

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.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

In our country, upbringing of a harmoniously developed generation is considered not only as a question of education, sports or medicine, but also as a multifaceted task that calls for comprehensive mobilization of activities in all spheres and sectors. In general, from all socially accepted programs, to caring about family and community institutions, and to promoting women in public life, they all focus on one common goal, namely, the development of a harmoniously developed generation.

Physical culture is one of the most important factors in human activity, aimed at developing a person, increasing - consolidating the development and preservation of human health, psychological and physical abilities in the process of performing conscious motor activity. The health level of Russian youth is deteriorating rapidly and steadily every year. Most young people are burdened with various kinds of addictions (smoking, drinking alcohol, drugs). All this lowers the percentage of healthy people. As we know, a person's habits and preferences begin to form since childhood, so children need to be occupied with something useful and interesting. Since they are full of energy, the most optimal occupation is sport, in all its forms.

Despite the fact that now is a time of new information technologies. Sport makes possible to improve our health. Those who practice sports additionally have higher lung capacity, more muscle mass. The main tasks of physical education are to improve health, physical and psychological development, as well as increase the level of working capacity of the population. The general tasks of the comprehensive development of personality and physical education have their special significance. Its goals and objectives are different and difficult:

- strengthening health promotes the correct physical education of schoolchildren and increases their ability to work.
- strengthening the body under the means of hardening.
- Development of speed, strength, flexibility, agility, endurance. The performance of many actions is associated with the manifestation of these qualities¹.

¹ Kuramshina Yu.F. Theory and methodology of physical education: textbook. - M., 2007.

Throughout the country, those sports that had previously been banned began to revive again. Sports included a critical subject in schools. Thanks to this, throughout the country they began to develop and improve the physical qualities of people of all ages through the introduction of programs for the general improvement of the population by methods and means of physical education, which should be carried out by all available means, as well as affect the population. Such means that influence the people can be:

- advertising a healthy lifestyle,
- various sports programs,
- the construction of various gyms, venues, stadium.

Rhythmic Gymnastics² - Women's competitions for performing various types of gymnastics and dance exercises with or without sport (such as ribbons, balls, rings, ropes). The current program of international sporting events includes a lot of wrestling (one compulsory and three free exercises with a piece) and group and freestyle exercises. Winners will be determined in many contests, individually and in group exercises³.

Although gymnastics is a relatively new sport, its roots go back to the distant past. The origins of this elegant sport are quite diverse, including gymnastics, plastic and rhythmic systems, folk and classical dance. It is worth noting briefly the life and work of a number of persons who founded it.

François Delsart (1811-1871) is a French singer and dramatic actor, later a teacher of diction and pronunciation. This ambitious man has developed a system of expressive gymnastics that covers all aspects of the opera singers' ability to sing, to use gestures and to move properly. To teach his system, he opened stage classes in Paris in 1839.

In general, this system is not suitable for rhythmic gymnastics, as Delsart argues that every emotional state should have a precise state of mind or movement, whereas in rhythmic gymnastics it is the task of giving different movements to the music. However, the rules of expression revealed by François Delsart still remain relevant. According to him, the following principles are highlighted:

- The principle of the link between emotional state and body movements;
- the principle of harmony in the movement of many joints, starting with the larger muscles (such as spring, wave).
- the principle of putting arms and legs together in order to maintain balance while moving.

Another man who made a significant contribution to the scientific education of women was the French physiologist and teacher George Demeni (1850-1917Y). He has proven that it is advisable to use dynamic exercises, muscle stretching and relaxation exercises, dancing movements, and knives (jogging, sticks, flutes, etc.), which can be used for flexibility, agility, good posture and tenderness⁴.

Emil Jacques-Dalkroz (1865-1950) - Swiss composer, professor of conservatory. He is the author of the rhythmic gymnastics system. Dalkrose began to shape his system using auxiliary techniques in solfeggio lessons. In this case, students were required to repeat and perform

²Karpenko, L.A. Rhythmic gymnastics / Under the general. ed. L.A. Karpenko. - M.: All-Russian Federation of Rhythmic Gymnastics, 2003. P.382

³Wiener, I.A. Integral training in rhythmic gymnastics / I.A. Wiener // Theory and practice of physical education. - 2006. No. 10. - p. 28-29.

⁴Yuldashev K.K. Formation of vital skills in gymnastics lessons, Tashkent, 1995 P.105

complex musical rhythms that they could hardly learn. He developed this technique so much that in 1910 he opened the Rhythm Institute in Hellerau, near Dresden. Institutions, groups, and courses were organized in the cities of Europe and America before World War I

Dalchrose's rhythmic gymnastics developed such qualities as a deep sense of music, a deep understanding of rhythms, harmony of movements, and attention to the physical education of young people. R. A. According to Warsawszkaya, the main disadvantage of the Dalkrose system was the separation of rhythm as a dominant factor beyond the music content. However, it was necessary to develop a sense of music through consistent learning and acceptance of music as a whole. Exactly R.A. Warsawszkaya, as a student of Dalkroz, became one of the founders of rhythmic gymnastics, forming a system of musical physical education based on his style. Its system is still widely used in the training of gymnasts and specialists.

Aysedora Duncan (1877-1927) is a well-known American dancer and has a history in art as a freelance artist.

Aysedora Dulkan, who has brought many innovations to dance art, has also made significant contributions to dance pedagogy. She dreamed of a school where students could achieve physical, intellectual, spiritual and aesthetic maturity. He opened several schools in America and Europe, along with his sister Elizabeth and later adopted daughter, Irma. His schools in Belvue, Paris, Grenwald (Germany), and Prechistenka Street in Moscow became very popular. Although Ayse-Dora Duncan failed to create a holistic teaching system, some of her ideas are very important including:

- Formation of creative individuality through personal creativity;
- use of high quality artistic music in teaching;
- Follow the principle of naturalness of movements, dresses and shoes; addressing nature as a source of image enrichment and aesthetic development⁵.

Some of the exercises developed by Aysedora Duncan are used for walking, running, jumping, wave and shaking hands.

Typical exercises for rhythmic gymnastics include non-material exercises, acrobatic exercises, dancing and choreography elements with various structure (flanges, ropes, pockets, ribbons). These exercises reflect the peculiarities of rhythmic gymnastics and form the basis of it.

Rhythmic gymnastics develops according to the general laws of sport⁶. Gymnastics' athletic ability consists of the following components: complexity of programs, composition and performance.

Complexity is the cumulative technical value of combinations determined by the complexity, combination, and number of elements.

Composition - the order of the elements in combination in terms of time and space,

Performance - the first gymnastic performance of the first and second components.

During the development of gymnastics, the requirements for individual components were not the same. Sometimes one of them was sometimes more focused on the other, which was largely dependent on the rules of the competition. However, in rhythmic gymnastics there must be a unique combination between all three components - complexity, composition and performance.

⁵ Rhythmic Gymnastics Competition rules, 1997

⁶ Menhin Yu.V. Physical training in gymnastics, Moscow. 1989. P. 75

An important requirement for a gymnast to perform a composition is to create an emotionally-moving image in the performance of technically complex compositions based on italic, expressive and expressive music.

Music plays a major role in the creative research of compositional programs. The nature and emotional content of the musical work must meet the individual characteristics of the gymnast (physical, technical, psychological, expressive, age).

The higher the skill, the music, and the culture of movement, the more chances a gymnast has. Another aspect of the performance of female athletes is choreographic preparation.

Choreography is an important tool for developing aesthetic education and creative abilities⁷. During the choreography classes, athletes become accustomed to art. They cultivate the ability to properly perceive the beauty of actions, to express certain emotional states, moods, and emotions. The concept of "choreography" (classical, folk, historical, everyday, modern) includes all aspects of dance art. Choreography provides an opportunity to enrich gymnasts' movement culture and expand their expressive vocabulary, as well as enhance their performing arts.

The growing competition at the world gymnastics requires that only athletes who are able to demonstrate complexity combined with high-performing performance, show exceptional expression, emotion, and artistry will always win. Therefore, a more qualitative approach to specialized choreographic training is required, which should be based on the principles of relying on personal abilities and constantly advancing in the changing environment under which gymnasts move. Despite the obvious aspects of gymnastics, the concept of "expressive movement" refers to psychology. In this term psychology studies the term external manifestation of mental states {manifestation in facial expressions, pantomimics and expression). Psychological training is also important in rhythmic gymnastics⁸.

Studying the personal psychological characteristics of gymnasts will help each of them to find a different approach. Athletes' client, their nervous system, helps the coach make the most effective decision to achieve his or her goal. Special development of mental functions and features is essential for effective performance of gymnastic exercises. Because there are so many startups in a tournament, gymnasts need special psychological training. In particular, 2-4 performances are performed daily for 3-4 consecutive days, with sufficient physical "relaxation" and relaxation, otherwise great psychological fatigue can occur.

Another distinctive feature of this sport is that the level of success of gymnasts is determined by the subjective assessment of the referees with their respective qualifications. Judges in rhythmic gymnastics have to take into account a number of performance-specific factors when evaluating combinations, as many aspects of the quality of movement appear in this sport. Their comprehensive coverage, analysis of various data in this regard, and the provision of accurate expert conclusions are the main objective of the theory and practice of rhythmic gymnastics.

The solution of this task requires attention to many specifics and peculiarities. In conclusion, it is possible to state that upbringing of harmoniously developed generation is considered not only as a question of education, sports or medicine, but as a multifaceted task

⁷ Gymnastics. Textbook. Translation into Uzbek. Tashkent. 1982

⁸ Smolevskaya V.M. Gymnastics and Methods of teaching. Textbook. Moscow. 1987

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Rhythmic Gymnastics is one of the fastest growing and popular sports in the developed world, which we admire. The number of participants and their skills is increasing every day. It will be pleasant to see that this sport's growing not only in cities, district centers, but also in remote villages.

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