



Methodology of Physical Exercises

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Abstract: *The main role in the physical education of students belongs to basic gymnastics, and its routines form an important part of the school curriculum on physical education. The content of the exercises ensures the general physical development of students and the formation of life skills for work and life (movements in the appropriate direction, control of hand, foot, body, head movements, work posture).*

Keywords: *Physical education, curriculum, exercises, pedagogy, student.*

Physical exercises and procedures are conscious actions aimed at solving specific problems of physical education. They are carried out according to a certain methodology and have a great effect on the work of the central nervous system, reduce the fatigue of the cerebral cortex and increase the overall functionality. After training, the body of students will be able to cope with intense educational work more easily. In addition, under the influence of physical exercises, the musculoskeletal system improves: the bones become stronger and more mobile in the joints, the size of muscles, their strength and elasticity increase. Physical treatments are also of particular importance, as they are used to develop and maintain the muscular system, circulatory and respiratory organs. Gymnastics is a set of various exercises that have a multifaceted beneficial effect on the whole body and in particular. Gymnastics routines differ in the time and amount of physical activity during training.

The following types of gymnastics have been formed in the practice of physical education: basic, sports, acrobatic, artistic, hygienic, medical. The main role in the physical education of students belongs to basic gymnastics, and its routines are an important part of the school curriculum for physical education. The content of the exercises ensures the general physical development of students and the formation of life skills for work and life (movements in the appropriate direction, control of hand, foot, body, head movements, work posture). All types of exercises are designed for strength, endurance, speed. An important place in the life of students is occupied by hygienic gymnastics: morning exercises, physical activity during breaks, physical training exercises in classes of various subjects. This allows you to keep the body in a cheerful state during the day, as well as reduce fatigue. Games also belong to the means of physical education and occupy a special place in physical development.

Regular games require students to be active and help them develop basic motor skills and qualities such as speed, agility, strength, and endurance. The emotionality of games implies the possibility of manifestation of individual characteristics and initiative. In addition, games improve the mood of students. Team games help to strengthen mutual support, teach collectivism. Students united in the pursuit of a common goal provide mutual support and assistance, which leads to the strengthening of friendly relations and the formation of a team. Games are divided into mobile and sports. They are included in school physical education programs. In the elementary grades of the



school, outdoor games are held in physical education classes, during breaks, in different departments, and more outdoors. The role of team sports in middle and high schools is increasing.

Some types of physical exercises are considered as separate sports (athletics, skiing, sports and rhythmic gymnastics, swimming, etc.). As a means of physical education, sport allows to achieve high results in certain sports, maintain well-being, develop physical strength and movement abilities, moral and willful qualities in a comprehensive way.

Specific features of sports are sports competitions. They are a means of monitoring the state of physical education and sports work, stimulate physical fitness and attract to sports. In the practice of physical education of schoolchildren, walks, excursions, and hiking trips are also used. They not only improve general well-being, lead to physical hardening, but also allow you to expand your horizons. Hiking equips students with the necessary skills of camp life, teaches them to cope with the effects of natural factors and to use them properly to improve the body. Natural factors can also become personal means of physical education. Sunbathing, swimming, showering or rubbing are used for recovery. The daily routine describes a strict schedule of students' life and activities, work and rest time, meals and sleep.

Constant adherence to the regime forms vital qualities in children - accuracy, organization, discipline, sense of time and self-control. The regime synthesizes all types of means and forms of physical education, allows to use them comprehensively in the practice of working with students.

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