

THE IMPORTANCE OF RHYTHMIC GYMNASTICS IN DEVELOPING PUPILS' PHYSICAL CAPABILITIES

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ABSTRACT

The article deals with discussing peculiarities of gymnastics in the development of students' physical qualities. As we know, rhythmic gymnastics has become a very popular sport after its inclusion in the Olympic Games. At the same time, as a modern high-class sport, this requires the organization, holding of sports competitions, evaluation and improvement of methods and means of improving the training of athletes. In the article, the author analyzes the research and the views of scientists on the development of rhythmic gymnastics among students.

Keywords: Physical culture, sport, occupation, education, equipment, health, rhythmic gymnastics, choreography, music, rhythm, personal creativity.