschool education in 2017-2021", "On measures to radically improve the management of the preschool education system", President Shavkat Mirziyoyev's Address to the Oliy Majlis and the People of Uzbekistan set tasks to form physical characteristics from the moment a child is born. This is the basis for the use of gymnastics in the physical education of children.

APPLICATION AND METHODS OF ALL EXERCISES IN RHYTHMIC GYMNASTICS

Gymnastics - games, sports tourism, as well as physical education. Its main function is to provide general physical preparation for various life activities. In addition, the ability to control one's body or control the movement of body parts can solve special tasks, such as correcting physical defects in the body. Today, the peoples of the world are critically studying the system of

gymnastics, discarding the useless and using its benefits in a scientifically integrated manner in the context of physical education. All exercises can be used in gymnastics. It is actually used in the form of the following exercises.

a) Purification and re-purification exercises: these exercises solve rational tasks of purification, posture, team obedience, posture and other tasks;

b) Basic exercise: this exercise is used to develop all or part of the body in general or in isolated parts, it is convenient for the rapid formation of motor skills; Article 8 of the Law of the Republic of Uzbekistan "On Education". Address of the President of the Republic of Uzbekistan Shavkat Mirziyoyev to the Oliy Majlis and the people of Uzbekistan dated 23.09.2020. 29.12.2020.

c) free exercises: this name refers to exercises that are organized in the form of a combination of actions performed under music. If we observe the movements of the freestylers, we will see that the movements are falling to the rhythm and tempo of the music, or that it is delicate and beautiful, and that the reserve of human movements is very unique;

g) Necessary life-practical exercises: walking, running, jumping, throwing, climbing, lifting weights and a number of other exercises. These are the main tools in the development of physical qualities;

d) Exercises performed on special gymnastic slings: exercises performed on perekladinadi, brusa, mining, solo, etc. They develop strength, agility, joint mobility, muscle elasticity, mental and other qualities;

e) Acrobatic exercises: hand-to-hand, side-to-side rotation, randat, flyag and a number of other individual and group exercises. They develop basic, essential, life skills and skills. It is a leading tool in improving sports skills and for general physical training;

j) Rhythmic gymnastics: is a dance-type, non-physical, physical exercise that involves a series of exercises that require walking, jumping, and flexibility, and is understood to be performed in combination with music, and is a separate type of sport.

Rhythmic gymnastics should use music that is simple in form and content, cheerful and refreshing. Popular music, dance and movement melodies, waltzes, merry tunes, and modern popular songs are recommended. The educator should be able to position the trainees in a purposeful way before adding music to the lesson. It is also important to pre-determine when to include music in the process. As we listen to the music, each of us feels a pleasant beat that is repeated in rhythm, which is called metric melody in music. The metric tone can be used to beat the music. It is recommended to count "1" and "2" before dancing, as each dance step consists of four movements. Each movement takes place in one-eighth. You can record the exercise based on the tactics, or you can do it by changing the position. Many of the movements in rhythmic gymnastics are slightly different from those in classical and folk dances. However, rhythmic gymnastics has a number of unique elements, the technique of which is radically different from the technique of choreographic exercises. Such elements include spring movements, exercises such as "waves", jerks, some types of walking and running, as well as special jumps used in choreography. All of these elements are widely used in freestyle. For springy movements, the first stage of the movement is characterized by the simultaneous bending of several or all the

joints of the body, and the second stage is the simultaneous stretching. Bending and bending is done with tension. The spring-like movements of the hands are performed in a variety of initial positions. The arms are flexed in the direction of the torso at all joints (from the first phalanx of the fingers to the shoulders). The wrists should rotate over and the elbows should bend, with the club head bring behind. Handwriting occurs with tension in all joints at the same time. Initially, the arms were outstretched. Bend arms 1-2. 3 write. 4-pause. Initially, the arms were extended to the side. The above actions are repeated again. The spring-like movements of the hands are characterized by force and tension and are performed in a variety of situations: arms in front, sideways, up and down. The arms should be bent in the same direction as before, without twisting the wrists and paws. Bending at all joints should be done with tension, as if overcoming resistance. The head bends slightly forward. The writing on all the joints is done with force, with the head slightly raised. Spring-like movements with the legs. It is done by standing on the half toes, joining both toes and knees. Sit with your toes halfway down the heels so that the pelvis rests on the heels. The legs return to the original position by writing. The spring-loaded movements can be performed in different positions, sitting and semi-sitting.

CONCLUSION

In short, regular gymnastics improves blood circulation in the tissues, lowers blood pressure, improves the functioning of the cardiovascular system, increases the respiratory capacity of the lungs, improves metabolism, the central nervous system. and has a positive effect on the mental state of the neuromuscular apparatus, increases its vitality, confidence in its own strength and inspires. The gymnastics system is constantly evolving and growing. Scientific research and observations show that some exercises are being restructured, updated, and some are being strengthened and improved.

REFERENCES

1. Address of the President of the Republic of Uzbekistan Shavkat Mirziyoyev to the Oliy Majlis and the people of Uzbekistan. 29.12.2020.
2. Article 8 of the Law of the Republic of Uzbekistan "On Education". 23.09.2020.
3. Gymnastics B.M. Barshay, B.H. Kuris, I.B. Pavlov. Page 14
4. Abdurahmonovna, N. M. (2021). Pedagogical and Psychological Aspects of Professional Sustainability of Future Teachers.
5. Mahfuza Usmanova, The Concept Of Educational Professional Competence And Its Yield Factors, Archive Nauchnyx Publications JSPI: 2020: Archive №54
6. Abdurakhmonovna, N. M. (2020). Methodology of giving professional knowledge to future teachers. ACADEMICIA: An International Multidisciplinary Research Journal, 10 (5), 1378-1383