

EFFECTIVENESS OF PRACTICAL EXERCISES IN DEVELOPING THE PHYSICAL FITNESS OF SCHOOL STUDENTS

Abduraximov Sardor Dilmurot ugli
"Physical Culture" Teacher
Chirchik State Pedagogical University
abduraximovsardor906@gmail.com

Annotation: It is aimed at teaching gymnastic exercises, including training talented gymnastic children, and improving the training process. In teaching gymnastics exercises, it is necessary to use non-traditional tools and conduct training based on didactic laws.

Key words: sports, pedagogical technologies, methods, standards, practical lessons, didactic rules, gymnastics exercises

Аннотация: Она направлена на обучение гимнастическим упражнениям, в том числе на подготовку талантливых детей-гимнасток, и совершенствование тренировочного процесса. При обучении упражнениям гимнастики необходимо использовать нетрадиционные средства и проводить обучение на основе дидактических законов.

Ключевые слова: спорт, педагогические технологии, методика, нормативы, практические занятия, дидактические правила, гимнастические упражнения.

Specialized practical gymnastics is a component of specialized practical physical training aimed at the general physical development of participants and their faster mastering of labor movements specific to their specialty.

Specialized practical training is mainly conducted in specialized technical schools that train workers in various professions, as well as in higher educational institutions and technical schools. This training consists of three parts: general specialized practical and special physical training.

General physical training is aimed at the comprehensive, harmonious development and health improvement of participants. This training includes training in various sports: track and field athletics, skiing, swimming, etc. The following gymnastic exercises play a particularly important role in this preparation:

1. General developmental exercises without and with objects
2. Exercises on mass-type devices (gymnastic wall, bench, rope, etc.)
3. Simple acrobatics exercises
4. Simple and standing jumps.

Unlike general physical training, which is uniform for everyone and is aimed at faster mastering the future profession, specialized practical training is carried out taking into account future production activities. Its program includes specialized practical gymnastics, the volume and nature of which depend on the specialization of the students and the conditions and characteristics of the work of the participants.

Specialized practical gymnastics is aimed at developing the muscle groups that perform the main work in the production activities of the participants, and therefore at developing the movements necessary for the future profession. In addition, with the help of exercises similar to the labor process, physical qualities and movement skills necessary for more successful work in a specific profession are developed.

In accordance with the tasks set in specialized practical gymnastics, all exercises can be used: general and free, on apparatus, row and practical, acrobatic and rhythmic gymnastics exercises.

Recently, specialized practical physical training exercises for carpenters, painters and plasterers have been developed and tested. Practical gymnastics also occupies a significant part of their physical training program.

Studies show that the physical fitness of experienced amateurs is equal to the physical fitness of gymnasts with the II sports category. Therefore, the specialized practical gymnastics program should be conducted in such a way that by the end of the training the level of physical fitness of the participants approaches the level of physical fitness of qualified workers. To solve this problem, general developmental exercises, exercises on the horizontal bar and parallel bars, exercises on climbing ladders and ropes, and jumps on the support were specially assigned.

In order for amateurs to learn to maintain balance in various conditions while working and walking in narrow places, the program included walking on objects the width of the crossbars and various other exercises. The height of the crossbar is gradually increased (from 0.5 m to 5.5 m). Balance skills, especially maintaining balance at height, depend on the ability to aim in space, the stability of the vestibular apparatus. These tasks depend on the skills of standing at height. These tasks are solved using exercises similar to those performed by workers on high-rise buildings, such as jumping from a ramp, acrobatic jumps, trampoline jumps, and operations performed on high-rise buildings. To reduce the protective reaction to heights and build confidence in their strength, the participants wore a harness and performed jumping exercises in the air.

The classes were held in the form of lessons twice a week for 90 minutes. In the first 30 minutes, the students all performed general developmental exercises with and without objects. Then they were divided into three groups and, taking turns in a circle, engaged in certain types of the program (including exercises on the horizontal bar, trampoline jumping, high-altitude or acrobatic jumps, pole vaults, etc.).

Special physical training, unlike the types described above, is carried out in extracurricular section classes. It involves improving in a particular sport to help improve professional performance. A student can engage in any sport they want, but for each specific specialty, it is possible to recommend a sport that is more useful for workers in this or that profession. For example, trampoline jumping, gymnastics exercises, acrobatics, diving, and ski jumping are of great help for amateurs. Having improved in the indicated sports and achieving certain sports results in them, amateurs influence their labor achievements in accordance with their goals.

In higher and secondary specialized educational institutions, physical education of students consists of general program exercises and optional exercises. Regardless of which sport a student is engaged in, he must perform gymnastic exercises that are included in the training and are used for the special training of athletes. It is recommended to include exercises characteristic of specialized applied gymnastics in these exercises. Thus, the importance of specialized applied gymnastics as a form of physical training is very great.

Among the various means and methods of physical training used to increase the functional capabilities of the body and improve the qualities of movement, gymnastics plays an important role.

The exercises used in sports applied gymnastics are similar in structure and nature of muscle tension to exercises characteristic of a particular sport. In sports where various parts of the body move in a circular motion (figure skating, wrestling, football, diving, hockey, basketball, etc.), acrobatic exercises are widely used to achieve high sports results, with the help of which the function of the musculoskeletal system and vestibular analyzers is improved.

The main types of sports and practical gymnastics training include the following.

Daily morning gymnastics, performed for 20-40 minutes. It includes warm-up exercises, which are performed much more intensively than morning physical education. For this, exercises are selected that correspond to the main functional and muscular activity of the chosen sport. Warm-up exercises are a reliable means of preventing injuries.

In the process of physical training, the movement qualities of the participants are improved (during training and in special training).

When preparing exercises for sports and applied gymnastics, it is necessary to take into account their relevance to the tasks of morning gymnastics, warm-up, physical training, as well as their age, preparation and training period of the participants. The exercises included in the complex should have a comprehensive effect on the athletes' body. When alternating them, it is necessary to sequentially include muscle groups in the work and gradually increase the intensity.

Training begins with simple exercises performed slowly with small amplitude. Gradually, their number and rate of performance increase, increasing attention to the work of individual muscle groups. More intense exercises are performed at the end of the complex. From time to time, special exercises are recommended, in which series of 2-4 exercises are repeated.

The weight of the exercises used in special physical training depends on the type of sport and the solution of specific movement tasks.

In sports and practical gymnastics, the following are used: general developmental exercises performed without objects and with a gymnastic stick, dumbbells, a filling ball, a rope, a rubber shock absorber, a handle: a gymnastic wall, a bench (seat), a rope, as well as general developmental exercises performed on the bars (double bars), a hoop, a horse with a handle, a horse: acrobatic exercises (including on a trampoline, a springboard, a diving board). In conclusion, the structure and content of the training process, developed taking into account the age characteristics of the physical development of schoolchildren and the tasks of initial preparation, were confirmed in the lessons. It had a positive effect on the dynamics of health and morpho-functional development of young gymnasts, as well as on their physical fitness, which, in turn, allowed them to be recommended for work practice in children's and youth sports schools in artistic gymnastics.

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