

## THE ROLE OF GYMNASTICS IN THE EDUCATIONAL PROCESS

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### ABSTRACT

Gymnastics, one of the most popular sports, rightly occupies an important place in this system. Gymnastic training helps to solve the task of ensuring the harmonious development of physical and spiritual forces in the young generation from childhood.

**Key words:** Gymnastics, development, stature, educational process, mental and physical, hormonal development.

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A unified system of physical education tools and methods has been created in our country. Gymnastics, one of the most popular of these tools, rightfully occupies an important place in this system. Gymnastic training helps to solve the task of ensuring the harmonious development of physical and spiritual forces in the young generation from childhood.

### The Main Part

"Gymnastics" comes from the Greek word "gymnos" which means "naked". Also, the Greek word gymnastics (from the word gummazs-exercise) is a set of specially selected physical exercises, methodical methods used to strengthen a person's health, train him in all aspects and improve movement skills, strength, agility, quickness of movement, endurance and other characteristics. It also means system. The following are its main tasks:

- The perfect development of the forms and functions of the human body aimed at improving the physical abilities of a person in every way, strengthening his health, and ensuring that he can live for many years.
- Formation of important skills and qualifications (including practical and sports skills) and arming with special knowledge).
- Education of moral, voluntary and aesthetic qualities. Gymnastics, created on the basis of centuries-old experience and modern scientific achievements in the field of physical education, has become more developed and widely used in Uzbekistan.
- Gymnastics is especially important in the physical development of children and teenagers. With the help of various tools and methods of gymnastics, the tasks of primary physical education are solved

more successfully, the basis for the development of physical and movement skills is created in children and adolescents, and their functional and training opportunities are greatly expanded.

All children and adults, old and young, healthy and sick people can do gymnastics. Gymnastics is practiced in pre-school children's institutions, schools, secondary and higher educational institutions, voluntary sports societies, industrial societies and treatment boarding houses and sanatoriums. The reason why gymnastics is so widespread is that its tools are understandable and diverse to everyone, and there is a great opportunity to choose exercises to solve various tasks of physical education.

Life skills and skills are acquired and improved during gymnastics classes. The educational importance of gymnastics is also very great. The conditionality of the exact distribution of training tasks, the wide use of movement analysis and synthesis, the complexity of the studied movement activities in various execution options, the unlimited combination of movements, the study of a large number of physical exercises that are diverse in terms of form and coordination, all this allows participants to learn to assess their own movement possibilities and to determine the general laws of movement activity.

Gymnastics is an effective means of aesthetic education of a person. In order for the technique of performing gymnastic exercises to be perfect as required by the style specific to gymnastics, the movements should be smooth and expressive, the movements of the performer should be appropriate and elegant. As a result of doing gymnastics, one gets a good figure, defects in the structure of the body are eliminated, and in the development of some joints of the body, a very good proportion is achieved.

The pedagogical importance of gymnastics is also very great. Those engaged in gymnastics are educated in the spirit of national independence and consciousness, in the spirit of activity and creative attitude to work. Having classes in a strict order, organizing the educational process with the maximum activity of the participants, all this makes them disciplined, makes them accustomed to pay attention to the process of physical education.

Finally, gymnastics is a bright example of the unity of mental education and physical education. The methods used in gymnastics are the intellectual activity of the participants. It allows to stimulate its activity, helps to form the tendency of the central nervous system, its ability to adapt to different conditions of muscle activity. P.F. Evaluating the importance of gymnastics in school, Lesgaft wrote: "Mental and physical education are so closely connected that, as a result, they constitute an indispensable task of the school; because any one-sided development disrupts the process of education, and certainly does not create conditions for the formation of a well-rounded person."

In our country, physical education is carried out in two interrelated directions. One of them is a general training direction, and the other is a specialized practical (professional-practical, military-practical and sports-practical) direction. The tools of gymnastics, its methods and methods of training are widely used in both directions. As we mentioned above, the effectiveness of gymnastics is manifested in the initial stages of physical education, when the foundation for all-round and harmonious development of a person's physical abilities is being created. This main function of gymnastics was formed and determined during its centuries-old history of development, which is its specific function in the multifaceted content of physical education. Taking into account the diversity of gymnastics exercises, if they are carried out in a strict order, they have a selective and special effect on some organs of the human body, which determines the use of gymnastics in practical and specialized forms of physical education. The use of gymnastics in some sports (swimming gymnastics,

boxing gymnastics, football player's gymnastics, etc.) can be a vivid example of the expression that gymnastics is so practical-specialized.

There are three independent types of gymnastics: sports, acrobatics and rhythmic gymnastics. Gymnastics is an Olympic type of sport, since the revival of the Olympic Games (in 1896), gymnastics has taken a strong place among the current Olympic houses. The highest form of acrobatics and rhythmic gymnastics competitions are world championships.

In conclusion, we can say that all people who are engaged in gymnastics are able to have a beautiful figure, be healthy, and can be a springboard for all kinds of sports.

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