

IMPROVING STUDENTS' PHYSICAL FITNESS THROUGH ATHLETIC GYMNASTICS

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Annotation: *This article explains the importance of physical education tools, the influence of gymnastics and acrobatic exercises in the physical development of students, and gives practical recommendations.*

Key words: *athletic exercises, physical exercises, healing forces of nature, hygienic factors.*

Means of physical education require interdependence with each other. That is, it is impossible to imagine one without the other, and at the same time, without each other, it does not stimulate the practitioner. There are three main tools in physical education, and they are as follows: physical exercise, healing forces of nature and hygienic factors. Among them, physical exercise is the main means of physical education, and it is historically divided into groups such as athletics, movement games, sports, gymnastics, sports games and tourism, and is expressed as a means of the educational process.

Physical exercise is defined as various categories of voluntary movement activities performed consciously, subject to the laws of physical education. Such movement activities have historically been systematized as athletics, movement games, sports, gymnastics, sports games, and tourism exercises. The concept of "physical exercise" is connected with human movement and ideas about movements. Movement is considered as a motor function of the organism. The word "Physical education" reflects the nature of the work that is performed in contrast to mental education, which is manifested in the form of changes and development of the human body and its parts in space and time.

The results of physical education can be achieved by using all the means of the system. But the importance of the means for each group is not the same. The greatest weight in solving the tasks of education and training corresponds to the share of physical exercises. This is due to a number of reasons. Physical exercise affects not only the morpho-functional state of the body, but also the person performing it. physical activity can also fulfill a person's health needs. Among all types of pedagogical activity, the subject of teaching only in physical education consists of a directed influence on the performance of students in a series of actions and the improvement of physical exercises.

In the process of physical culture, the healing forces of nature, air, sunlight, and water are used as a means of culture in the form of healing forces of nature. The gift of nature - air, water, sunlight - is the main means of increasing human working capacity and strengthening health.

Physical culture is carried out by adding exercise to the health-giving forces of nature with movement (in the open air, under sunlight, etc.). Bathing, basking in the sun, the heat and cold of the air have different effects on the human body with physical exercises.

It should be noted that the geographical, climatic and ecological conditions of our beloved republic require the development of a scientific basis for the use of healing forces of nature in all regions and regions. For example, the use of sunlight should be from 09:00 to 11:00 and from 16:00 to 17:30 taking into account age, gender and other individual characteristics. It should be remembered that neglecting the norm of physical exercises, the total amount of load, the intensity of the exercise will lead to negative results.

It has been proven in practice that providing participants with theoretical knowledge of sunbathing, water exercise and their systematic use, change of air leads to an increase in the rapid adaptation of the body to hot and cold, sudden changes. Training should be carried out from an individual's youth.

Hygienic factors include measures of personal and public hygiene, occupational hygiene, nutrition, rest and external environment factors, physical exercises (classes, exercises, training) and others require compliance with hygienic requirements and norms. It has been scientifically and practically proven that they increase the effectiveness and efficiency of physical exercises.

Sufficient provision of hygienic conditions depends on the material and technical base used for physical culture, sports equipment, equipment and available clothing - the condition of the head. Physical exercises, the rational use of healing forces of nature and hygienic factors strengthen human health and develop physical abilities. It will be possible to implement the principle aimed at improving the health of the physical culture system only if the training sessions become an organic part of human life. On the other hand, physical exercises will have the desired effect only if the necessary hygienic norms are observed.

Even if it is not considered a special tool of physical culture, hygienic factors are important for solving the task of physical culture. No matter how carefully the pedagogical process is organized, if the sleep and sleep regime is not followed, and if the training is conducted in a place and equipment that does not meet the medical requirements, they will certainly achieve an ineffective result. Therefore, topics for theoretical information representing the content of hygiene knowledge were recommended for physical culture programs in schools. They are the tools that organize the vital activity of a person outside the physical culture process and are part of the physical culture process.

In order for the student to quickly and painlessly adapt to the exercises, it is very important to start with simple exercises, i.e. initial exercises. It is known that every student should follow a daily routine, not limited to activities. That is, it is necessary to have an agenda for each student, taking into account his training. For example:

Wake up at 7.00

Tidying up, washing up 7.30-7.50

Breakfast 8.10-8.20

Free time 8.20-9.00

Socially useful works:

Work 9.00-9.30

Relaxation in the sun and air bath 9.30-11.30

Free time 11.30-12.30.

Lunch 12.30-13 00

Afternoon rest 13.00-14.00

Bathing 14.00-16.00

Independent training, physical education 16.00-16.30

Classes, games:

Stretching, individual training 16.30-19.00

Dinner, until 16.30

For independent games, students need special time for daily work. It is also very important for students to walk in the fresh air and take walks. If the weather outside is bad, it is better for students to spend time doing activities instead of walking. The summer regime of students differs from other periods - during this time, students go on excursions, go to theaters, the zoo and other interesting places. There may be some changes in the daily routine of students - in addition to breakfast, lunch and snacks, it is not recommended to change the time of the second breakfast and dinner and the time of the training session. In addition, sleep time is also very important for exercise recovery and relaxation.

Summary

By organizing the daily routine on the basis of hygienic rules and requirements, it is possible to perform every work at a certain fixed time every day, at a certain fixed time the body adapts to eating and resting. In other words, each

a conditional reflex is formed for the time of work, eating, rest, and sleep,

a dynamic stereotype is formed. As a result, time is saved, every work is clear

is performed at the appointed time, meals and rest are in moderation,

the body does not get tired, the efficiency of activity increases. By following the daily routine, a person becomes disciplined, feels full responsibility, and creates the ground for his spiritual and moral growth.

It is recommended that the agenda be approximately as follows:

Waking up, morning, hygienic, gymnastics (physical education).

Physical education begins with walking and moves to running. Then gymnastics

exercises are performed. In this, all the muscles of the body are moved. Arm, shoulder, trunk, and leg muscles are moved in turn during gymnastics. After the morning hygienic physical education, training activities will be held. Wash and have breakfast. Having meals every day at certain clearly defined times allows the appetite to be in moderation, the food to be digested well, that is, a conditioned reflex is formed in relation to the time of eating.

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