

EFFECTIVENESS OF INTRODUCING ELEMENTS OF ARTISTIC GYMNASTICS IN  
PHYSICAL EDUCATION LESSONS

**Sultanova Musharafxhon Khudoikul kizi**

Tashkent State University of Economics Teacher of the Department of Physical Culture and Sports  
Activities.

**Abstract.** This article analyzes the importance and effectiveness of introducing elements of rhythmic gymnastics into physical education classes in secondary schools. Rhythmic gymnastics serves not only physical development, but also aesthetic taste, a sense of musical rhythm, coordination and a culture of behavior. During the study, it was found that classes based on gymnastic elements among students develop their physical fitness, speech culture and free self-expression skills. The author reveals the possibilities of increasing students' interest in the lesson, forming a healthy lifestyle and instilling a love of sports by introducing rhythmic gymnastics into the lesson process.

**Keywords:** Physical education, rhythmic gymnastics, coordination, aesthetic development, healthy lifestyle, pedagogical effectiveness.

In recent years, state policy aimed at strengthening the physical development and health of the younger generation has been recognized as one of the priority areas in our country. In particular, systematic work is being carried out to actively involve children and young people in physical education and sports, increase their interest in sports, and form a healthy lifestyle.

The aim is to expand the popularity of sports among young people through the opportunities created by our state - modern sports facilities, health centers, and the development of school and extracurricular physical education classes. At the same time, various sports competitions, health campaigns, and festivals are organized in the regions, talented young athletes are selected, and targeted training is being carried out with them.

The role of rhythmic gymnastics in this regard deserves special attention. It plays an important role not only in strengthening physical health, but also in the formation of aesthetic education, musical thinking, discipline, and will. Therefore, the development of rhythmic gymnastics in school and extracurricular educational institutions is of great importance in the formation of students as comprehensively healthy, strong, and well-rounded individuals.

Therefore, the measures taken to promote a healthy lifestyle among young people through rhythmic gymnastics, to educate them as socially active and physically mature people are very relevant for the present time.

It is also worth noting that the modern education system is aimed not only at imparting knowledge, but also at forming the physical and aesthetic education of students. From this point of view, the use of elements of rhythmic gymnastics in physical education lessons plays an important role. Through rhythmic gymnastics, students develop not only physical activity, but also skills such as movement to music, balance, flexibility and a sense of rhythm.

Physical education classes play an important role not only in the formation of a healthy lifestyle, but also in the comprehensive development of the student's personality. Scientific research in the field of medicine and pedagogy has repeatedly proven the positive effect of physical exercises on the human body, mind and psyche. In particular, physical education is an effective tool for strengthening the will, stabilizing character, and forming moral values. Gymnastics, like many other sports, relies on

## THE MULTIDISCIPLINARY JOURNAL OF SCIENCE AND TECHNOLOGY

### VOLUME-5, ISSUE-5

traditional and non-traditional means of physical education formed in different periods in its development. Its roots go back to ancient historical layers. In particular, the emergence of this sport can be associated with the development of ancient circus art. The rich cultural heritage of the Uzbek people, in particular, national-historical traditions, also contained elements specific to gymnastics. In particular, in the performances of goalies, clowns, tightrope walkers and other representatives of folk entertainment, acrobatics-based movements were combined with gymnastic elements.

Not only artistic and spectacular aspects, but also scientifically based approaches to health and medical physical education played an important role in the formation and development of gymnastics. If we turn to the scientific heritage of our great ancestors in this regard, many ideas about physical exercises and a healthy lifestyle can be found in the works of Ibn Sina. The scenes of heroism and physical training in the epic "Alpomish", as well as military physical training during the time of Amir Temur, confirm the historical roots of this sport.

Also, by the end of the 19th century, gymnastics had entered the official education system. In particular, in 1880, gymnastics lessons were included in the four-year curriculum developed for church schools by a special commission established in the Turkestan region. This serves as practical proof of the understanding of the educational importance of physical education at that time.

Rhythmic gymnastics is considered a type of sport that combines aesthetic and physical development, which can be used in physical education classes. It is distinguished by its closeness to the art of dance and develops not only the physical strength of students, but also the ability to express beauty, harmony, rhythm and emotions. Therefore, the introduction of rhythmic gymnastics in school classes serves the comprehensive formation of students.

Modern pedagogical experience shows that by introducing elements of rhythmic gymnastics into physical education classes, students develop such important aspects as body control skills, volitional qualities, aesthetic taste and coordination of movements. When such classes are conducted regularly, students' health is strengthened, their physical potential increases, and the level of activity in classes increases.

Also, practicing rhythmic gymnastics develops such qualities as elasticity, flexibility, agility, balance, endurance, jumping ability, accuracy of movements and adaptation to rhythm. This is an important factor in improving the general physical fitness of students, in raising a healthy and highly active person.

Rhythmic gymnastics expands the aesthetic worldview of the younger generation, they adjust their movements by feeling the music, coordinate the movements of body parts. This, in turn, contributes to their psychomotor development, reduces stress and creates positive emotions.

Rhythmic gymnastics not only provides external physical activity, but also has a direct impact on human health. In particular, the respiratory system, cardiovascular activity, musculoskeletal system, and the general functioning of internal organs improve. These changes are scientifically based, and such exercises help increase the body's tolerance to various negative factors of the external environment.

In this regard, the introduction of elements of rhythmic gymnastics into school lessons has become not only a voluntary initiative, but also a modern pedagogical need. Today, this issue is recognized as one of the urgent problems in ensuring the healthy physical development of students.

Traditional forms of physical education in many cases cannot fully meet the development trends of modern school education and the needs of children. Therefore, it is important to carry out innovations and reforms in this direction. The experience of advanced countries in the world shows that in

## THE MULTIDISCIPLINARY JOURNAL OF SCIENCE AND TECHNOLOGY

### VOLUME-5, ISSUE-5

organizing the physical education of school-age children, great attention is paid to classes with a modern, aesthetic and entertaining orientation - in particular, dance and sports exercises based on rhythmic gymnastics.

Such approaches increase students' interest in the lesson and create an environment rich in emotions, encouraging creative and free movement. The transition of the educational process from a rigid, formal order to an emotionally enriched, meaningful and entertaining form is more effective in the comprehensive development of students.

Rhythmic gymnastics exercises develop flexibility, endurance, strength and balance. These elements play a major role in strengthening the physical condition of students, especially in increasing physical activity among girls.

Rhythmic gymnastics is a versatile and meaningful sport through which human emotions, aesthetic views and inner experiences are expressed. The uniqueness of this sport is that it allows the viewer to convey a certain meaning through the combination of movement, rhythm, musical melody and artistic expression.

To achieve success in rhythmic gymnastics, an athlete must first have a high level of physical training. After that, each movement must be performed technically perfectly and accurately. This process is similar to the stages of learning to walk: first crawling, then toe-to-toe, then walking, and finally, elegance and beautiful steps are formed in walking. Similarly, in rhythmic gymnastics, perfection is achieved gradually, through constant practice and patience.

In particular, the physical training, hard work and dedication of our girls in this field are important factors in their achievement of high results. Today, such achievements are observed in the field of sports that talent alone is not enough for them. True success is closely related to dedication, perseverance, determination and hard work.

Watching the athletes perform on stage during competitions, one cannot help but notice that behind each of their dances there are years of hard work, hard training and the pursuit of perfection. However, in reality, every movement, every bend, turn or jump is not only a physical effort, but also a physical form of artistic expression and inner feelings.

The main skill in rhythmic gymnastics is to perform movements with precision, in harmony with the melody of music, in a way that expresses the inner state of mind, and thereby convey a certain idea or feeling to the viewer. It is these aspects that distinguish this sport from other sports and raise it to the level of art.

Movements such as jumping, running, and turning are widely used as the main elements in rhythmic gymnastics exercises. These movements are performed not only technically, but also to express an artistic image. For example, jumps in the image of a deer express elegance and lightness, and the aesthetics of movement are further enriched with the help of a hoop. These elements are performed in harmony with the melody of music, ensuring harmony of movement and melody.

In addition, elements of folk dance are used as a tool in rhythmic gymnastics. Previously, about twenty years ago, dance movements occupied the main place in the performances of gymnasts, but today this situation has changed significantly. Now the performances of female athletes are based on complex acrobatic movements, elements of gymnastics, and technical skills performed with various objects - a ball, a hoop, a rope, and a ribbon.

Nevertheless, dance elements are still preserved to a certain extent and are used as a means of artistic expression. In particular, through the movements of the girls' hands, it becomes possible to express various feelings in the human soul - such as love, longing, joy, or suffering. In the demonstration

## THE MULTIDISCIPLINARY JOURNAL OF SCIENCE AND TECHNOLOGY

### VOLUME-5, ISSUE-5

performances, the content and idea of the music are conveyed to the audience through each movement, each small detail.

Today, the music selected for gymnastic performances has a complex rhythmic structure, rich content, and requires a high level of movement culture from the athlete. In particular, exercises performed with objects - such as spinning a ball in the air, twisting a rope in the air, and drawing beautiful lines with a ribbon - are characteristic only of rhythmic gymnastics, making this sport unique and inimitable.

In addition, as part of physical education classes at the school, students' motor activity is enriched through exercises performed with various objects. This process serves not only to improve sports technique, but also to form skills in students that will be useful in professional and labor activities. Actions performed with objects develop important qualities in students such as coordination, concentration, speed, and precise movements.

These exercises include several basic types of movements:

Throwing is the act of releasing an object from a support, causing it to move freely through the air. The act of throwing requires precise timing and force.

Grabbing is the act of controlling an object and holding it in place. This develops greater stability and balance.

Grabbing is the act of stopping an object from moving freely and catching it with your hand. It helps to increase speed, accuracy, and reaction force.

Kat is the movement of an object through space, i.e. its orbital or spiral movement. This movement expands spatial perception.

Swing is the oscillation of an object in a free position, usually performed by the hands. This increases coordination and muscle control.

Rotation is the circular movement of an object around a peripheral or central axis, and coordination, speed, and precision are important in these movements.

Thus, exercises with an object not only strengthen students physically, but also develop their movement culture, thinking and active coordination skills.

As a result of the introduction of rhythmic gymnastics into lessons, the participation of students increases, they attend lessons with great interest. This allows the teacher to effectively organize classes, create an atmosphere of healthy competition and mutual respect.

Conclusion, the introduction of elements of rhythmic gymnastics into physical education lessons serves the comprehensive development of students. Through this method, they understand a healthy lifestyle, their self-confidence increases, and a culture of movement is formed. That is, the integration of elements of rhythmic gymnastics into physical education lessons in schools has a positive effect on the physical development of students. Through these elements, stability, flexibility and harmony are introduced into body movements, and students' stress tolerance increases. That is, the body's ability to adapt to external factors improves.

Also, rhythmic gymnastics classes increase students' interest in sports. This makes it possible to attract them to regular classes, select talented and physically fit children, and in the future direct them to study in specialized schools in the sports field. Thus, young people with high sports potential are identified early and targeted work is carried out with them.

Today, attention to gymnastics in physical education programs is increasingly gaining momentum. These exercises contribute not only to physical fitness, but also to the formation of an aesthetic worldview and moral education. Historical experience shows that in the local physical education

## THE MULTIDISCIPLINARY JOURNAL OF SCIENCE AND TECHNOLOGY

### VOLUME-5, ISSUE-5

system, gymnastics has a multifaceted educational value, has proven itself as one of the most effective tools that ensure the spiritual and aesthetic development of students. In the future, it is recommended to systematically apply this methodology in physical education lessons, train teachers, and create methodological manuals.

#### References

1. Abdullayeva G. X. "Badiiy gimnastikaning nazariyasi va metodikasi", Toshkent, 2020.
2. Rasulov I., "Jismoniy tarbiya asoslari", Toshkent, 2019.
3. Qodirov N. S., "Umumta'lim maktablarida jismoniy tarbiya darslari samaradorligini oshirish", Ilmiy maqola, 2021.
4. O'zbekiston Respublikasi Xalq ta'limi vazirligi. "Jismoniy tarbiya fanidan o'quv dasturi", 2023.
5. Safarova D. M., "Bolalar uchun sport mashqlari va estetik rivojlanish", Toshkent, 2022.