EFFECTIVE ORGANIZATION OF OCCUPATIONS WITH GYMNASTIC EXERCISES IN INITIAL CLASSES

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Abstract. Physical training and sport is widely propagated in Uzbekistan, where successfully is realized program For Healthy Generation, and 2014 is declared "Year of the healthy child". The present article is devoted to the questions of development of physical activity of younger school pupils (children of 6-10 years) by the organization of occupations by gymnastics. In article problems of physical development of pupils of initial classes are defined, specifics of gymnastic exercises which carry out functions not only improvements of children, but also harmonious development of their figure, a bearing are noted, promote formation of moral and esthetic and strong-willed qualities. The humanistic orientation of occupations is especially emphasized with gymnastics in article, not to bypass to carry out gymnastic exercises, both at lessons of physical training, and in the process of out-of-class and out-of-school actions. The author submitted some recommendations about the organization of gymnastic exercises, definition of pedagogical tasks and sequence of their performance. Data on results of testing on a condition of physical development and physical training of children of 7-8 years are in summary provided.

Keywords: physical culture, gymnastics, elementary school, Uzbekistan, physical training, children.

In the 12th article of the Law "About Education" of the Republic of Uzbekistan at the stage "Primary education" mastering the diploma, formation of bases of knowledge and abilities is provided. Responsibility for the organization of out-of-school educational institutions is enshrined in the 17th article of this Law behind government bodies, public organizations, other legal entities and individuals on purpose.

Satisfactions of individual needs of children and teenagers in cultural and esthetic, technical area, in the sphere of sports and other directions (Republic of Uzbekistan 1997, 2000).

Studying of sources of special literature shows that development and formation of a figure and an organism of the child especially intensively happen during training at elementary school. Noticeable changes in a structure of a body of children of this age are observed. The bone and muscular system of children develops is unbalanced.

In this regard a number of scientists (Matveev, 1991; Menkhin 2002) was published by recommendations about use of gymnastics of different forms; Sh.Kh. Khonkeldiev (1996), K.M. Makhkamjonov, I.M. Rasulova (2006), P. Hodjayev (1996) recognized need of use of various means of physical training for a mode of school day for increase of physical activity of learners.

We consider that selection of means and methods of occupations by gymnastics for school learners of 6-10 years, carrying out occupations at lessons of physical training and after hours will allow realizing completely requirements of the program for physical preparation and development of children.

Occupations by gymnastics promote the decision not only the general problems of physical training, but also the specific educational tasks inherent in teaching and educational process in initial classes. Among such tasks it is possible to call the following: enrichment of knowledge of children in the field of gymnastic sports, studying of new, more difficult movements and exercises, harmonious development of motive and spiritual and moral qualities (feeling of a rhythm, taste, imagination, concentration of attention, memory improvement, etc.), perception of the esthetic party of movements, formation of abilities and experience, and that is especially important, education at conscious level of a conscientious attitude to study and strong-willed qualities.

The distinctive party of gymnastics and gymnastic exercises is that the gymnastics serves for the person not as simple entertainment as game, walk, competition. Along with that the gymnastics strengthens and coordinates separate bodies and systems of the person, it besides has a great impact on spiritual and
psychological and personal qualities of the person – "works" for enrichment of motive, emotional, esthetic, moral experience of the person of which it makes use throughout all life.

Basis of teaching and educational process in initial classes is the humanistic orientation and continuous updating. Scientists, practicing specialists unanimously approve value of complex system of physical training for children of 6-10 years, emphasize influence of humanistic approach to each pupil and need of ensuring the rights of each personality on full physical development.

It should be noted that surrounding learners of initial classes, cardinal changes. Habitual games are succeeded by the computer. There is an intensive intellectual development of children. Anything it is impossible to object to it. But unfortunately, time for the main gymnastics, walks, communication with contemporaries is constantly reduced. In this regard there is a problem of search of new solutions of a problem of physical development of children of 6-10 years: first, secondly, to improve physical preparation and process of mental development of younger generation, having connected them with studying of regularities, methodological and methodical conditions.

One of the serious factors which are negatively influencing health of school pupils, the wrong and unreasoned organization of physical training at lessons and after-hour occupations is.

Performance of gymnastic tasks and exercises has the features which should be considered on classes in gymnastics:
– it is allocated in each exercise of parts, phases and exercise studying at first in parts, and then – as a whole;
– application of exercises for the solution of pedagogical tasks and problems of improvement;
– development of separate muscles, increase of functionality of separate bodies and organism systems;
– rendering influence on moral and psychological and personal qualities of participants, formation of motive skills;
– organization of music of performance of exercises and improvement of an emotional condition of learners.

On the children, who are engaged in gymnastic exercises, has impact not only skill of the teacher, but also his word, support, approval. Besides, the teacher has to think up and prepare the occupation program in advance. It makes the lesson project on the basis of the didactic principles and creates optimum conditions for successful development of new exercises. Classes should be given at due emotional level, to make active thought, will and movements of participants, then children will have a positive relation to performance of gymnastic exercises.

We will give here results of physical development and physical training of children 7-8 years received in the process of testing which was held in school №184 in Tashkent before carrying out experiment.

<table>
<thead>
<tr>
<th>Age</th>
<th>Gender</th>
<th>Height, sm</th>
<th>Weight, kg</th>
<th>Thorax volume</th>
<th>From high start to 30 m (sec)</th>
<th>Jump length from place (cm. m )</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>Boys</td>
<td>123,8</td>
<td>21,3</td>
<td>61,7</td>
<td>6,7</td>
<td>109,3</td>
</tr>
<tr>
<td></td>
<td>Girls</td>
<td>122,1</td>
<td>20,9</td>
<td>59,3</td>
<td>7,0</td>
<td>108,0</td>
</tr>
<tr>
<td>8</td>
<td>Boys</td>
<td>128,0</td>
<td>26,2</td>
<td>61,9</td>
<td>6,9</td>
<td>132,6</td>
</tr>
<tr>
<td></td>
<td>Girls</td>
<td>125,4</td>
<td>27,3</td>
<td>59,6</td>
<td>7,7</td>
<td>116,7</td>
</tr>
<tr>
<td>Temp. speed</td>
<td>Boys</td>
<td>4,2</td>
<td>4,9</td>
<td>0,2</td>
<td>0,2</td>
<td>23,3</td>
</tr>
<tr>
<td></td>
<td>Girls</td>
<td>3,3</td>
<td>6,4</td>
<td>0,3</td>
<td>0,7</td>
<td>8,7</td>
</tr>
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</table>

Our recommendations consist in forming at learners' requirement to movements not only at lessons of physical training, but also out-of-school occupations by physical culture and sport.

References