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My country on the trail physical education - our people upbeat in spirit, healthy educate structural part is our republic population to work , Motherland for protection training , physical in terms of I'm fine take educate the most easy is a tool.

Today's 0 per day in Uzbekistan physical education and sports , that's it Fri ladan , of gymnastics development ed and his progress - tini tasaw ur qiiish for ex Union to the period eye without throwing transition possible it's not .

Turkestan area in the XVII-XIX centuries physical education and of sports , that's it including gymnastics this in the region development and progressive reach in Russia physical education and to sports history directly dependent that it was denial by doing it won't be .

Right now in Uzbekistan physical education and of sports tool - a single system of methodology created This is it of means the most from public one was gymnastics this in the system in justification important place took over Gymnastics of training the most important task young generation childhood since from , physical and mental in terms of healthy by doing education , in them physical and spiritual forces harmonic way from development consists of " Gymnastics " comes from the Greek word " gimrtos " . come came out is the meaning of " naked " . means Also in Greek *gymnotike* (*gymmazo* — trainer , exercise i will do from the word taken) man health strengthen it in all aspects of the body bring up and motor skills

— physical qualities : strength , agility , quickness , endurance and another physical qualities education , etc to make for used special selected physical exercises methodologies is a network .

Gymnastics main tasks: Physical education in their classes and from class except in training class and from science strictly look order storage Placement exercises known to be and lessons and organize to do facilitate for use



need

Formation exercise is also key gymnastics posts with together is evaluated. Placement exercises Of this using all sports activities and lesson from training more to efficiency reach can

Order appropriation exercises in students to act in an orderly manner , time and of resources fruitful use , to the leader submission , together business conduct , to the rules compliance to do , right and fast decision acceptance to do habits will give . From this except , studied actions known time between if repeated , complete learning happen will be and modern people in his life manifestation to be attitude , behavior - actions and relationships appear will be So so , people whole their lives control under holding standing possible will be They are perfect , to himself confident , humble , hardworking , successful and happy people will be

Placement of exercises advantages of the following consists of :

- To the lesson adaptation heating of the era At the beginning of regularly walking and to run through done is increased .
- Whole group good understood conditions and commands through disciplined way managed and control will be done .
- Various in methods done increased order and alignments the lesson smooth teaching and transfer convenience provides .
- That's right step and solemn step to walk development holiday days to the teacher big convenience creates
- Given command everyone by one different perception if done and leveling and sequence immediately done if increased , the time saves . So so the teacher every time get order explaining to give a must it's not .

Placement in exercises positions , turns , walks and others Actions commands with is provided . Physical education in their classes the teacher and students commands with communication they do (Figure 1.2). The desired movement is short expression with and persistence means sound in tune to be told need It 's here sound tone and expression the method is also him open giver feature as a discipline of action open will give . That's why for command in giving caution to be need

ORDER: It's any action successful perform for exercises short and sure representing tall in the voice said is order . Command of his words feature that they are short and understandable . Commands for two split : message to give and sanction commands:
Message to give command : This is done to be increased to action preparation stage . How is this action apply need to say command . " Right towards turn !" The word " right " in the command message to give command (Figure 1.3). Message to give command given , from the position strict look , stand (main position) position is taken .

Sanction command : This is done increase need has been action done increase need expressive word This is a command and that's the action command with will be completed .

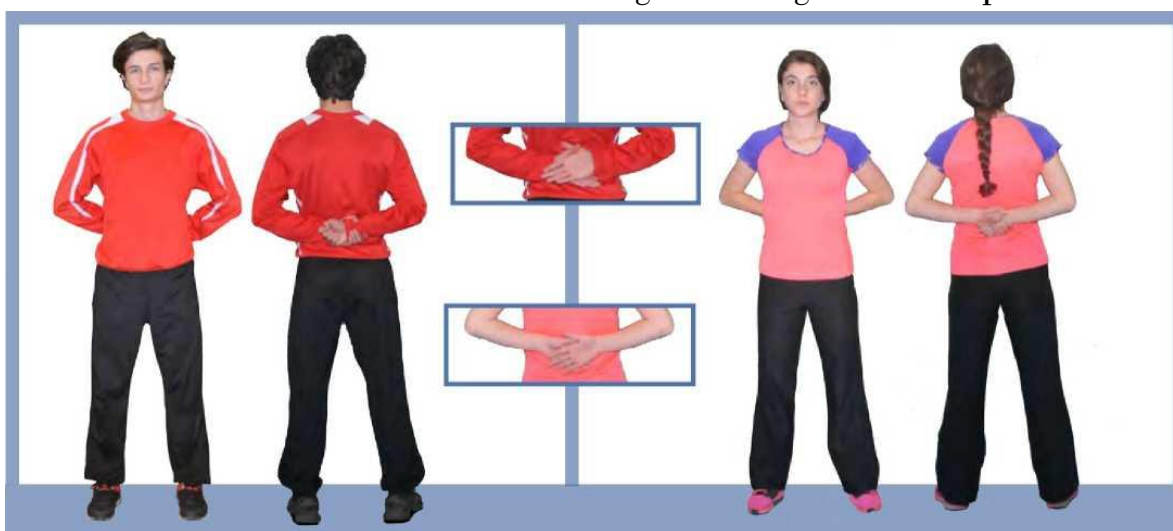
" Right towards turn !" The word " turn " in the command sanction command (Figure 1.3).

Command to be given of action lively , clear and unity with fulfillment provides . Commands impressive in the voice and sure to be given Command to be given of action lively , clear and unity with fulfillment provides . Commands impressive in the voice and sure to be given need

Notification and execution command in the middle short time waiting need Some in commands notification and sanction commands will be combined (Line in line!). Such in commands of command second the word stretched out without is given Some commands only sanction from the command consists of (Convenient !).

Duruys ; He greets , walks or certain order or in order from passing before to run for is used .

Ready stand up status (main position): Left leg right leg next to hard is drawn . Ankles next door and one in line , foot fingers from each other one leg in the distance located A student in girls leg fingers together located Body weight both of the leg compensations and compensations in the middle equal to is distributed . Knees a little elongated body upright in case , chest cage blow a little , stomach pulled back , shoulders one different in height caught up without raising a little back is pushed . Hands down falls Fingers to each other connected and tense , medium finger to the leg touch your pants seam on located Elbows a little forward , head straight caught , chin neck towards the eyes are drawn a little forward looks , muscles a little they get tense . He is different command until given without moving waits A student girls for relaxed from the situation main to the situation transition leg on his fingers a little up will rise



Relaxed Status : Students that's it in case stored in the report common speeches and

corrections is entered . Left foot one leg length or shoulder width opens and in the left lane own place strong occupies Your body weight both to the leg will be held . Hands back on the side, hands while at the waist Left hand below and right of the hand wrist holding stands Right hand light fist in the case of Hold it stand up again one method - both hand open, left hand below and thumbs transversely connected . Head and the eyes main in case that it was such as . Speaking or no action. A studentgirls for ready and comfortable position more aesthetic and soft to be need Relaxed body weight in case right to the leg is placed. Long time waiting on time right on the leg the weight is also transferred to the left leg possible (Fig. 1.5).



Turns for two divides: tik standing and in action turns. In place, left, right , back turning Which towards turning command if given , turn that's it of the leg heel and second big toe with done is increased . Then, back leg another towards is drawn and main position starts. The return is from the "left" side done is increased. Turning commands ready in case is given

To the left turn: This command according to 90 degrees to the left direction change The weight of the body is on the left leg at the expense of is placed . Left leg tip and right of the leg heel from the ground rises a little. Left leg heel with right leg the ball on to the left turn around Behind standing right leg possibility until faster to the left foot is brought. Turning during head, body and hands own positions save stands



To the right turn : Command according to the body weight right of the leg at the expense of is placed . Right of the leg tip and left leg heel from the ground rises a little . Right of your foot 90 degrees at the heel To the right turn around Behind standing left leg possibility until faster right to the leg is brought

Back return : Command body weight on the left leg at the expense of is placed .

Left leg tip and right of the leg heel from the ground rises a little. Your left leg 180 degrees at the heel to the left turn around Behind standing right leg possibility until faster to the left foot is brought. Back always come back from the left done is increased (Fig. 1.8).

Two to the group be In the group one of you command if you give, you are the second imitator to be need Exercises perform for upright standing without stand up actions and turning actions exercise do it Application submit process when finished, the



roles change it . Each exercise to the instructions according to a lot repetition with do it Your work in class to your peers present do it

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