



RHYTHMIC GYMNASTICS IN THE SYSTEM OF PHYSICAL EDUCATION

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Abstract

The article discusses the importance of rhythmic gymnastics in the system of physical education and the readiness of students to implement competencies that ensure the formation of interest in rhythmic gymnastics classes.

Keywords: rhythmic gymnastics, students, competencies.

Introduction

The professional module "Basic and new physical culture and sports activities with the methodology of health-improving training", an interdisciplinary course "Gymnastics" is being conducted at the Fergana Pedagogical University of the speciality "Physical Culture". In mastering this course, the following professional competencies are formed: set goals, motivate the activities of those engaged in physical culture and sports, organize and control their work with taking responsibility for the quality of the educational and training process and organizing physical culture and sports events and classes, master professionally significant motor actions of the chosen type of adaptive sports, basic and new types of physical culture and sports activities. One of the means of forming these professional competencies is the section of gymnastics – "Rhythmic gymnastics" [1].

The Main Part

When conducting physical education classes, one has to face a lack of interest in performing physical exercises. Boys are often more active in showing off their



physical abilities than girls, who hide their poor physical fitness behind a mask of indifference. There are certainly many reasons for this state of affairs: social, moral, methodological factors, etc.

Hence the task: to find ways and means to interest children in physical education classes. Preparing girls for further independent life, the function of motherhood and the fulfilment of numerous family and social responsibilities is impossible without strengthening their health, including in physical education classes. One of the opportunities to interest many girls, even those who are far from sports, is rhythmic gymnastics classes [2].

Rhythmic gymnastics is flexible and changeable, depending on the interests of students, it becomes more "gymnastic" or "athletic", giving preference to stretching or dance compositions. Rhythmic gymnastics classes attract girls not only with their emotionality and accessibility but also with a limitless variety of exercises. The performance of certain dance elements depends on the musical composition, rhythm and tempo of movements, and also contributes to the education of mental and aesthetic characteristics of adolescents. However, we do not set the task of teaching dance to those engaged in rhythmic gymnastics, since dance is a complex field of art that requires fundamental special education. The classes use video and audio recordings of well-known gymnastic groups, which makes it easier to learn. And group classes generate a competitive spirit between participants, teaching students to moderate-intensity exercises, excluding excessive tension, we achieve the strengthening of the muscles of the back, abdomen, small pelvis.

Today, it is hardly possible to find a person who needs to be convinced that physical education classes are the most reliable helpers in work, they allow you to maintain your vigour and health for many years to come. Some prefer to engage in recreational running, others-sports games, and others-rhythmic gymnastics [3].

Rhythmic movements are typical for many sports. The need to perform rhythmic movements is constantly encountered in the reality around us. Life experience shows that the physical quality that we call agility and coordination of movements is an integral attribute of our everyday and sports life. That feature of it, which gives chances to a person with the most average body data to win over any giant or athlete. Isn't it promising that the All-Union and European records for the pole vault, a physical exercise based entirely on agility, were set by the Honored Master of Sports N. G. Ozolin, a man of short stature and not too athletic build? Dexterity promises



everyone the implementation of the proverb on it: "The spool is small but expensive." Everyday experience suggests that dexterity is not some unchangeable, innate property that is as hopeless to get as changing your natural eye colour. Dexterity lends itself to exercise. There are records for speed, strength, and endurance, but so far no single type of competition has been invented in which it would be possible to achieve superiority and records directly in dexterity. Dexterity helps in a number of track and field and sports-game actions, but everywhere in them, as the director of the performance, she herself remains behind the stage, and at her expense prizes are awarded for speed, endurance, and strength. This puts dexterity at a disadvantage externally, but internally elevates it above all other qualities, giving it a special allure. Such a branch of physical culture and sports as rhythmic gymnastics, which helps to develop motor skills, form the beauty of movements, contain elements of art, and develop the moral and spiritual aspects of a person, comes to aid in the development of this complex quality.

Rhythmic gymnastics is one of the most popular types of physical culture available to literally everyone.

Systematic rhythmic gymnastics exercises increase motor activity, improve posture, and favourably affect the cardiovascular and respiratory systems of a person. They can be a means of active recreation and recovery after strenuous mental work. The correct distribution of exercises and the selection of musical compositions have a positive psychological impact, leading to an improvement in the general state of the body of students, their well-being [4].

Classes with musical accompaniment develop a musical ear, a sense of love for the beautiful, and allow students to express their individual characteristics in movements not only in rhythmic gymnastics classes but also in recreation evenings and amateur performances. Favourable opportunities are created for communication, fostering a sense of teamwork, mutual assistance, discipline, hard work and other qualities.

Those engaged in rhythmic gymnastics experience an increase in their emotional state. The result is a good mood, which in turn sharpens attention, perception, memory, and maintains high performance for a longer time.

Rhythmic gymnastics provides the greatest opportunities for this, because its basis is experimentally developed complexes of purposeful physical exercises. Festive atmosphere, elegant clothes, musical accompaniment, especially for children and teenagers.



Rhythmic gymnastics classes are widely available: they can be held at home, in the gym, in the fresh air. They can be collective or individual, performed directly under the guidance of a teacher, or independently using modern means of communication: TV, radio, and video programs.

Rhythmic gymnastics classes contribute to the prevention of bad habits, this is due to the impact of physical exercises on the physical and mental state of the child. Rhythmic gymnastics exercises are an effective means of development, coordination of movements, speed of motor actions, muscle strength, endurance, mobility in various joints and physical performance. In addition, the dance orientation of the exercises contributes to the development of expressiveness, plasticity and rhythmicity of movements. A wide variety of exercises enriches students with motor, emotional, volitional, moral and moral experience. On this basis, skills and abilities in various sports and work activities are formed faster.

One of the main methodological features of rhythmic gymnastics classes is the special role of music in performing exercises and teaching them. Musical accompaniment in the classroom serves as one of the main points that significantly simplify the organizational process, increase the emotional state of students, show more interest in classes, and maintain high performance throughout the lesson. A piece of music, along with the command and display, is an additional irritant. Music combined with a particular movement becomes the "exciter" of this movement and facilitates its execution. In some health-improving gymnastics systems (athletic gymnastics, callanetics, stretching), music is used as a background to relieve monotony during repeated movements or holding poses. In other sports (rhythmic gymnastics, step aerobics, slide aerobics, dance aerobics, shaping, fitball, etc.), music is used as a leader, i.e. it sets the rhythm, tempo, and nature of movements [5-7].

In the course of classes with musical accompaniment, along with the tasks of general physical development, health improvement, the tasks of aesthetic education are solved. Music that is well matched to the movements helps students to strengthen their muscle sense, and auditory analyzers to remember movements in connection with the sound of musical passages. All this gradually develops musical memory, strengthens the habit of moving rhythmically and beautifully. Mastering new, increasingly complex musical movements, students strive to match them in time and space, subordinate them to a rhythmic pattern, the requirements of plasticity and



external expressiveness. Skilful and expressive execution of movements to music brings personal satisfaction and joy.

Conclusion

In conclusion, I would like to note that the use of rhythmic gymnastics in physical education is aimed at implementing a creative approach to the pedagogical process, developing interest in physical education and sports – this is the main goal that we strive for in connection with the task of improving the level of physical education training to preserve health.

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