

METHODOLOGY OF TEACHING GENERAL DEVELOPMENT EXERCISES IN SECONDARY SCHOOLS

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Abstract: *General development exercises organized in general education schools are of great importance and they play an important role in the development and health of the whole body. It is aimed to acquire a large number of certain exercises, to be able to name the terms, to know the characteristics of each exercise, to know its direction, to teach U.R.M.*

Key words: *school, general development exercises, joints, nature of exercise, muscle development.*

General development exercises take the leading place in physical education classes. Its wide range of tools and methods allows to cover almost all people: children and teenagers, adults and the elderly, women and men, healthy people and patients. General development exercises ensure all-round physical development and improvement of a person's movement abilities, preparing him for work and defense of the Motherland. General development exercises are especially important for the physical development of the growing generation.

Since ancient times, doctors and philosophers have recognized the necessity of physical exercise for human health. They have determined that no drug can replace movement, on the contrary, movement activity can replace many drugs.

General development exercises are special exercises. They play an important role in the development and health of the whole organism and help the development and strengthening of large muscle parts such as the shoulder girdle, torso, legs, joint mobility, and normalization of muscle tension and relaxation.

The purpose of these exercises is to shape the body correctly, strengthen the entire locomotor system, and improve blood circulation, breathing, metabolic processes, and the functioning of the nervous system.

General development exercises activate the higher motor centers that control movements; it helps to show physical qualities such as quickness, agility, balance of forces, endurance, flexibility, evokes a positive emotional mood in a person.

General development exercises given in a certain consistency are aimed at gradually bringing the whole body into a state of activity, strengthening functional processes that help its general vital activity.

The first group of exercises is aimed at developing and strengthening the shoulder girdle and arm muscles. They help to expand and increase the respiratory rate of the chest: strengthen the diaphragm, intercostal muscles, the entire respiratory muscles, allow deep breathing, strengthen the back muscles, straighten the spine, help strengthen the heart muscles, improve the rhythm of heart contractions optimizes.

The second group of exercises is aimed at developing and strengthening the trunk and back muscles. These exercises affect the correct formation of the figure and help to develop the flexibility of the spine when bending the body forward and to the sides, turning to the right, left, as well as rotation. The main task of the last exercise is to strengthen the position of the pelvis while sitting with legs crossed, sitting cross-legged or sitting with legs crossed (immobile position).

The third group of exercises is designed to develop and strengthen leg and abdominal muscles. They help to strengthen the abdominal muscles, which prevent the internal organs from shaking during intensive movements (jumps, jumps, etc.), and also prevent blood stagnation in the veins.

U.R.M complexes are used in morning physical training (including exercises broadcast on radio and television), basic, rhythmic and industrial gymnastics. All types of sports include U.R.M in their training as a means of developing leg and arm strength and certain physical characteristics. The large amount of U.R.M can be explained as follows: it is used when the body and its separate parts are combined in different ways and the level of muscle tension, movement speed, amplitude and direction are changed in different ways. Changing the initial and final positions, the use of various objects, heavy objects and equipment greatly expands the limits of the use of these exercises. The relative ease and the possibility of increasing complexity make U.R.M convenient for all types of practitioners with different training. Acquiring U.R.M. is considered a preparatory school. Starting with simple joint movements, the participants gradually move to more and more complex exercises. In sports, the initial training stage is characterized by a lot of U.R.M.

It is easy to determine the size (dose) of these exercises, and it allows you to direct and selectively affect certain muscle groups. U.R.M. is given great importance as a means of correct formation of the figure. Undoubtedly, in the work of a physical education teacher, knowledge and skills related to the use of universal tools such as U.R.M. should have a special place. The rational use of U.R.M. in the training of various contingents implies the following:

Mastering a large number of specific exercises (knowing how to show, being able to name terms):

Knowing the characteristics of each exercise, its direction:

Based on tasks, be able to create sets of exercises:

In different ways (telling, showing, using the game method according to the task, etc.)

Being able to teach and conduct training for U.R.M.:

To know the methods of organization of U.R.M trainings:

Based on the tasks being solved and the condition of the participants, it is accepted to classify the exercises into groups for different parts of the body depending on the anatomical sign of the exercises that develop the ability to determine the size of the nagruzka.

1. Exercises for arms and shoulders:
2. Neck exercises:
3. Exercises for legs and pelvis:
4. Exercises for the body:
5. Exercises for the whole body.

In each group, a series of exercises can be allocated for even more limited members. For example: "In the group of exercises for the arm and shoulder, there are exercises for the fingers, paw blocks, and the shoulder." In the group of body exercises, exercises for the front muscles of the body are allocated, etc.

Classification of exercises according to their anatomical features, classification according to the characteristics of their physiological effect, is complemented by an indication of the characteristics of their physiological effect. This refers to the main effect of exercises aimed at developing movement qualities, strength, speed, flexibility, endurance, agility, etc. The shape of the U.R.M. is determined by the main movements in the joints: bending, straightening, writing, gathering, rotational movements. The nature of the exercises largely depends on the level of tension and relaxation of the exercises. Accordingly, in the examples below, exercises for different parts of the body are divided into groups depending on the nature of their greater impact on the development of one or another quality. Effects of exercises of the same form (for example, sitting and standing) on the body, on the nature of their performance (slow or fast sitting, with or without loads, etc.).

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