



USE OF INNOVATIVE PEDAGOGICAL TECHNOLOGIES BASED ON MODERN RHYTHMIC GYMNASTICS FOR CHILD HEALTHY DEVELOPMENT

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Relevance

In childhood, the foundation of a healthy life is laid, and the rapid growth and development of the child coincides with this period, when the basic movements, the correct posture, as well as the necessary skills and abilities are formed. At the same time the basic physical qualities are improved, character traits are developed, without these factors it is impossible to imagine a healthy life. The physical development of a child and the strengthening of his health depend on the level of his motor activity. The need for movement, increased motor activity - is one of the most important biological features of the child's body.

Children, by nature, involuntarily show their motor activity in the following movements: running, jumping, walking, throwing, etc. Physical activity prevents various diseases related to the cardiovascular system, respiratory, nervous system.

The aim of the study was to improve children's motor activity based on the formation of the need for movement.

Researchers have concluded that lack of exercise not only negatively affects children's health, but also impairs their mental development. [5] That is why today rhythmic gymnastics is very popular. The speed and intensity of movement during exercise increases the motor activity of all muscles and joints. Rhythmic music creates a positive emotional state of the lessons, helps children to remember the movements, to express their character. Often children are accompanied by the sounds of resonant songs during complex exercises. With bright gestures, and applause, they express their joy at their actions.

To the question of why rhythmic gymnastics is so popular among the mass forms of physical culture, we can answer that rhythmic gymnastics can give equally positive results for all age groups in kindergarten. Rhythmic gymnastics is more convenient and useful than various other exercise activities, it forms physical qualities easily and naturally, does not require much physical load and special training.





Research Methods

The advantage of rhythmic gymnastics is that no special conditions, material costs, including additional expensive equipment such as equipment, projectiles, etc. are required in the organization of training. However, simple items used in preschool education (gymnastic sticks, ribbons, ropes, flags, etc.) can be used.

In addition, the development of a program for young children and the organization of a circle "Fairy tales in the rhythm of music", on the basis of which the integration of plot-role musical and rhythmic games based on Uzbek folk tales and fairy tales of the peoples of the world. several contributions can be made. Play activities used in rhythmic gymnastics increase children's interest in physical exercises, develop creative thinking, attention, memory, which is the basis of intellectual activity. The program covers the main tasks of physical education, health, educational, educational tasks. It serves to protect the life and health of the child, to raise a cheerful, lively mood, to relieve depression, to cultivate positive moral and volitional qualities.

Objectives of the Study

To promote the development of coordination of movements (arms, legs, head), exercises that correspond to the internal capacity;

- Strengthening the health and improving the performance of preschool children; - increase children's interest in physical activity through play activities;
- To reveal the child's creative potential; - movement - contributing to the emotional development of the child through play activities; - pay attention to the formation of the correct figure;
- Listening to music and developing a sense of rhythm.

The program uses a variety of means of physical education, including: - basic movements (walking, running, climbing, shooting); - Basic gymnastic exercises (URM, row exercises, acrobatics "bridge", standing on a shovel, "swallow", etc.); rhythmic gymnastics (exercises with a ball, jumping rope and hoop); rhythmic gymnastics; - Breathing exercises, movements to the rhythm of music. Classes are held once a week for 15-20 minutes. It was found that young children, taking into account the characteristics of performance, regulate the intensity of training, the performance of this or that exercise, so the child should be given freedom, not restriction. All parts of the training are performed in sequence in accordance with each other. Be in each session, depending on the objectives of the session.

2) The sequence of exercises performed in the main part is determined by the fact that the components of the complex are focused on the study of different muscle groups.





The most common and well-established principle of "bottom-up" work in the world: in the initial case, a series of exercises for the neck, arms and shoulders, torso and pelvis, leg muscles. includes (table).

Rhythmic gymnastics develops cheerfulness, cheerfulness and independence, gives natural confidence and comfort to movement. The successful appearance of each movement significantly increases children's interest in rhythmic gymnastics.

Children can choose the appropriate exercises and imitate various natural phenomena, animal appearances and movements.

Conclusion

In the group room, children do exercises with a hoop and a ball. Systematic rhythmic gymnastics exercises with the ball. Children develop agility, memory, attention, hearing, plasticity, sense of rhythm. Classes accompanied by music have a positive effect not only on the physical, but also on the mental development of the child. Because the exercises are conducted in a playful way, it will be easier for children to perceive and remember movement tasks. They sense the exercises through visual and auditory analyzers and perform them by repeating the movements.

Thus, the necessary conditions for the improvement of movement, hearing and visual memory appear. At the same time, exercise helps to increase the social activity of the child, affects the development of his culture.

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