

# Optimization of Physical Education at School by Means of Hatha Yoga

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**Annotation.** The article presents an analysis of experimental work on the application of technology based on the use of hatha yoga tools. The scientific expediency of including complexes of yoga exercises in the educational process of physical education in a secondary school is shown.

**Key words:** physical education, non-traditional technology, health effect

**Introduction.** As an organic part of the general culture of mankind and an integral part of the pedagogical process at all stages of education, physical culture is closely related to innovative processes. Thanks to the use of pedagogical technologies, it is possible to achieve a rational development of motor qualities and abilities, as well as increase students' motivation for physical education.

The relevance of research. Physical education of schoolchildren is an inseparable part of higher education, the result of a complex pedagogical influence on a person in the process of forming his spiritual, moral, intellectual and civic qualities.

It is known that the traditional system of physical education is organized according to the State Educational Standard, some blocks of which allow you to make additions in order to intensify the learning process. In this connection, the teacher of physical culture has an alternative to introduce new or non-traditional methods into the lesson to improve the physical and mental conditions of students.

We agree that innovative technologies of non-traditional types of gymnastics are widely used in the practice of physical culture. There is a wide range of health systems. These are workout, stretching, dancing, hiking, jogging, etc. But still, for several decades, the greatest interest in the world from the types of recreational gymnastics has recently attracted the greatest interest in the direction - "yoga". Note that yoga is a non-traditional type of gymnastics, but at the same time it has the main markers, according to which the direction of yoga can be defined as a scientifically expedient form in the system of physical education.

Yoga as a system has the main means - it is asana, auxiliary means are the healing forces of nature and hygiene factors. The general pedagogical methods are the methods of display and words, and the specific method is the method of a strictly regulated exercise. The general pedagogical principle is the principle of consciousness and activity, the specific one is the gradual increase in the load. Yoga exercises, according to the famous psychologist A. Kogler, can be used in physical culture for various purposes. Certain asanas can be used for warming up, both in the preparatory part of the lesson, and immediately before the performance of a sports exercise and for recovery after a high-intensity exercise or after a load, in training and competitive activities. In addition, for the development and recovery of individual muscle groups, or the body as a whole. [2].

Hatha yoga comprehensively develops all physical qualities: speed, agility, flexibility, strength abilities, endurance in their special manifestation. Thus, the use of yoga in educational practice allows: 1. Develop all physical qualities with a primary focus on the quality of flexibility; 2. Combine yoga with other exercises; 3. Accessibility for students of the main and special medical groups. Despite the rather wide popularity and multifunctional significance of yoga as a system, this direction is not sufficiently developed for use in the educational and health-improving process of secondary school students. The influence of these technologies on the level of development of motor abilities of students has not been thoroughly studied, which allows us to speak about the relevance of the topic of our study, which involves the development and justification of the methodology for

using yoga complexes for the development of motor abilities and, in particular, the flexibility of schoolgirls.

### Research methods and organization

Experimental work was carried out on the basis of the Secondary School, from September to May 2020. The experiment involved 22 girls in grades 10-11, divided into two groups of 11 people: experimental (EG) an Experimental work was carried out on the basis of Fergana Secondary School № 4, from September to May 2019. Thirty-two girls of 10-11 grades participated in the experiment, divided into two groups of 16 people each: experimental (EG) and control (KG). In both groups the participants had the same initial level of physical fitness. Special yoga exercises were included in the training process of the EG group 2 times a week for 15 minutes during 9 months. CG girls were trained according to a standard program without using the experimental technique. The following research methods were used to evaluate the effectiveness of the proposed method: literature analysis, motor ability testing, goniometry, methods of mathematical statistics.

**Object of study:** the educational process of physical education of girls in grades 10-11

**Subject of the study:** the technology of using a set of hatha yoga tools in the educational process of physical education

**The aim of the study:** identification of the effectiveness of the application of pedagogical methods of hatha yoga for the development of motor abilities (flexibility) of girls of grades 10-11.

**Hypothesis of the study.** It is presumed that the optimization of condition manifestations of physical qualities, especially the quality of girls' flexibility will occur with regular application of pedagogical technology with elements of yoga system in comparison with conventional means of flexibility development, which are used in the program of physical education in secondary schools. Verification of the hypothesis was carried out during the pedagogical experiment during the school year by integrating the adapted technology on the basis of yoga complexes. At the beginning and at the end of the experiment control tests (pedagogical testing) were conducted on the following control exercises: gymnastic bridge, twine, forward bending from a standing position, arm twisting.

**Results of the study and discussion.** At the end of the experiment it was found that the participants of the experimental group in all control exercises have identified a sufficient increase in results, while the control group increase in results was observed only in the exercise "twine", and other indicators remained at their baseline, which in turn also confirms the consistency of physical education program in the educational institution.

**Conclusions.** The analysis of scientific and methodical literature has shown that the use of hatha yoga, as an additional means of physical education has a positive effect on improving flexibility and, accordingly, has a health-improving effect.

2. The stated hypothesis of pedagogical experiment was experimentally confirmed.

3. The combination of elements of hatha yoga and the traditional program, can be adapted for use with all age groups of school age, as well as an elective course of physical education.

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