



CLASSIFICATION OF TYPES OF GYMNASTICS

Toirjonov Elyorbek Isaqovich
Andijan State University, Teacher

Annotation

Basic gymnastics is directed to the comprehensive development and strengthening of the body, necessary qualities such as, mastering the general principles of movement, cultivating the physical, moral and volitional in all fields of human activity. The article discusses the types of gymnastics.

Keywords: gymnastics, types of gymnastics, basic gymnastics for preschool children, women's gymnastics, sport gymnastics.

Basic gymnastics is divided into subgroups depending on the different groups and ages of the participants. Basic gymnastics for preschool children is (3-7 years). The main tasks of preschool basic gymnastics are to protect and strengthen the health of children, to strengthen the body, to form the right posture, to develop all-round physical development, to improve basic skills in personal and public hygiene.

The teacher should take into account the physical capabilities of children in a certain age and subordinate the process of physical education of preschool children to the interests of the normal development of the growing organism. The simplest types of exercise are required due to the peculiarities of the development of the skeleton, muscles, internal organs and nervous system, These are primarily general development exercises, such as walking, running, jumping, throwing, climbing, balance, outdoor games, as well as the simplest exercises in artistic gymnastics. The teacher should strive to improve discipline in the children and to form organized behavior in the team.

At this age, you will not be able to use special exercises which are associated with high muscle strength. In preschool, imitation exercises and outdoor games which are appropriate for children's development should be preferred.

Basic gymnastics for school children. The composition for children of different ages is determined by the general functions of physical education gymnastics, the anatomical and physiological features of the child's body. Basic gymnastics is aimed at the general strengthening and development of the body of school children, that is to say the formation of good posture, the development of physical, moral and volitional qualities, as well as their ability to use them in practice.

Depending on the anatomical, physiological and psychological characteristics of the growing organism, school age is divided into three periods:

- a) primary school age - 6-11 years (grades I-IV);
- b) secondary school age - 12-15 years (grades V-VIII);
- c) senior school age - 16-18 years (grades IX-XI).

Each of these age groups uses a variety of physical education means and techniques.

The wide range of opportunities to use basic gymnastics for the purpose of harmonious physical and spiritual development has made it an independent means and method of physical education for



students of all ages. Therefore, it is the basis of state programs on physical education of children, preschool and school-age students of physical, secondary and higher special education institutions, as well as for middle-aged and elderly people. Systematic exercise in adulthood can help keep high physical and mental indicator for many years.

Women's gymnastics. Statistics show that on weekdays, working women and employees spend an average of eleven minutes a day walking and exercising. On Sundays, they have less than an hour to spare. There is a widespread belief among women that they do not need exercise because they spend a lot of time shopping, doing housework, and often coping with stress at work and at home. Naturally, we all act one way or another. But it follows that our each action in daily life is exercise. And any motor activity is not a physical culture - it is just a self-improvement. Thus, Professor L. Matveyev distinguishes two groups from an infinite set of exercises, without which it is impossible to perform in the field of physical education. First of all, these are gymnastic types of exercises which allow selective and consistent movement in all major joints of the musculoskeletal system and the musculoskeletal system, thereby improving the ability of the muscles to a certain extent, flexibility in the joints and provide coordination of actions.

Secondly, periodic exercises that involve many muscle groups and mainly activate the functions of the autonomic systems (especially the cardiovascular and respiratory systems). In modern times, the cardiovascular system is the weakest joint in the body. It should be emphasized that according to age, morphological reconstruction occurs in the joints: due to the deposition of salts, the articular surfaces of the bones are flattened and deformed, the cartilaginous layers become thin and ossified, they lose elasticity and ligaments shorten and shrink which will be rude. All of this leads to decreased mobility, loss of flexibility and pain in the shoulders, knees, hip joints and spine. There is only one way to stop this process - physical training, especially for the joints. Gymnastics also has a general physiological effect on the body, enhances metabolism and has a positive effect on the cardiovascular, respiratory and digestive systems.

In women's gymnastics exercises take into account the characteristics of the body and the psychological composition of women. The choice of exercises takes into account the methodological methods, primarily the tasks of motherhood, so special attention is paid to the development of strength, endurance, strengthening the legs, pelvis, abdomen and back muscles. Classes cover all types of general developmental exercises without objects. Rhythmic gymnastics, choreography, elements of ball and folk dances, exercises with musical accompaniment play an important role. Through these exercises, coordination of movements, flexibility, smoothness, elegance, beauty of movements are developed, the correct and beautiful posture is formed, health is strengthened, physical and mental performance is increased. Female gymnastics relieves psychological stress and increases resistance to stressful situations.

Sport gymnastics or athletics is a system of exercises aimed at strengthening health, developing muscle strength and endurance, and beautiful physical fitness. Weights include shock absorbers, dumbbells, weights, barbells, locking devices, body weight, various exercise equipment and others. The sheer



number of sports and the ability to dose the load make this an important means available to people of all ages.

Athletics with the name "Bodybuilding" is an increasingly familiar term in the West - "bodybuilding". Athletics is a good way to introduce teenagers and young people to systematic exercise, to lead a healthy lifestyle and to distract them from bad habits.

Nowadays, the development of gymnastics can be divided into two directions - mass fitness and sports. Although gymnastics has always attracted young people, for some time it has not received official recognition in our country, especially in the field of sports. Today, it is becoming popular. First of all, this is due to the recognition of athletics as a sport in 1987 and the establishment of an independent gymnastics federation. The competition is held in two ways: powerlifting and sports poses (mandatory and free). Mass fitness is one of the most popular forms of gymnastics at school. Gymnastics exercises can be included in the core of a gymnastics class with middle and high school students of all levels.

Fitness is one of the most popular directions of mass fitness of sport gymnastics. Fitness training is the latest super system which combines aerobics and weightlifting into a single workout program: dumbbells, body bars, barbells and simulators, which are two different types of physical loads. Combining energy with aerobic exercise has a multifaceted effect on the human body which is therefore one of the most effective forms of physical activity. Fitness training is aimed at building an ideal body, the main criteria of which are a narrow waist, slender thighs, graceful legs, elastic breasts. The inherited "structure" and skeletal structure of the body cannot be changed, but any girl or woman can create a beautiful image and transform themselves into an ideal physical shape. There are no contraindications to do fitness exercises. By changing the content, duration, and intensity of the exercises, you can achieve a variety of effects from the exercises: fitness, special training, so fitness training can be recommended for practitioners of any level of training.

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