



METHODOLOGY OF TEACHING GENERALIZING EXERCISES

Turayev Makhmud Mukhamedovich

Bukhara State Pedagogical Institute, Associate Professor of the
Department of Theory and Methodology of Physical Culture
<https://doi.org/10.5281/zenodo.19447802>

ARTICLE INFO

Qabul qilindi: 02-aprel 2026 yil
Ma'qullandi: 05-aprel 2026 yil
Nashr qilindi: 07-aprel 2026 yil

KEY WORDS

*Gymnastics, general-development
exercises, goal, task, methods.*

ABSTRACT

This article describes the tasks of physical education of young people, the process of physical education, practical recommendations on the scientific and theoretical foundations of gymnastics classes, and the organization of general-development gymnastics classes. In addition, the article highlights the impact of general-development exercises on the development of the human body.

Introduction

Teaching young people to lead a healthy lifestyle, forming an interest in physical education and sports among students through gymnastics and active games, and raising a physically healthy young generation are among the most important and urgent tasks facing our state. A clear example of this is the fact that the Decree of our President Sh.M. Mirziyoyev dated January 24, 2020 No. PF-5924 "On measures to further improve and popularize physical education and sports in the Republic of Uzbekistan", dated May 8, 2019 No. PQ-4312 "On the Concept of Developing the Preschool Education System of the Republic of Uzbekistan until 2030", dated February 13, 2019 No. 118 "On the Concept of Developing Physical Education and Mass Sports in the Republic of Uzbekistan in 2019–2023", and dated August 14, 2018 No. PQ-3907 "On measures to raise the spiritual, moral and physical well-being of young people and raise their education and upbringing system to a qualitatively new level" are being consistently implemented today.

The great teacher K.D. Ushinsky attached great importance to games, gymnastics, and children's outdoor activities. He recommended taking short breaks during gymnastics classes with children to perform exercises that allow them to regain attention. These are general-developmental gymnastic exercises that strengthen children's strength and have a comprehensive effect on their body, and consist of movements performed with individual parts of the body or their combinations. These movements are performed at different speeds and with different muscle tension in children's body parts. That is why general-developmental gymnastic exercises are widely used in preschool educational organizations.

Literature analysis and methodology

In our country and abroad, educators and scientists have achieved good results in scientific work on physical education and gymnastic exercises. For example, T. S.

Usmankhodjaev, R. S. Salomov, N. N. Djalilova on the theory and methodology of physical education of preschool children, D. D. Sharipova, N. A. Vinogradova on the health improvement of young children, R. Azizova, G. M. Salimov, F. A. Kerimov, S. S. Tajibaev, M. M. Masharipova, T. I. Osokina, M. F. Litvinova, N. T. Lebedeva, V. G. Yakovlev, A. N. Granovsky, L. D. Glazirina, F. G. Frolov on the use of gymnastic games in teaching preschool children various sports, O. Safarov, F. R. Kadirova, Sh. We can say that the influence of games on the mental development of preschool children was studied by Q. Toshpulatova, M. Z. Fayzullaeva, O. V. Goncharova, R. A. Yuldosheva, A. V. Keneman, D. V. Khukhlaeva, L. V. Kapilevich, V. I. Andreev, D. B. Elkonin, M. E. Vainer, D. I. Gasanova on the influence of games on the mental development of preschool children, motor activity on the development of children's communication skills by Ye. N. Totskaya, D. V. Mendzheritskaya, L. D. Glazirina, L. I. Penzulaeva, T. A. Semyonova, as well as foreign scientists on the influence of large motor skills on the development of children by O. P. Bauer, K. Stanbery, G. L. Lendret, August Krog. An analysis of the available literature showed that the aspects of developing physical skills and abilities of young people through gymnastics have received little attention in research.

Discussion and results

The maximum and average tension of muscles, the movement of individual parts of the body or their joint movements with different speeds and amplitudes are called general-development exercises (GRE).

Depending on the goals and objectives of the lessons, GRE is mainly aimed at preparing the body of students for the upcoming work (warming up), mastering the school of movement, educating physical qualities, strengthening various organs and body systems, mainly forming the correct figure.

According to the state general education standard and the comprehensive program of physical education, the main task is to educate the need and knowledge to independently engage in physical education, to use them as a means of conscious rest, to strengthen health and increase efficiency during exercise. In this regard, it is useful to recall what Pierre Coubertin said: "The exercise itself is not important, but how it is performed, with what attention, mainly for what and with what strength."

The number of different URMs is infinite, so the general classification of anatomy helps to understand their purpose and their description:

- exercises for the arms and shoulder girdle;
- exercises for the neck muscles;
- exercises for the legs and pelvic girdle;
- exercises for the torso;
- exercises for the whole body.

Of course, it is worth saying that this section can be presented conditionally and exercises can often be described as affecting specific muscle groups, since many exercises are designed for one part of the body, and other muscles are also involved. In addition, depending on the methodological direction, they can all be associated with the development of half-movement and abilities (strength, flexibility, speed, coordination, balance, rhythmic breathing, graceful movement, etc.), nervous properties (attention, time spent in conscious space), etc.

When compiling URM complexes, it is necessary to clearly indicate the methods of performing each exercise, the characteristics of the movements.

The head teacher often needs to compile a set of exercises for physical education and hand-foot-hand writing and teach them to his students.

Despite the fact that the exercises are extremely diverse, the following exercises have stood the test of time and can serve as the basis for these complexes:

1. Stretching;
2. Performing rotational and shaking movements with the hands;
3. Sit-stands;
4. Bending the body forward, backward, to the sides and rotational movements;
5. Other bending and rotational movements;
6. Bending and writing while lying on the hands;
7. Raising the legs while sitting or lying down (or raising the body with the legs together);
8. Swinging legs forward, backward, to the sides;
9. Jumps (jumps);
10. Walking or running in place.

By the methodology of teaching general developmental exercises, one should understand the selection of certain ways necessary to solve the tasks set. Various teaching methods can be divided into the following groups:

The first group of teaching methods includes:

- the oral method is one of the universal methods, which allows you to manage teaching in the process of interacting with students. The use of the term gymnastics is of particular importance in this, since with the help of this terminology, the teacher's influence on students through speech can be achieved in a clear and concise manner;
- the method of conveying information about the movement technique is demonstrated by the demonstrator through the performance of exercises, by showing visual aids, sound and light cues, tactile signals, quantitative information about certain parameters of the movement, and by the student performing elements of the movement technique.

These teaching methods are mainly aimed at creating and defining an idea of the basics of the exercise technique and can be used throughout the entire training period.

The second group of teaching methods includes the following:

- the holistic training method involves performing the movement being studied as a whole. This can be done by facilitating the conditions of execution, using additional means of assistance and caution, reducing the height of the projectile, performing the movement on a simulator, simplifying the initial or final position (for example, performing a pull-up on a low horizontal bar with the help of a trainer);
- the auxiliary exercise method (one of the variants of the holistic exercise method), similar in structure to the main exercise, but involves performing it holistically (for example, standing on one leg to lift the body on the horizontal bar serves as an auxiliary exercise).

Conclusion

In conclusion, general developmental gymnastics exercises develop and strengthen the youth

- muscular,
- cardiovascular,
- respiratory,
- nervous systems and increase the body's working capacity.

Physical qualities - strength endurance, muscle flexibility, coordination of movements and breathing - are developed and improved during the process. It is an important factor in the correct formation of children's physique, in the future they will grow up mentally mature, physically strong and healthy in all respects.

References:

1. Morgunova, Gymnastics, Instructional manual, Tashkent - "WORLD OF CREATION" - 2017
2. M.N. Umarov, Gymnastics, Tashkent - 2015
3. Mengliyev B. PEDAGOGICAL COMPETENCE OF A MODERN PHYSICAL EDUCATION TEACHER //Science and innovation. - 2022. - T. 1. – no. B7. - S. 554-556.
4. Zagrevsky V. O. Modelnye kharakteristiki fizicheskoi podgotovlennosti kak factor upravleniya trenirovochnym protsessom yunyx gimnatsov: Dis. sugar ped. science Omsk, 2018.
5. Menkhin Yu. V. Physical training and gymnastics. M. : Physical education and sports, 2014.
6. www.ziyonet.uz, www.aim.uz, www.cyberlinenka.ru
7. www.arxiv.uz



INNOVATIVE
ACADEMY