

Methodology of Organizing Practical Lessons on Musical Rhythmic Gymnastics

Kazakov Shavkat Norqobilovich ¹

¹ The teacher of Tashkent State Pedagogical University named after Nizami, docent v.b.

Abstract:

This article provides brief information on the methodology of organizing practical lessons in musical rhythmic gymnastics.

Keywords: physical education, achievement, provision, musical rhythm, gymnastics, pedagogue, education, gymnastics.

In recent years, as in all fields, improving the quality and efficiency of education in the field of physical education, training personnel, combining the professional competence of teachers with the achievements of modern science, using the promising achievements of innovative pedagogical technologies, the higher education of our country improving the educational process in institutions is becoming one of the urgent issues. To ensure the compatibility of the software and methodical support for the development of practical competences in musical rhythmic gymnastics in future physical culture teachers with action games, to create real conditions for this, to improve education, to provide a high theoretical level in the pedagogical field Socio-cultural problems related to the training of pedagogues with knowledge and practical competence require the creation of a modern physical education platform today, justifying the fact that the combinatory compatibility between technical and aesthetic sports is a social necessity.

The technical and aesthetic components of movement games are of great importance in the development of practical competences in musical rhythmic gymnastics among future physical culture teachers, and they are performed on the basis of high pedagogical guidelines and combined with a skillful combination to form professional competence. does. After all, in the combination of action games, aesthetic components, culture of movement, musicality, expressiveness, performance artistry, compositional harmony, individual and group performance style, ensure the compatibility of emotional and motor actions in the learner.

To develop practical competencies in musical rhythmic gymnastics among future physical culture teachers, to improve their professional qualifications, to create the necessary pedagogical and psychological conditions for directing students studying in this direction to engage in professional development activities, aesthetic components, movement culture, musicality, expressiveness, performance artistry, compositional harmony, and modern software-methodical support of individual and group training in the combination of animated games are today more relevant than ever. In fact, changes in the educational system, flexible technologies of physical education classes applied to the educational process, creation and implementation of forms and methods of physical education and musical rhythmic gymnastics are the need of the hour.

We offer the following as a sample structure of rhythmic gymnastics classes with healing music:

Warm-up (writing the complex, aerobic part), exercises performed on the parterre, final "warm-up" lasts an average of 45 minutes, then the training parts are divided as follows:

time is 10 minutes;

aerobic part 15 minutes;

I have 3 more minutes;

12 minutes on the parterre;

5 minutes to the final session.

This structure can be used in schools. In HEIs, the above parts can be distributed differently using the resource allocated for training.

Initial exercise includes low-impact exercises, slow-paced walking, half-sitting, etc., and low-amplitude stretching.

In the aerobic part, low-impact exercises, low- and high-speed and high-impact (high-amplitude) movements (knee raises, jumping in place, running, etc.) are used.

Basic steps performed by moving the hand.

In fitness aerobics, step-aerobics, slide-training and other types of basic movements performed by hand make up a large part of aerobic training. Technical equipment (step-platforms, slide covers and shoes) is replaced by the technique of performing exercises depending on the use of technical equipment. The nature of the exercises and the rhythm of the music change, but the content of the exercises remains the same.

Exercises for training flexibility are mainly stretching, and there are five types of it. They are:

- ✓ statistical stretching;
- ✓ through foreign aid;
- ✓ ballistic stretching;
- ✓ proprioceptive stretching;
- ✓ dynamic stretching.

Exercises are used in aerobics classes. When performing stretching exercises, you should focus on warming up the muscles that work harder. In the exercises performed on the floor, stretching is used to increase the flexibility of the muscle ligaments, for this there is a special methodology, in which it is necessary to follow the repetition of the exercises, to perform them by changing positions, and to hold them. Using stretching exercises effectively warms up a number of muscle groups. In the part of the exercise performed on the floor, stretching is used to ensure flexibility of muscles,

ligaments and tendons. For this, literature on his methodology was created, in which the amount of repetition and replacement of exercises was determined.

The issue of developing practical competencies in musical rhythmic gymnastics among future physical culture teachers implies the education of individual qualities and qualities of a modern student in accordance with innovative educational technologies and the formation of universal competencies from modern education. This approach allows the young generation to realize their physical potential related to sports, physical culture and musical rhythmic gymnastics. The development of practical competence from musical rhythmic gymnastics in physical culture teachers is manifested in the technical and aesthetic direction, is characterized by the perception of organizational, artistic and creative musical rhythm, and ensures the integrity of movements in the trajectory of a melodic line.

In physical education and musical rhythmic gymnastics, rhythm is a unique tool and instruction in the formation of the structure of these movements, and ensures the consistency of the organizational principle. Musical rhythmic gymnastics is characterized by the creation of a lively composition of movement games, gaining importance in physical activity, and determines its nature, content, construction and compatibility with figurative-emotional cognitive activity. Moving games in physical education and musical rhythmic gymnastics, going beyond the trajectory and orbit of mechanical coordination, combine professional competence with a compositional style, ensure compliance with the idea of modern education.

Today, in educational institutions, the issues of development of practical competencies from musical rhythmic gymnastics, formation of physical culture and creation of educational programs of universal direction in students through movement games remain one of the factors of pedagogical research. It should be noted that the variability of education not only demands enrichment of professional skills with alternative sports, but also requires individual and group methodological support that serves to develop practical competence from musical rhythmic gymnastics. From this point of view, the software and methodical support of development of practical competence from musical rhythmic gymnastics in students through movement games helps to coordinate the functioning of the educational system at different levels and to manage professional changes.

It is noted in most scientific and methodical literature that the use of music in musical rhythmic gymnastics exercises makes the exercises interesting and effective. During the training sessions, modern music tones are used, and danceable music is used, which sounds appropriate to the participants and the type and tempo of the training. In this case, the effectiveness of the training depends on how the trainer acquires the skills, on the compatibility of the movements with the melody of the music, which ensures the aesthetic taste and attention of the participants. Here, the use of modern ICT (information and communication technologies) effectively helps the coach (pedagogue) in conducting musical and rhythmic exercises. The presence of a large screen or a mirror in the training hall ensures that the actions of the participants are performed in accordance with the actions of the trainer under the sounds of music. In particular, the use of ICT allows the quality of music to sound.

It should be noted that in some fitness exercises, music is used as a background to relieve the monotony of performing the same exercises. In other cases, music is used as a rhythm provider, providing the performance and speed of control exercises in aerobics, rhythmic gymnastics, shaping, and fitness.

Music-based training is very healthy - rhythmic music of hygienic importance helps to organize movements and improves the mood of the participants. The resulting positive feelings affect more vigorous exercise, which, in turn, improves performance, improves health, and promotes active rest. Here, music is easily remembered because it serves as an educational factor.

In determining the professional skills of a musical-rhythmic gymnastics coach (pedagogue), the ability to perform musical movements is in the first place.

The field of education, combined with physical culture and musical rhythmic gymnastics, is a field of learning that changes the attitude of a person to the natural environment. It also develops the necessary norms of social behavior, professional creative approach, and serves the formation of competence related to physical education.

Musical rhythmic gymnastics and movement games are of particular importance in mastering the style of play in higher educational institutions specialized in physical education, and are an important factor in the formation of professional mobility competence in rapidly changing conditions and the implementation of actions in accordance with it. Also, the combination of musical rhythmic gymnastics and movement games is evaluated as a motor system of conscious activity and movement dynamics, which creates the will power that forms the motivation to win in the learner and ensures the compatibility of sports and physical activities. In physical culture, the combination of musical rhythmic gymnastics and movement games is characterized by emotional and semantic content of the will power that ensures the coherence of activities, and determines the main quality and effectiveness of the training as a source of professional competence and a holistic and dynamic delivery ability.

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