



## THE EMOTIONAL TRAINING SYSTEM FOR STUDENTS OF PRESCHOOL EDUCATION FOR SPORTS GYMNASTICS SPORTS COMPETITIONS

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**Annotation:** *In this article, pre-school educational organizations covered the specific features of the education of gymnastics in various ways and physical education of children.*

**Annotatsiya:**

*Ushbumaqoladamaktabgachata'limtashkilotlaridagimnastikamashg'ulotlarinitalshkiletishningturliusullarihamdabolalarnijismoniytarbiyamashg'ulotlarijarayonidahissiy-*

*irodaviytayyorgarliginitarbiyalashningo'zigaxosxususiyatlariyoritilgan.*

**Аннотация:** *В этой статье дошкольные образовательные организации охватывали специфические особенности воспитания гимнастики различными способами и физическим воспитанием детей.*

**Keywords:** *action, rhythmic gymnastics, physical education, walking, run, jump, training, and healthy.*

**Kalitso'zlar:** *harakat, badiiygimnastika, jismoniytarbiya, yurish, yugurish, sakrash, mashg'ulot, sog'lomlashtirish.*

**Ключевые слова:** *действие, ритмическая гимнастика, физическое воспитание, ходьба, бег, прыгать, тренироваться и здоровье.*

In recent years, in recent years, unprecedented reforms have been carried out in the field of education. Many new preschools in modern requirements were built and used to be used. This is definitely the case that will be the basis for further development of preschool education, which is considered the



smallest and important link in the country, to develop the growing young generation in mental, physical, moral and aesthetically. does not.

Including President ShavkatMirziyoyev, as the 2014 preschooling system, "On October 19, 2017, when we talk about the education system of Abdullah Avloni, Abdullah Avloni is wise in our lives. He has to say again and again: Education is a matter of life and death for us. Disclaimer no matter what area we can achieve any change, no prosperity without bringing modern mature cadres. Preparation of such personnel, the healthy gene pool of the nation primarily means that the preschool education begins with the preschool "

**Research:** Development and practical application of various methods of organization of gymnastics in preschool education and physical education of children.

**Research Method:** Theoretical analysis and generalization of various foreign and local literature related to the cultivation of various methods of gymnastics and physical education of children.

**The results of research and discussion are:** We know well that a healthy person is the product of nature, along with the happiness of nature to be the most accurate work of nature. Man must be healthy, energetic, energetic, energetic, intelligent, to inspire, inspire, and enjoy the miraculous nature, to inspire, and enjoy. For a person needed various efforts and serious exercises to be healthy, energetic, an optimal. Along with the most effective and effective means to introduce every nation and the people to demonstrate its own potential, self-improvement, pride and pride, intellectually, intellectual is an important factor in raising saving in captives.

The most effective, healthy, delicate, elegant, vigorous, strong will, patience, accompanying the successors of the perfect, healthy, healthy generation generations and permanents. The idea is the role of rhythmic gymnastics in the upbringing of a perfect person.



When we look at the biological and physiological point of view, each organism has a separate character. At the same time, the rhythmic gymnastics hardens the body. As a result, girls will be restored and natural tools are reduced to death. Engage in physiologically is especially useful for young developing body. In gymnasts, vascular activity and respiratory system are active in gymnasts. This process prevents vascular diseases. The blood in their veins is moving well, the business will increase, strengthen immunity, and the emergencies of the body will be strengthened.

A young description and responsibilities of physical education of children from 3 to 7 years. There will be great changes in the child's body during this age period. When the child is 7, the child is averaged up to 120 cm. There will be morphological and functional changes in the organs and systems. The flexibility of the vertebra will increase, the level of muscle strength is growing, and the volume of the lungs grows. Breathing is deeper and longer. The digestive machine runs steadily. The following specific tasks will be placed in connection with the properties of the physical and mental development of children during this period

1. Full fitting physical development of physical development of the cardiovascular and respiratory systems - the formation of incoming and legs;
2. Training of the body;
3. Reorganization of all key actions, sports exercises;
4. Factices, development of qualities;
5. Raising the habits of cleanliness, orderality.

The importance of physical education and gymnastics exercises in the implementation of such tasks is invalable [5].

In the course of training gymnastics exercises, the following main tasks will be solved:



- Formation of action skills that are important for the general efforts and physical fitness of children;

- Reimbursing qualities such as strength, speed, flexibility, advice, endurance.

Regular gymnastics in preschoolers will improve the activities of the child's organism, which will improve the mood of cheer.

In the preschool age, in the organization of training with children

Cases that are important for educators, in the formation of skills in young stages, in the formation of skills. The exercise of rhythmic gymnastics organizations, balance, without objects, products, and relaxing exercises Inside, at the same time the base organize: hand, and strengthens muscles. It is recommended to accept young girls from 4-5 years of the sports gymnastics sports. The more opportunities that children are involved in this sport the more opportunities they will be on them. It is recommended that high flexibility and mutual structure are naturally formed in the morphological and physiological properties of the child. The presence of such a feature shows that the child has a good opportunity to form the skills of movement.

According to the famous French scientist, Profimas: "Gymnastics exercises are not static, not static, performance should be fulfilled in the full amplitude." OlimJ.Msims knew that the manifestation of health and the elegance of the movement and the elimination of the man's development is the most important task of the development of the man's agility and will. The physical training of gymnasts is one of the most important components of gymnastics exercises and develops the body in detail.

Development of psychological functions, intellectual training and spiritual moral education to perform gymnastics exercises, intellectivional training and spiritual moral education is an integral part of the entire pedagogical process, which is carried out throughout the entire sports



preparation. As this means, any training tasks, as well as as methods can be used explanatory, personal samples, stimulating and prosecuting and others. The formation, attention of psychological education and mood management skills, the formation of all forces, ability to resist negative impacts require special qualifications and is formed during special theoretical and practical training.

First, with the recently adopted children, initially incited, starting to exercise slowly from simple movements. Classes are usually expedient to be conducted in two ways, that is, in front of the frontal method. When the individual is carried out in an individual, the child learns to do the movement to be studied first in the fragmentation. In front of the front method, the movement to be done or should be studied is carried out by all engater. By applying these two methods, the child completely assimilates the actions.

### Conclusion

The rhythmic gymnastics is a sport that makes it not only sport, but also the realization of the sense of goodness, healthy school, healing, Kaskot. Girls engaged in this sport are a gentle smile, loving the head, keeping the body upright, learn vigilance. There is no doubt that the qualities caused by the family lady a healthy lifestyle, create a great effort to improve the gene pool to improve the genophond.

Any knowledge and skills obtained in youngness or childhood are sealed for the whole life. In short, rhythmic gymnastics Gymnastics develops girls in all-side life, lifestyle, family.

Each apartment is a place for its child, finds itself in the public, contributing to its development, contributing to its development, If he wants to find his life, he should associate his life with the form of rhythmic gymnastics of sports.

It is advisable to consider the interests, opportunities, physical and mental development of girls to give girls to this sport. Modern children's sports



facilities are being built in remote villages, district centers for a healthy young man's girls. They are equipped on international standards and operate on the example of the center, sports complexes. It is especially paying on the regular attention to physical education and sports in this regard. Not all women who love sports today may not be champions. But because they are tempted in physical exercise, the mind will surely be clear, and the will is strong, and in the future they will grow people capable of overcoming their trials.

From our preschools to preschoolers: O. Chusitina, Alexandra, Sabina Turobova, Alexandra Serdyukova, YuridaUsmanova, DildoraRahmatova and Many Young athletes can set our example. In the organization of gymnastics should be taken into account the physical fitness of young stages, specialists.

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