

FEATURES OF USING CIRCULAR TRAINING EXERCISES TO INCREASE MOBILITY IN PHYSICAL EDUCATION LESSONS

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ABSTRACT

The article describes a technique that allows for rapid mobility improvement based on sensitive periods at a primary school age. The developed technique can be used to increase mobility of 9-10 years old children both in physical education lessons and sport clubs as well.

Keywords: Mobility, circular training exercises, sensitive periods, primary school age, Physical Education lessons.