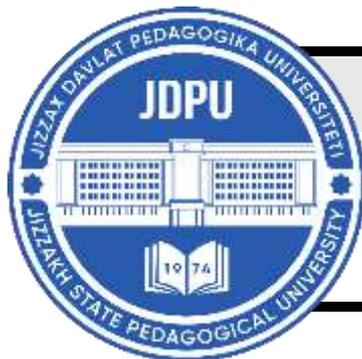


MENTAL ENLIGHTENMENT SCIENTIFIC –  
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METHODOLOGICAL JOURNAL<http://mentaljournal-jspu.uz/index.php/mesmj/index>PHYSICAL FITNESS OF PRIMARY CLASS STUDENTS  
THROUGH GYMNASTICS TOOLS DEVELOPMENT**Matluba Davurbaeva***Doctor of Philosophy in Pedagogical Sciences (PhD)**State University of Physical Education and Sports of Uzbekistan  
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## ABOUT ARTICLE

**Key words:** Primary class, basic gymnastics, practical gymnastics, physical training, physical qualities, jumping, flexibility, pulling exercises.

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**Abstract:** In this article, the problems of developing the physical fitness of elementary school students through gymnastic tools are deeply studied, and the sequence and methodology of using the tools for the development of physical qualities of elementary school students are recommended.

**Enter.** Today in our country, legislation on the level of state policy on the development of physical education and sports is actually coming into force, opening the way to large-scale practical experiences in the field, including March 5, 2018 No. 5368 "Measure to fundamentally improve the state management system in the field of physical education and sports" "On activities" defines the priorities of educational organizations in the field of mass sports development and selection (selection) of talented young people. It is determined to form interest in physical education and sports training in children for physical development and strengthening of health by conducting sports training.

Decree of the President of the Republic of Uzbekistan No. PF-6099 of October 30, 2020 "On measures to widely implement a healthy lifestyle and further develop mass sports" [3] and other regulations related to this field - this dissertation research serves to a certain extent the implementation of the tasks defined in legal documents. It is known that today in our Republic, a lot of work is being done to improve the well-being of the population, to strengthen their health, to popularize physical education and sports among the population, and to educate the young generation, who is our future, to be mature and physically fit in all aspects. Resolution of the President of the Republic of Uzbekistan "On measures for the further development of

physical education and mass sports dated June 3, 2017 PQ-3031" [2 ]. Such good deeds are not only a concern for the future of our independent Uzbekistan, but also a requirement of the current complex conditions.

Therefore, it is of particular importance to conduct physical education classes of children of primary school age with the use of high-quality new forms. Conducting interesting and high-quality training allows to strengthen the child's health, increase work ability and activity of movement. Currently, our state pays great attention to physical education and sports. The role and importance of physical education and sports is increasing in various areas of education, from kindergarten to university level. The reform of public education, solving the issues of improving the physical fitness of children has been put aside. Therefore, conducting scientific research to find out the level of motor activity of children of this age has become an urgent issue.

**The purpose of the study:** to develop the physical fitness of students based on the optimal distribution of basic gymnastics equipment.

**Research task:** To determine the physical fitness of primary school students.

**Research methods:** The following methods are used in the organization of research:

1. Analysis of scientific and methodological literature;
2. Conducting pedagogical tests;
3. Pedagogical experience;

**Research results and their discussion:**

The research was conducted from September 2023 to February 2024 at the 18th general education school in the city of Gagarin, Mirzachol district, Jizzakh region.

Control exercises were selected based on recommendations given in the literature, analysis of exercises, classification programs and results of interviews with teachers of Mirzachol district of Jizzakh region. Control exercises selected according to the characteristics of gymnastics were sorted according to the age of the subjects and divided into the following groups:

1. Exercises that develop special endurance of recovery muscle movement (long standing) and elbow, arm and body bending and writing muscle movements.
2. Exercises that develop quickness-strength training of hands and body in standard order. Before the experiment, there was no reliable difference in physical fitness and student indicators in the control and experimental groups.
3. Active and slow flexibility exercises that express the flexibility of the hip, shoulder and spine joints.

4. Exercises that develop coordination skills.

The results of students' movement training were studied before and after the experiment for all group exercises.

In the pedagogical experience, the students of the experimental group were trained according to the program aimed at the step-by-step formation of physical fitness developed by us.

On the basis of pedagogical experience, the effectiveness of the methodology developed for the development of physical qualities of 1-4 graders was tested. 112 children participated in the experiment, divided into control and experimental groups.

We used the following tests to determine the development of the level of physical fitness of the subjects involved in the experimental and control groups:

1. 2x10 m shuttle run;
2. Long jump; ;
3. Stretch until the arms are bent 90°. Girls from lying down;
- 4.2 writing with arms folded in parallel seats;
- 5,900 leg lifts;
6. Holding a corner while hanging;
7. Flexibility;

Basically, muscle strength is a natural substrate that shows the level of personal physical qualities of a person.

Individual movement quality changes can be the starting point for any analysis. To determine the level of children's physical fitness, the simplest exercise set, which does not require special skills and qualifications, was used as a test control program.

Based on the analysis of scientific and methodological literature, pedagogical observations and interviews with specialist trainers, it can be concluded that the development of coordination characteristics and physical qualities of students from the first stage is of great practical importance.

Gymnastics exercises have a very complex structure both in terms of form and content, as well as in terms of performance techniques.

The structure of the gymnastics exercise includes the content and form, as well as the interaction of external and internal forces that ensure the performance of the exercise.

The content of practical gymnastics exercises is determined by the set of actions included in it, the sequence of their execution, and the necessary skills to perform them. In the process

of mastering the exercise, these properties enter into active interaction and ensure the performance of the student's or his teacher's task related to the movement.

The student is formed by the interaction between the states and movements of the body and its joints in space and time, and the student's abilities. The form is inextricably linked with the content of the exercise.

The technique of performing a gymnastic exercise is an appropriate method or a set of methods of movement control that ensures the effective performance of an exercise or the solution of a task related to a specific movement.

It was characteristic of him to perform practical gymnastics exercises. Must meet style requirements.

**Preliminary test results of the development of physical qualities in boys and girls of the 1st-2nd grade experimental group (n=30 in each group)**

Tests	Son children				Girl children			
	1st class		2nd class		1st class		2nd class	
	Result	Ball	Result	Ball	Result	Ball	Result	Ball
2x10 mg shuttlecock to run	7.7	1.5	7.4	3.0	8,12	3.41	7.75	5.12
To the length jump	113	5.7	120.2	6.2	104.2	4.5	110.0	5.2
the arms are bent 90 <sup>0</sup> attraction Girls hanging lie down from the situation	1.2	2.0	2.1	4.8	3.3	2.05	4.7	2.9
2 parallel in the seat hands bend to write	8.2	3.2	7.7	3.0	7.4	2.3	7.1	2.2
90 <sup>0</sup> to the legs raise	9.0	5.25	11.8	6.2	8.7	4.3	11.0	5.25
Hanging standing up corner to catch	1.8	2.0	2.6	2.9	2.0	2.2	2.5	2.8
Flexibility		6.72		6.73		6.58		6.86
Total		26,37		32.7		25.3		30.3
		3.7		4.7		3.6		4.3

Table 1 is continued

**Preliminary test results of the development of physical qualities in boys and girls of the 3-4th grade experimental group (n=30 in each group)**

Tests	Son children				Girl children			
	3rd class		4th grade		3rd class		4th grade	
	Result	Ball	Result	Ball	Result	Ball	Result	Ball
2x10 mg shuttlecock to run	5.8	3.5	5.4	5.6	6.1	3.41	5.6	5.12
To the length jump	113	5.7	122.2	6.6	104.2	4.5	111.8	5.3
Hands 90 <sup>0</sup> until it bends attraction Girls hanging lie down from the situation	2.5	2.0	3.1	2.8	8.3	4.05	10.7	5.9
2 parallel seats hands bend to write	12.2	5.2	16.7	3.0	11.4	4.33	12.1	5,2
90 <sup>0</sup> to the legs raise	9.0	5.25	11.8	6.2	8.7	4.3	11.0	5.25
Hanging standing up corner to catch	2.2	2.5	3.8	3.2	2.2	2.5	2.8	3.0
Flexibility		6.72		5.73		5.58		5.86
Total		24.5		33.13		28.68		35.63
		3.5		4.7		4.1		5.09

Table 2

**Abalakova according to to the height jump average results**

Indicators	class	Girl children		Son children	
		X±δ	score	X±δ	score
Hands without shaking to the height jump	1	14.3 ±4.2	5.4	15.6 ±3.7	5.6
	2	16.1 ±3.8	5.8	17.1 ±3.2	6.1
	3	17.2 ±3.4	6.2	18.2 ±3.4	6.4
	4	18.6 ±3.8	6.8	19.4 ±3.4	7.2
hand movement with to the height jump	1	16.3 ±3.2	6.0	19.6 ±3.4	7.3
	2	18.1 ±2.8	6.3	20.1 ±3.0	7.5
	3	19.2 ±3.4	7.0	21.2 ±3.2	7.6
	4	21.6 ±4.2	7.8	22.4 ±3.6	8.2

So evidence to himself attraction E.YU. Rosin recommended 10 points in the system results analysis done son of a bitch in children hands shake from 7.3 points to 8.2 points in jumping was trained average score 7.65, girl in children while relatively less average score is 6.7. Shown results are low E.YU. Rosin scale according to showed results in groups satisfactory below the level.

Year at the end research and control in groups pedagogical observation their work take we went According to him, 24% of children's movement activity during the school day in the research group, and 76% of the time spent sitting at the desk. In the control group, movement activity remained at the previous result. It can be seen that the movement activity of the children in the research group increased.

At the medical examination at the end of the year, 6 cases of scoliosis remained in the research groups, and 7 cases of scoliosis began to develop in the control groups. So, our gymnastics training during the educational process helped to prevent scoliosis.

The main form of training consists of 3 parts: preparation, main, final.

Preparation part of central part, main to the part organism preparation occupies The selection of exercises, on the one hand, develops all muscle groups, and on the other hand, exercises described as preparing for the main part.

In the main part of the training, tasks such as development of physical qualities, assimilation of new skills and competencies are performed.

It 's daily in part each always evaluation and final game is played.

The most common way to organize a training session is to perform exercises on the first side and on the second side in a strictly defined manner.

The effectiveness of this method is that it increases the volume of training, because everyone works out at the same time. Study of the process important to be this each in the month of children movement readiness to try Depending on the results, new changes are made

to the training content.

Pedagogical observations showed that the teachers did not use practical gymnastics exercises. Practical gymnastics tools should be the main exercises in improving the motor skills and physical fitness of elementary school children. Climbing exercises, walking, running, balancing, moving loads from place to place, crawling. Psychological and physical condition of elementary school children and the state of physical development, if practical gymnastics tools are widely used, the physical fitness of students will help in all-round development.

Table 3

**Results of post-research physical training of 1-4 graders ( n=30 in each group)**

Group	Tests	1 class	2 class	3rd class	4th grade	Average
		Ball	Ball	Ball	Ball	
Research group	2x10 m ha shuttlecock to run	6.7	7.2	7.6	8.0	7.3
	To the length jump	5.5	6.7	7.8	7.9	7.0
	Hands 90 <sup>0</sup> until it bends attraction	5.2	5.4	7.0	7.9	6.3
	2 parallel in the seat hands bend to write	7.6	8.2	9.2	9.4	8.6
	to 90 <sup>0</sup> the legs raise	7.4	7.7	8.0	8.2	7.8
	Hanging standing up corner to catch	3.2	3.8	4.1	4.6	3.9
	Flexibility	5.6	5.8	6.0	5.8	5.8
Control group	2x10 mg shuttlecock to run	4.9	6.4	6.9	7.7	6.4
	To the length jump	3.2	5.5	6.2	6,9	5.4
	Hands 90 <sup>0</sup> until it bends attraction Girls hanging lie down from the situation	4.0	3.9	6.0	6.7	4.2
	2 parallel in the seat hands bend to write	6.5	6.8	8.0	8.2	7.3
	90 <sup>0</sup> to the legs raise	6.6	7.2	7.4	8.4	7.4
	Hanging standing up corner to catch	2.4	2.3	3.0	3.4	2.7
	Flexibility	4.2	4.3	4.1	4.2	4.2

In children fast - power qualities development evaluate that to see can Experience group control from the group much to advantage achieved This quick-power in the classification practical exercises choose and them goal orientation style use with explanation can.

Experience in the group training program; different jump on the rope jump gymnastics from his seat jump and to perform mean holds Exercises to time looking will be done; initial state, relying on to sit, lean lying down, leaning on sitting - DH

Jump and scratching exit elements with relay the games were also completed.

To the length jump in exercises superiority experience 1 class in the group girl 4.9% in children, boys 1.5% in children. Strength qualities development analysis by doing growth 84.6% , girl 12.2% in children , boys in children hanging standing up corner to catch 25% and 23 % respectively to see can.

To the ground relying on hands bend to write 2 3% and 24 % grew up. Pulling exercises results significant level grew up.

Flexibility of exercises control test that's it shows that joints mobility will improve. It's good development forward bend, bridge, twine such as exercises good effect shows .

Abalakova according to the height jump results dynamic changes similarity shows. Own peers with in comparison experience in the group results much high. High jump was 12.3% for girls and 12% for boys.

Ability to control movement; in arm swing and high jump exercises, the increase was 8.2% in girls, 5.9% in the control group, and 8.6% in boys, 5.2% in the control group.

### CONCLUSION.

The results of the pedagogical experiment confirmed the effectiveness of the program aimed at the gradual formation of physical fitness in the students of the experimental group developed by us.

1. Physical fitness is determined by the results of the step-by-step teaching and improvement process of the basic gymnastics exercises. Work was carried out on the development of URM, simple and practical exercises, suspensions and leanings, swings in them, physical fitness.

2. It has been confirmed that lessons based on traditional exercises do not have the power to develop sufficiently progressive physical qualities. In forming the physical qualities of students, it is important to pay special attention to exercises that have the "power" to effectively develop their physical training and are suitable for the characteristics and coordination of gymnastic elements.

3. Comparative analysis of the results of the level of practical gymnastics skills of the students of the experimental and control groups showed the feasibility of planning AG, using a separate group of AG exercises in the future as an additional means of improving the physical fitness of students. The level of movement readiness of the students of the experimental group in "Practical gymnastics" sections is much higher than that of the control group in all exercises of the program ( $R < 0.01$ ). For example, the average score at the end of the year was  $8.23 \pm 0.94$  and  $8.18 \pm 0.90$  points in the students of the main group,  $6.26 \pm 1.39$  and  $6.53 \pm 1.291$  points in the control group (on a 10-point rating scale).

4. The selection of effective sets of exercises for the physical training of 1-4 graders requires compliance with the following pedagogical requirements:

- exercises complexes content training to the program suitable arrival;
- matching the complexity of the exercises included in the complexes to the stages of formation (improvement) of movement skills and qualifications, as well as to the periods of rapid development of physical qualities of students of 1-4th grade;
- formation of movement readiness ahead of time (prospective). principle suitable exercises complexes to the composition input;

5. It is appropriate to include specialized physical exercises aimed at solving physical training tasks in educational classes starting from the first grade. The use of such exercises in the classes of students in the experimental groups not only made it possible to effectively form indicators of physical fitness, but also increased the speed and quality of the teaching process. The difference of the average marks noted in the control lessons of the gymnastics exercises in the program is 3.8% higher in the children of the experimental group compared to those of the control group. The difference in indicators of physical and special movement training in experimental groups compared to control groups was 30%.

6. Thus, research shows that the role of practical gymnastics in increasing the movement activity of elementary school children is great. Practical gymnastics tools with training transition lesson to the process if entered good to the results is achieved. Different general development exercises combinations, using the game style separately

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