

SEVERAL ISSUES OF TEACHING GYMNASTICS IN MIDDLE SCHOOLS

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ABSTRACT	KEYWORDS
What should be paid attention to in the more effective organization of gymnastics classes in general secondary schools of our republic, what methods should be used when conducting classes, and medical groups in physical education? The state of students' sports preparation and stages.	Forms of physical exercises, physical education class, general tasks, special tasks, medical groups, tasks of physical education, volitional qualities, tool, gymnastics term, skill, skill, volitional qualities.

Introduction

The Republic of Uzbekistan has made significant strides in the promotion and development of physical education and sports over the past decade. Following the adoption of the new version of the Law "On Physical Education and Sports" in 2015, a series of presidential decrees has laid a solid foundation for enhancing sports infrastructure, promoting healthy lifestyles, and fostering a culture of physical fitness among the population. This paper aims to analyze the key measures taken in this regard, particularly focusing on gymnastics as a central sport for youth development in schools, and the implications of these initiatives on the overall health and well-being of students.

Legislative Framework

The legislative framework governing physical education and sports in Uzbekistan has been pivotal in shaping the current landscape. The adoption of the 2015 law established guidelines for promoting physical activity across various demographics, with a particular emphasis on youth engagement. This was further supported by President's Decree No. 5692, issued on January 24, 2020, which outlined measures for the popularization of physical education and sports nationwide.

Key Presidential Decrees

1. Decree on Promoting a Healthy Lifestyle: This decree set the stage for comprehensive health initiatives aimed at increasing public awareness of the importance of physical activity. By promoting

mass sports, the government sought to integrate physical education into the daily lives of citizens, thereby encouraging a culture of fitness.

2. Decree on Developing Gymnastics Sports: Issued on December 23, 2022, this decree specifically targeted the promotion of gymnastics in general secondary schools. By introducing gymnastics programs for elementary students, it recognized the sport's potential to enhance physical fitness, coordination, and overall health.

3. Establishment of the Oksana Chusovitina School of Sports Skills: This initiative aimed to create specialized institutions dedicated to nurturing young talent in gymnastics. Named after the renowned gymnast Oksana Chusovitina, the school serves as a beacon for aspiring athletes, offering specialized training and resources.

Implementation of Gymnastics Programs

The decision to implement gymnastics programs in general secondary schools represents a strategic approach to physical education. The "Gymnastics for Children" program is designed for elementary school students, promoting early engagement in sports.

Objectives of the Gymnastics Program

Health Promotion: The program aims to improve students' physical health and fitness through regular participation in gymnastics, which is known for its numerous health benefits.

Skill Development: By focusing on gymnastics, the program seeks to develop essential physical skills, such as balance, coordination, and flexibility.

Interest in Sports: The initiative aims to cultivate a lifelong interest in physical activity among young students, fostering a culture of sportsmanship and teamwork.

Implementation Strategy

To effectively implement the gymnastics program, several strategies have been adopted:

1. Training of Coaches: Trainers recruited from local sports schools are responsible for conducting gymnastics sessions in selected schools. This ensures that students receive high-quality instruction tailored to their age and skill level.

2. Infrastructure Development: The establishment of gymnasiums in general secondary schools is critical. By attracting investments and grants, schools can expand and enhance their existing sports facilities, making gymnastics more accessible.

3. Community Engagement: The program encourages community involvement through events and competitions, promoting gymnastics as a popular sport among young people. This engagement is crucial for sustaining interest and participation.

The Role of Physical Education Classes

Physical education classes serve as the primary medium for implementing gymnastics training. These classes are structured to accommodate different health statuses and skill levels among students.

Classification of Students

Students are categorized into three medical groups based on their health status:

1. **Basic Group:** Comprised of students who are generally healthy and actively participate in sports. This group is the focus of standard gymnastics training.
2. **Preparatory Group:** Includes students who are healthier than average but do not participate in competitive sports. This group receives modified training that prepares them for more intense physical activity.
3. **Special Medical Group:** This group consists of students with various health issues who require tailored training programs. Special attention is given to their needs to ensure they can participate safely in physical education.

Curriculum Design

The gymnastics curriculum is designed to address various educational, health, and social objectives:

Health Days: These events focus on health promotion and awareness, providing opportunities for students to learn about the benefits of physical activity.

Sports Events: Organizing sports parties and competitions helps to foster a sense of community and encourages friendly competition among students.

Methodological Approaches to Physical Education

A complex approach to organizing physical education is essential for ensuring its effectiveness. Analyzing the conditions and environments in which physical education occurs—both in and outside of school—reveals that continuity in the pedagogical process is vital.

Forms of Physical Education

Physical education can be divided into two main groups:

1. **In-Class Instruction:** This includes structured lessons held during school hours, focusing on skill development and physical fitness.
2. **Extracurricular Activities:** These activities provide additional opportunities for students to engage in sports and physical fitness outside regular class hours.

Small Group Training

Dividing students into smaller groups for training enhances the effectiveness of the educational process. This allows for more personalized instruction and ensures that each student receives attention and support, improving their overall engagement and performance.

Conclusion

The comprehensive measures taken by the government of Uzbekistan to promote physical education and sports, particularly gymnastics, are commendable. By establishing a robust legislative framework and implementing targeted programs in schools, Uzbekistan is poised to cultivate a generation of physically active and health-conscious individuals. As these initiatives continue to evolve, the focus on gymnastics can serve as a model for integrating physical education into the broader educational landscape, ensuring that all students have the opportunity to develop their physical skills and lead healthier lives. The ongoing investment in sports infrastructure and community engagement will be critical in sustaining these efforts and enhancing the overall impact of physical education in Uzbekistan.

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