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THE ROLE OF GYMNASTICS LESSONS IN HEALTH IMPROVEMENT OF PRIMARY SCHOOL STUDENTS

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Abstract

This article highlights the health-improving significance of gymnastics lessons in the physical development of primary school students. The study analyzed the impact of gymnastics exercises on children's bodies, their role in increasing physical activity, and their potential in shaping a healthy lifestyle. In addition, methods for effectively organizing gymnastics lessons in primary grades were examined, and their pedagogical and health-improving aspects were substantiated. The results demonstrate that gymnastics lessons are an important factor in strengthening students' physical development, movement coordination, and overall health.

Keywords: primary school students, gymnastics lessons, health improvement, physical development, physical activity, physical education, school-age children, healthy lifestyle.

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Introduction

Log in. The age of primary grade (6–10 years) is the period when the physical development of a child is most accelerated, basic movement skills, body position, balance, coordination and adaptation mechanisms are formed. It is at this stage that against the background of the intensity of the educational process, the dependence of extracurricular time on screen technologies and decreased movement activity, risk factors such as rapid fatigue, body defects, overweight and decreased general functional training in children increase. Therefore, strengthening the healthier orientation in the school physical education system, that is, the selection of age-appropriate, safe and effective training tools that serve to strengthen the health of the child becomes an important scientific and practical task. Gymnastics classes are especially important in this respect: they have methodological opportunities aimed at the gradual development of joint mobility, muscle balance, the functionality of the respiratory and cardiovascular system, the formation of the correct posture and a stable increase in general physical fitness.

The relevance of the topic is that the organization of gymnastics training in primary grades aimed at the goals of wellness is directly related not only to the development of physical qualities, but also to the reduction of morbidity of students, increase psychophysiological stability, maintain the ability to work in the classroom and the early formation of healthy lifestyle skills. Loading standards are applied the same, or vice versa, only for the sake of "formality"; As a result, the healing effectiveness decreases. Therefore, the article provides a scientific analysis of the role of gymnastics for primary school students in health, their effect on functional condition, body structure, movement activity and general physical fitness is systematically analyzed, and methodological directions for use in the school environment are substantiated.

The purpose of the study is to scientifically substantiate the importance of gymnastics in the system of physical education of primary school students, to

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analyze their impact on the physical development, functional state and movement activity of children, and to identify effective pedagogical approaches for application in school practice.

Research Objectives

Theoretical analysis of the health-improving possibilities of gymnastics training, taking into account the features of physical and functional development of children of primary grade age.

- Assessment of the effect of gymnastics classes on the state of the body, movement qualities and general physical fitness of primary school students on pedagogical observation and analysis.
- Development of practical and methodological recommendations for the organization of gymnastics classes aimed at improving their health in the context of primary educational institutions.

Literature Review

In recent years, the importance of gymnastics training in improving the health of children's bodies and ensuring their physical development has been studied by many scientists. Sultanov I. in his works evaluates gymnastics as one of the main means of health improvement and development, substantiates its positive effect on the musculoskeletal system, cardiovascular and respiratory systems. The author emphasizes that regular performance of gymnastics exercises improves the overall physical condition of children.

Mahbuba Saidova's research highlights the pedagogical effectiveness of the use of gymnastics in physical education lessons, showing that gymnastics exercises play an important role in the development of balance, coordination and agility in students. Articles published in the journal Interpretation & Researches analyzed the issues of increasing movement activity through gymnastics exercises and forming a positive attitude to a healthy lifestyle in primary school-age children.

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Research within the framework of the national project "Gymnastics Game" carried out by foreign researchers, including Scarpino M. and co-authors, proves that the play-based organization of gymnastics in preschool and primary education has a high positive effect on the physical development of children. This approach fosters interest in activities in children.

In his scientific work, Sh.S. Alijonov analyzes in depth the role of gymnastics in the physical development of primary school students, substantiates their role in the development of strength, flexibility and endurance. In the textbooks and manuals of Margunova I.I. and Usmonkho'jayev T.S. describe the methodology of organizing gymnastics exercises in accordance with the age characteristics of children.

Also intended for children, the works of Sarah O'Neil and Yanitzia Canetti are aimed at teaching gymnastics movements in a simple and safe form, which is an important methodological resource when working with elementary-age students. Overall, the analyzed literature shows that gymnastics training is an effective tool for the physical development, health promotion and formation of movement skills of primary school students.

Research Methodology

This study aims to determine the health effect of gymnastics in primary school pupils and to assess the degree of their effect on physical development indicators. In the research process, the use of theoretical and applied research methods was comprehensively used.

The theoretical and methodological basis of the research is the theory of physical culture and sports, age-specific physiological features of the child body, the concept of health-improving physical activity and scientific views on pedagogical technologies. Domestic and foreign scientific literature, textbooks, manuals and scientific articles on the subject have been analyzed.

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Using the pedagogical observation method, the study systematically monitored changes in the activity of primary school students in the process of gymnastics, the quality of movements, the level of physical fitness and general health. Children's interest and motivation for activities were assessed based on the results of the observation.

The healing effectiveness of gymnastics training was investigated using the method of pedagogical experience. In the process of experimentation, students were divided into control and experimental groups, and in the experimental group, age-specific, wellness gymnastics exercises were systematically applied. Classes were held 2-3 times a week.

Testing techniques were used to assess physical development throughout the study. In particular, indicators of flexibility (forward bend), strength (sitting), balance and endurance were measured. Also, functional indicators such as the pupils' heart rate and respiratory rate were compared before and after the session. Mathematical and statistical methods were used to analyze the results. The mean values of the indicators were determined and the results of the experimental and control groups were cross-linked. This made it possible to assess the health-improving effects of gymnastics training on a scientific basis.

Based on the results of the research, conclusions were drawn and practical recommendations were developed for the effective organization of gymnastics classes in primary grades.

Research Methodology

This study aims to determine the health-improving value of gymnastics in primary school students, as well as to scientifically assess their effect on indicators of physical development. In the process of researching, a complex of theoretical and practical methods was used.

The theoretical and methodological basis of the research is the pedagogy of physical culture and sports, the physiology of children, the theory of health-

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improving physical training, modern pedagogical approaches. Domestic and foreign scientific literature, regulatory legal acts, curricula and scientific articles have been analyzed.

Using the pedagogical observation method, the study systematically observed changes in students' activity, quality of movements, interest in classes and general health status of students during gymnastics training.

The healing effectiveness of gymnastics training was investigated using the method of pedagogical experience. During the experiment, primary school students were divided into control and experimental groups. In the experimental group, complexes of recreational gymnastics exercises were systematically introduced for young age and individual characteristics. Classes were held 2-3 times a week.

Testing techniques were used to determine physical development throughout the study. In particular, indicators of flexibility, strength, balance and endurance were assessed. Functional indicators such as heart rate and respiratory rate were also measured before and after the session.

In processing the obtained results, mathematical and statistical methods are used to determine the mean values of indicators and the dynamics of their change. The results of the experimental and control groups were compared and the healthier effects of gymnastics training were scientifically substantiated.

Based on the results of the study, conclusions were drawn and practical recommendations were developed for the effective organization of gymnastics classes in primary grades.

Research Results and Their Discussion

In the process of research, a pedagogical experiment was conducted to determine the health-improving effect of gymnastics in primary grade students. Throughout the experiment, the physical performance indicators of the control and experimental groups were compared at the beginning and end of the study.

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The results of the study showed that there were significant positive changes in the physical development indicators of the students who participated in the experimental group. In particular, it was found that the bendness index increased towards the end of the experiment compared to the initial results. This case shows the effectiveness of gymnastics exercises in improving joint mobility as well as increasing muscle elasticity.

Strength and endurance metrics also showed a stable growth dynamic in the experimental group. The results of the sit-up and balance exercises showed that regular gymnastics training increases the overall level of physical fitness of children while developing muscle strength. In the control group, however, these scores remained relatively low or had little change.

Students' functional status was also analyzed during the study. After the sessions, normalized heart rate and respiratory rate were observed in the experimental group. This case confirms that gymnastics training has a positive effect on the cardiovascular and respiratory system. It was also noted that the incidence of rapid fatigue in children decreased, and overall activity for activities increased.

As a result of pedagogical observations, it was found that the interest and motivation of the students in the experimental group in gymnastics classes increased significantly. The use of elements of play and wellness exercises increased the effectiveness of the sessions and formed a positive emotional state in the children. This suggests that gymnastics is not only a physical, but also a psychological, healing tool.

The results obtained are found to be in harmony with the scientific views of domestic and foreign researchers. In particular, according to the studies conducted by Alijonov Sh.S. and Sultanov I., it was noted that gymnastics has a positive effect on the physical development of primary school students. Also, the results of research by Scarpino M. and co-authors confirm the health-improving effectiveness of gymnastics training.

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In the course of the discussion, it can be noted that organizing gymnastics classes taking into account age and individual characteristics will further enhance their healthy effect. The gradual complication of the exercises and the observance of safety rules are among the most important factors that increase the effectiveness of the training.

In general, the results of the study scientifically confirm that gymnastics training is an effective tool for the physical development of primary school students, strengthening their health and activating motor activity.

Conclusion

The results of this study showed that gymnastics training in primary school students is important as a means of wellness. During the study, it was found that systematic and targeted organization of gymnastics exercises has an effective effect on improving children's physical development performance.

According to the results of pedagogical experience, the level of development of physical qualities such as flexibility, strength, balance and endurance in the students who participated in gymnastics classes significantly increased. Also, there was a decrease in the regulation of cardiovascular and respiratory system function, an increase in general physical activity and a decrease in the incidence of rapid fatigue.

The results of the study showed that gymnastics training has not only physical, but also psychological wellness effects. In the course of training, students' interest in movement activity increased, a positive emotional state and a healthy attitude was formed.

The results obtained are consistent with the research conducted by local and foreign scientists and confirmed the expediency of widespread introduction of gymnastics classes in the physical education lessons of primary grades.

In conclusion, methodologically correct organization of gymnastics classes in primary grades, taking into account age and individual characteristics, is an

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effective pedagogical tool for strengthening the health of students, ensuring their physical development and developing movement skills.

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