

A MECHANISM FOR DEVELOPING PHYSICAL TRAINING OF PRIMARY STUDENTS THROUGH GYMNASTIC EQUIPMENT

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Abstract: The article discusses exercises for the legs of primary school students, various initial positions - various sitting positions, side throws, shaking, half-sitting, walking on heels and walking with dance steps for the legs, studying the daily routine and educational load of primary school students, and the effect of quickly restoring the physiological balance in the body through the correct combination of various types of activity - rest, nutrition, sleep, etc. idea maintained.

Key words : elementary school, exercise, physical education, lesson, physiological, student, condition, gymnastics, physical quality, base action.

In recent years, the media has paid great attention to promoting gymnastics at home for health. There is nothing surprising in this, because this is the most rational way to improve the body. It is enough to do 30-40 minutes of gymnastics, watching it on TV. You do not need to go somewhere to participate. There is a special video collection, which is changed frequently, because each complex has its own purpose and helps to develop a specific muscle group. Students not only become healthy, but also learn to move beautifully and pay attention to the quality of the exercises. There are clear rules for performing each type of exercise. For example, all exercises for the neck should be performed softly, smoothly, without sharp pulls, with movements as wide as possible. When moving your arms forward, backward, and to the side, you should bend them. Using muscle strength, stretch your arms and try to hold the given position. When bending forward, try to keep your back straight, do not tilt your head, and raise your chin. When bending backward, the head should be tilted forward and the shoulder blades should be brought together. When bending to the side, do not bend or tilt the body forward. When twisting, keep the spine in a strictly upright position, do not bend or sag, and raise your head high.

Exercises for the legs of elementary school students are performed from various starting positions - various sitting positions, side lunges, swings, half-sits, walking on heels for the legs, and dance steps. When rising on tiptoe, the calf muscles are tensed as much as possible and the leg is straightened. When swings are performed, the supporting leg is lightly seated, and the back is kept straight.

When children aged 7-11 perform abdominal exercises, they should keep their abdominal muscles tense and repeat the movements as accurately as possible.

When performing exercises for the pelvic floor muscles, the buttocks are tense when the pelvis is raised, and when the pelvis is lowered, they are relaxed and the abdominal muscles are strained.

When students run and jump, the main thing is to maintain the speed of movement and control how they feel. When running, it is necessary to raise the legs higher. Not all loads are performed as in the first exercise. The loads should be gradually increased from exercise to exercise. After running, one or two relaxation exercises are performed. If we do them with determination, they will help us overcome the difficulties of practicing rhythmic gymnastics.

The school works in close partnership with the family. The sole purpose of the school and the family is to educate and nurture children. In studying the daily routine and educational load of primary school students, the issue of quickly restoring the physiological balance in the body under the influence of the correct combination of various types of activity - rest, nutrition, sleep, etc. is an urgent issue. Under the influence of favorable conditions of the external environment, the body of children and adolescents grows and matures. When the daily routine is properly organized, the child does not get tired, stereotypes are formed in the nervous system, children become disciplined and well-mannered. When the daily routine is not followed, the child becomes tired without full rest, his sleep and appetite deteriorate, his nerves are broken, and his working capacity decreases. A rationally organized daily routine, which ensures the even distribution of work and rest times during the day, is of great importance in maintaining the working capacity and arousal of the nervous system of students for a long time. The functional biological rhythm of the nervous system is taken as a basis for the daily routine of primary school students. In most healthy young children, high levels of cerebral hemisphere arousal are observed in the morning and afternoon hours, and its decrease in the evening hours. Observations have shown that the students' ability indicators change, that is, during the day this indicator increases twice (the first from 8 am to 12 pm). to, the second from 16 to 18). The first increase in working capacity is higher and more prolonged than the second. However, not all children have a high biorhythmic state in this interval. For example, a special study of the periodic changes in the physiological functions of some children of primary school age allows them to be divided into biorhythmic groups of different nature. The first group includes children whose physiological indicators increase by 2 times during the day, and the second group includes children whose functional indicators increase by one time in the middle of the day. The third group includes children with high functional arousal, and the fourth group includes children with abnormal manifestations of these indicators.

The schedule of students' eunuchs can be structured to correspond to the periods of natural increase and decrease in the body's physiological functions.

It consists of the following components:

1. School and home learning activities;
2. Spend more time outdoors;
3. Eat a regular and nutritious diet and engage in morning physical education;
4. Hygienically complete sleep;
5. It also includes dedicating time to activities chosen according to one's own desires (reading fiction, playing music, painting, etc.).

An improper daily routine, especially lack of sleep, affects the recovery processes of the cerebral cortex and the ability of students.

A hygienically based daily routine allows a student to regulate the main types of activities that he performs throughout the day, to properly conduct his mental and physical work, and to rest. If the school program does not properly plan the intensification of the mental activity of students, it will be difficult to achieve the intended goal in the educational process and health.

Failure to strictly adhere to the daily routine has a very negative effect on the growing organism. Students' working capacity decreases, their learning worsens, and over time, negative changes occur in their health.

The regular repetition of certain items in the daily routine ensures that the body's vital activities fall into a certain rhythm.

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