

THE SIGNIFICANCE OF MORNING GYMNASTICS AND ITS TASKS

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Abstract: The article is devoted to the importance of morning exercises and its tasks. This article describes the role of physical exercises and defines the main tasks of morning exercises. The article discusses the key stages of morning exercises. Physical exercises are distinguished and described.

Key words: morning exercises, physical exercises, health-improving value of morning exercises, a set of exercises.

Introduction. Daily morning exercises at a certain time in a hygienic environment, properly selected sets of physical exercises, disinhibit the nervous system of children after sleep, activate the activity of all internal organs and systems, increase physiological metabolic processes, increase the excitability of the cerebral cortex, as well as the reactivity of the entire central nervous system. The flow of impulses going to the brain from all receptors - visual, auditory, musculoskeletal, skin, increases the vital activity of the organism as a whole.

Regular exercise in the fresh air contributes to the hardening of the child's body, develops resistance to various adverse environmental influences. Introduction to the complexes of exercises of a corrective nature contributes to the formation of the arch of the foot and correct posture. Thus, morning gymnastics is a multilateral physical culture and health-improving process that systematically heals the child's body.

In addition to health benefits, morning exercises also have a great educational value. Its systematic implementation instills in children the habit of doing physical exercises daily, teaches them to start their working day in an organized way, act in a

team in a coordinated manner, be purposeful, attentive, self-possessed, and also evoke positive emotions and a joyful feeling.

In addition, the daily performance of certain sets of physical exercises contributes to the improvement of motor abilities in children, develops physical qualities (strength, agility, flexibility), improves the functioning of coordination mechanisms, and contributes to the acquisition of knowledge in the field of physical culture.

Morning exercises are a valuable means of healing and raising children. For systematically engaged in morning exercises, the drowsy state disappears, a feeling of cheerfulness appears, an emotional upsurge sets in, and working capacity increases. The need to get out of bed immediately after waking up and start doing exercises requires a certain volitional effort, develops perseverance.

vost, disciplines children.

Thus, morning exercises face very special tasks, namely: to “wake up” the child’s body, set it up in an effective way, versatile, but moderately influence the muscular system, activate the cardiac, respiratory and other functions of the body, stimulate the work of internal organs and sense organs, promote the formation of correct posture, good gait, prevent the occurrence of flat feet.

Morning exercises are also valuable because children develop the habit and need to do physical exercises every day in the morning. This useful habit remains with a person for life.

Morning exercises allow you to start the day in an organized way in kindergarten, contribute to the clear implementation of the daily routine. Morning hygienic gymnastics, or, as it is called, exercises, should be performed immediately after sleep. But this can only be done in kindergartens with night groups. In preschool institutions with daytime stay of children, morning exercises according to the daily routine are carried out before breakfast after the already quite active, varied activities of children. Under these conditions, gymnastics also pursues the goals of organizing a children's

team, switching the attention of children from free, individual games and activities to joint activities.

As a result of simultaneous joint moderate motor activity, more excited children who have already managed to run, jump, calm down, and inactive ones become more active. All this creates

an even, cheerful mood in all children, prepares them for subsequent classes. Thus, the educational value of morning exercises, when carried out not immediately after sleep, but after some time, expands. She

becomes an integral organizing moment in the daily routine, accustoms children to a certain discipline, order.

At the same time, the great health-improving value of morning exercises remains. Daily exercise has a positive effect on physical development and functional state

child's body. The content of gymnastics consists of exercises for various muscle groups (shoulder girdle, torso, legs, etc.). Their systematic repetition strengthens the child's motor apparatus. Exercises for the prevention of postural disorders and the prevention of flat feet are widely included. Running and jumping further enhance breathing and blood circulation, cardiac activity and other physiological functions.

tions. All this favors the normal functioning of the body, increasing its efficiency.

Any physical activity, including morning exercises, begins with a warm-up and ends with recovery exercises. Since morning exercises are not long (5-12 minutes) and the physical activity in it is not great, this requirement is observed as a general principle.

Morning exercises are conditionally divided into three parts: introductory, main and final. Each part has its own tasks and content. In the first, introductory part, they organize the attention of children, teach them to coordinate actions, develop correct posture and prepare the body to perform more complex exercises. For this purpose, they include: building (in a column, in a line); drills (turns

and half-turns to the left, to the right, around); rebuilding from one column to two, from two columns to four, into a circle, several circles, closing and opening with side steps to the side; short walking, alternating

with exercises that help strengthen the musculoskeletal system and form posture (walking on toes, with different positions of the hands, walking with high knees, on the heels, cross step); running one after another and in all directions or in combination with jumps.

The duration of the introductory part lasts on average from 1 to 2 minutes.

In the second, main part, they set the task of strengthening the main muscle groups, forming the correct posture. To solve this problem, general developmental exercises are performed in a certain sequence. First, exercises to strengthen the shoulder girdle and arms, which contribute to the expansion of the chest, good straightening of the spine, and the development of respiratory muscles. Then exercises for the muscles of the body. This is followed by exercises to develop leg muscles and strengthen the arch of the foot. After exercising with a heavy load, repeat the first exercise or similar. The number of repetitions of each

exercise depends on the age of the children and their physical fitness.

After completing all the general developmental exercises, young children perform jumping or running, turning into the final walking. Older children perform jumps in combination with running, then

final walk with various tasks. In the final part of the gymnastics, walking or a sedentary game is performed to restore the pulse and breathing.

As a rule, exercises previously learned with children in the classroom, or simple exercises that do not require lengthy learning, are introduced into the content of morning exercises. At morning gymnastics

where children practice movement. But in order for the exercises to have the desired effect on the child, it is important to achieve clarity, accuracy of the movements performed, their sufficient intensity.

The combination of physical exercises, selected in a certain order, is the so-called complex. The same complex is repeated for a week. If individual exercises of the complex do not lead to the desired results, turn out to be too simple, uninteresting or boring for children, they can be replaced by others at the discretion of the educator.

either of the same type or become more complicated due to the introduction of new initial positions. Change the pace and increase the number of repetitions of exercises

inside the complex is also acceptable. Conducting complexes must be alternated with benefits and without benefits. Children of the first and second junior groups are given exercises with flags, rattles, cubes. In the middle group - with flags, cubes, ribbons, small hoops, sticks, a circular rope. Older children should be able to do exercises with different aids: with hoops, gymnastic sticks, balls of different sizes, jump ropes, a circular rope, ribbons.

Performing exercises with aids increases children's interest in classes, improves the quality of their performance, teaches them to master objects, and contributes to the formation of correct posture.

The inclusion of exercises to form the posture of children and strengthen the foot is mandatory. Usually, a set of general developmental exercises for morning exercises is taken from physical education classes, exercises are selected from those recommended by the program and teaching aids. The duration, nature, content of morning exercises, the dosage of exercises are different for children of different age groups.

Thus, when selecting general developmental exercises, one should be guided by the following requirements: exercises should be for all muscle groups, from different starting positions, of different intensity, pace; with various manuals, rhythmic and musical accompaniment, in various constructions and always interesting for children.

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