

Prosperity of Gymnastics by a New Era

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Abstract: The article analyzes the views of Ibn Sina and Pestalotsi on the main goal of physical education, the development of the strength and abilities that exist in children through exercise.

Keywords: gymnastics, exercise, method, physical, strength, younger generation, aesthetics, progress.



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INTRODUCTION

Abu Ali ibn Sina, in his "TIB Lawari", placed great emphasis on Physical Education. Considering the rules of Health Protection in his book, The great thinker perfectly speaks about the role and importance of physical exercise in the practice of health care and treatment. Ibn Sina was the first among scientists to describe the positive effect of physical exercise on the human body as "free movement, which causes a continuous deep breathing process, is called physical exercise." According to the chairman of scientists (as Ibn Sinani said), in the order of Health Protection, the main thing is to engage in exercises, followed by eating and following sleep patterns. If a person is constantly engaged in exercises in moderation in time and follows the agenda, he does not need any treatment measures and medication. The great scientist writes that a person who is not regularly engaged in physical exercise, his health begins to fade and his strength decreases as a result of stopping moving. The scientist believes that physical exercise strengthens muscles, joints, nerve fibers, as a result of which people, having done their work in a long time without exhausting, protect themselves from disease. Ibn Sina tries to take into account the extent to which a person's age and health are when exercising.

Pestalotsti (1746-1827) saw the development of strength and ability present in children through exercise as the primary goal of physical education. Throat Gymnastics argues that action games and manual labor will have to be completed. His service in the field of physical education was such that he gave impetus to the real recovery of gymnastics. He believed that exercise strengthened and refined the human body, created the necessary conditions for the development of strength and movement opportunities, prepared for living, helped to achieve mental maturity and strengthen health. Of course, in doing so, he had overestimated the importance of joint exercises, while the style he developed was central to and widely used in gymnastics of the time. The German scientist Tust-Muts develops the technique of most gymnastic exercises, including those performed on gymnastic projectiles, and in these exercises great importance is attached to the form of movement.

"Tib laws" provides information about when and in what way children, adolescents, the elderly engage in physical activities. Ibn Sina reflections on the time of start and end of exercises, how to massage, bathe in a bath and in cold water (warm-up), keep the body clean and other hygienic requirements are in the center of attention of scientists to this day. With gymnastics, everyone-children-he is an adult, the elderly-He, those who are well prepared-he is now beginners, healthy ones – he and even the unwell ones-can fog up.

A unified system of physical education tools and methods has been created in Uzbekistan. Gymnastics, one of the most popular of these tools, rightfully occupies an important place in this system. One of the most important tasks of gymnastics training is to help solve the task of "educating the younger generation from childhood to physical health, ensuring the harmonious development of physical spiritual forces in them." Gymnastics is especially important in the physical formation of children and adolescents. With the help of various tools and techniques of Gymnastics, the tasks of primary physical education are more successfully solved, the basis for the development of physical and motor abilities in children and adolescents is created, and their functional and cognitive capabilities are greatly expanded. Gymnastics is also practiced in the army of Uzbekistan in preschool children's institutions, schools, secondary and higher educational institutions, voluntary sports societies, production teams and treatment boarding houses, rest houses and recreation centers. The reason why Gymnastics is so widespread lies in the fact that its means are understandable and diverse to everyone, and the possibility of choosing exercises to solve various tasks of physical education is great. In gymnastics, vital skills and skills are acquired and improved. The educational importance of gymnastics is also very great. The conditionality of the exact distribution of training tasks, the wide use of action analysis and synthesis, the wide use of studied action analysis and synthesis are studied, the complication of individual activities in different execution options, the study of a huge number of physical exercises, which are infinitely diverse in combination, form and coordination-all this allows shugillans to learn to assess their. Gymnastics is an effective means of aesthetic education of a person. In order for the technique of performing gymnastic exercises to be perfect enough to require a style specific to gymnastics, the movements must be fluent and expressive, and the movements of the performer must be conciliatory, elegant. As a result of turbulence with gymnastics, the handsome is divided into, defects in the structure of the torso are healed, excellent proportionality is achieved both in the development of certain joints of the torso and in the development of the torso as a whole. The importance of gymnastics is also very great. With gymnastics, mistresses are brought up in the spirit of ideality and awareness, in the spirit of creative attitude to activity and work. The presence of training in a strict order, the organization of the educational process in the maximum activity of mistresses-all this makes them disciplined, accustomed to looking at the process of physical education with attention.

Physical education in Uzbekistan is carried out in two interconnected directions. One of these is a general direction, the other is a specialized-practical (professional-practical, military-practical and sports-practical) direction. The means of gymnastics, its methods and methods in organizing training are widely used in both directions. As we noted above, the extreme effectiveness of gymnastics is manifested in the stages of primary physical education, at the time when the foundation for the development of a person's physical abilities in every way and harmoniously is being created. This basic function of Gymnastics has been formed and decided over the course of its centuries-old history of development, which constitutes its specific function in the multi-lateral content of physical education. When the effect of gymnastic exercises taking into account their smoothness is carried out in a strict order, they affect certain systems of the human body selectively and logically (individual joints), which determines the use of gymnastics in practical-specialized forms of physical education. It is no secret that today the youth of Uzbekistan are looking forward to high heights. The methods used in all types of sports in general make it possible to stimulate the activity of the intellectual activity of mistresses. It is an honor for every

person for an athlete to raise the flag of the land to the highs in exchange for impassioned actions to grow spiritually.

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