

## GENERAL BODY DEVELOPMENT EXERCISES

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### ANNOTATION:

**General development exercises are the main content of training for keeping health groups and are widely used in physical education classes in schools, colleges and universities. The article discusses general development exercises, methods and schemes of their teaching**

**Keywords: gymnastics, general physical development exercises, methods, instructions, emotional phone, teaching methods.**

### INTRODUCTION:

The complex of general exercise is used in the morning for hygienic gymnastics, industrial and medical gymnastics. Representatives of all sports include general exercises in their workouts as a means of improving the quality of exercise and warming up.

General exercises are available for all ages and fitness enthusiasts with its relative simplicity and gradual complexity.

The value of general exercises is explained by the fact that they are easy to clean, allowing specific and selective effects on individual muscle groups. General exercises are especially important in shaping the situation. The purpose of general exercises is to prepare participants for general physical development and mastery of complex movements. The use of general exercises and competencies in training with different contingents includes the following.

- Having a large number of specific exercises (the ability to explain the requirements of terminology);

- Knowing the essence of each exercise, its direction;
- Ability to create task sets;
- Ability to teach and conduct training in a variety of ways;
- Mastering the methods of organizing general education classes;
- Ability of the participants to measure out the load a dose, taking into account the level of physical fitness and the tasks assigned to them

Instructions for the use of general development exercises:

1. Exercise sets should be designed to take into account the tasks assigned to these children and the duration of the lesson.
2. Forming the complex should take into account the place, time, as well as the age, gender, physical and technical level of the audience.
3. Exercises should be chosen in such a way that they give the audience a multifaceted effect, promote the development of basic physical qualities, as well as contribute to the formation of the correct posture.
4. For numeracy and musical accompaniment, each exercise 2, 4, 8, 16, 32 ... must be constructed and performed for calculation.
5. Stretching exercises should be done before the main exercises. This sequence eliminates any possible injuries.
6. You need to replace power, elongation, etc. with speed and speed.
7. As long as you are tired, stretching exercises should be repeated until you feel no pain.

8. The following scheme of construction of a training complex for educational exercises is recommended:

- Disputes;
- moderate intensity for arm, trunk and leg muscles;
- homogeneous muscle groups, but with more intensity;
- general impact (running, jumping);
- for rest (breathing exercises and others).

There are six ways to organize and teach general development exercises.

1. Separate (normal) - a method of performing exercises in each area. There is no pause between exercises. This is main method:

- a) because of existing for any contingent involved;
- b) allows studying and explaining;
- c) You can change the physical activity.

2. The flow consists of continuous exercises, the final state of the previous exercise is the starting point for the next. In this case, it is recommended to conduct training with a well-focused audience, which is better than beginners, who have developed motor skills. Error correction and action interruptions should only be made in exceptional, very short periods of time.

General development exercises are performed by modifying the following during physical activity.

- Number of exercises;
- The content of the exercise (the movement of individual parts of the body is less stressful than the work of many muscle groups; strength and endurance exercises have a stronger effect than flexibility exercises);
- Interval between exercises (increases the number of breaks for rest);
- repetition;
- Frequency of performance;
- Starting position (having the same exercise head in different starting positions). For example, stretching your arms while lying on

the floor, resting your hands on the floor, resting your feet on the armrests, or stretching your arms while lying on the floor.

Personal lessons should be arranged according to the level of the child. If it is difficult to continue the group work together, the teacher can order the students to stop working independently. In strength training, fatigue is felt and failure is considered a recurrence. It is impossible to reach such a level of endurance in endurance training, especially when training with beginners. When doing flexibility exercises, it is important to control the range of motion with a light feel.

Emotional phone is very important, especially for children. It is recommended to perform general exercises in a playful way. Many outdoor games are also saturated with movements that can be ordered and used as general exercises (walking, running, bending, jumping, bending, etc.)and the competitive methods of general development exercises increase the emotional appearance.

There are the following ways of teaching educational exercises:

1. By display. The teacher shows the exercise to the students in a "mirror image". They first explain the starting position, then the technique of the movement and its final state. Then they instruct the students to start the exercise.
2. The method of telling and explaining. This method is used to teach more practical exercises or to increase students' attention. The teacher explains the starting position and what actions to take when calculating "one", "two" and so on. It is recommended to suggest basic movements instead of counting during exercise, but at the pace of exercise. For example, instead of saying, "One, two, three, four," say, "Bend, straighten, sit, and stand."
3. The method of combination of storytelling and demonstrating. The teacher demonstrates and then observes the students.

4. The method of dividing into groups. This method is used in teaching more complex training sessions, as it allows me to identify pauses between individual movements and correct mistakes. After the command: "Starting position!" - The teacher gives orders, divides each person into pauses.

For example: "Right to the left, hands to the front - one step", "Right to the left, hands to the sides - two", "Left to the right, hands down, three to the bottom", "Sides to the bottom - four parts". Once completed, it will be completed as usual, without stopping. In elementary school, children are not instructed in teaching, but are given tips: "Accept and others," "Do the exercises with me," "Complete the exercises."

The training scheme for the exercises is as follows:

1. Explaining exercise.
2. Command to accept the initial position.
3. Command to start exercise.
4. Notes during exercise.
5. Command to finish exercise.
6. The command "Free".

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