

# Methodological Recommendation on the Use of Artistic Gymnastics in Physical Education Lessons of General Education Schools

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**Annotation:** this methodical recommendation is to organize the science of physical education in general education schools and to give a recommendation on the role of rhythmic gymnastics and its use in lessons in educating students to be healthy, well-rounded, fit and attractive.

**Key words:** physical culture, sports, rhythmic gymnastics, reproductive health, development, healthy generation...

Since the day of independence, the Republic of Uzbekistan has determined the stages of its development in every field. Along with every developed field, the concepts of healthy life and adherence to it, reproductive health, and physical culture occupied people's minds. The desire to have a good height along with being healthy did not leave people. For this purpose, they learned the secrets of exercising and being healthy.

The goals and tasks of the physical education classes of general education schools are directed to this goal, and they are serving the program for the health and growth of each student.

Physical culture is not formed by itself, but it is created by understanding the beneficial and harmful aspects of physical education. The unique features of physical education are that it meets the demands of students regarding movement activities. On this basis, strengthening physical condition and health develops the body and develops physical abilities that are vital.

It should be noted that in the organization of physical education classes of general education schools, the teacher should use various sports exercises in the classes, realizing that the students should grow up mature, well-rounded, fit in all aspects, it is necessary to plan work with training in mind. For example,

It is good that students hate sports. But not everyone is able to use it correctly. One of the tasks of teaching physical education is to be able to explain this problem to students. It is desirable to exercise students even from primary grades using the elements of artistic gymnastics in physical education classes. Because practicing artistic gymnastics is very useful for the moral, physical, aesthetic, biological and physiological development of students, especially girls.

Rhythmic gymnastics is a sport. Women's competitions for performing various elegant gymnastics and dance exercises to music with and without an object (ribbon, ball, hoop, rope). The advantage of rhythmic gymnastics is that it develops self-confidence in the student. Shy, very useful for boys and girls, because it involves managing expressiveness. It also helps with discipline, concentration and emotional development. It develops many physical and motor qualities, as well as corrects and improves body posture, develops a sense of rhythm and reflexive speed.

Many people think that rhythmic gymnastics is only for girls. In fact, it is suitable for both boys and girls. Since 2005, the Royal Spanish Federation has allowed men to participate in national level competitions in rhythmic gymnastics.

The following types of artistic gymnastics exercises can be used in physical education classes of general education schools:



It is one of the main tasks of our teachers to inculcate the beneficial aspects of physical education and artistic gymnastics into the minds of students from the elementary grades, to form theoretical and practical skills in them and to apply them in everyday life.

Establishing purposeful physical education of students and young people, encouraging them to use rhythmic gymnastics, as we mentioned above, will help to educate young people who are physically strong, deep-minded, attentive and broad-minded, as well as the future. We believe that it will ensure that the generation will be healthy and well-rounded.

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