



"Movement And Rhythm" In Physical Education Classes

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ABSTRACT

In this article, the author suggests using a new interactive method that he has created to shape students' attitudes towards science in physical education. In the introductory part of the lesson, students are asked to perform general development exercises using the melody. It is to divide the body parts into four sections (neck, arms, waist, legs), for each section special exercises are given and they perform the exercises with applause.

Keywords:

children's activities, applause, modern and non-traditional pedagogical technology, applause, music

Today, the younger generation will be able to raise the status of our country in the future, strengthen the borders of our state and become strong, educated, intelligent boys and girls in all respects, as well as to be physically strong, especially in sports and physical education. Great attention is paid to education. The achievements in the field of sports, the laws and resolutions adopted in this regard, various sports events, exhibitions, especially the supply of sports equipment to rural schools, the implementation of a number of important reforms in our country are second to none. It is an important factor in achieving the noble goal of raising a healthy and harmoniously developed generation. Therefore, it is necessary to improve the quality of physical education in schools.

In this regard, it is very important to conduct physical education classes at a high level in rural schools. This is because the interest of rural students in physical education is no less than the interest of students in urban schools. Now, only the effective use of these opportunities and the involvement of students in physical education classes will depend on the level of skills, knowledge and abilities of the physical education teacher. To do this, it is

necessary to systematically organize education and upbringing based on comprehensive, clear plans.

Advanced pedagogical technologies with students in teaching physical education - Pedagogical experience has shown that teaching methods such as Brainstorming, Small Group Work, Zigzag, and Game are more effective.

The use of advanced pedagogical technologies in the teaching process has a great practical significance in improving the quality of education. The use of interactive methods in physical education classes also requires great skill.

We know that children's activities are mainly games, and physical education classes are very useful in the realization of these desires. Because the child plays, jumps, runs during the lesson, so he feels much free. That is why they look forward to every physical education class at school.

Considering children's interests, physical education classes can be made more fun, festive, and using music.

At this point, I recommend my unconventional style, which I have created and used in my work. This style is called "Movement and

Tone". This style is both non-traditional and fun for children, and does not require any extra effort (worry) no matter where and under what conditions (whether outdoors, in the hall, or in the classroom). Music can be easily extracted by hand. That is, at the beginning of each lesson, a set of general developmental exercises is given. When performing these exercises, you can create a sound and perform the movements. The limbs are divided into four sections (neck, arms, waist and legs), each of which is given a separate exercise and clapped. An exercise called "Injury" is repeated between exercises for each body part. Hence, this style is interpreted as performing an action using a melody (applause).

Now I recommend this set of exercises: 1. Initial position: upright position, arms in front of the chest, legs in pairs, 1-head tilted to the right with a single clap to the sound of "lay", 2- to the left, 3- to the front, 4- to the back, the movement continues with applause in the same tone.

Recitation: Initial position: standing, legs in pairs, body turned to the left (right), knees bent, five claps, "lalay-lay".

1. Initial position: upright position, legs in pairs, 1- hands stretched forward with a single clap to create a "lay" tone, 2- arms raised and clapped in this way, 3-hands lowered to the side, 4- initial case.

2. Initial position: upright position, legs shoulder-width apart, arms raised forward and rotated four times back and forth four times, hands clapped at the highest and lowest point with a single clap "lay" tone is removed.

Recitation: Initial position: standing, legs in pairs, body turned to the left (right), knees bent, five claps, "lalay-lay".

3. Initial position: upright, feet shoulder-width apart, 1- bend to the left, hands clap in front of the chest to make a "lay" sound, 2- perform the same action on the right, 3- bend to the front clap your hands down, 4- lean back and clap your hands in front of your chest to the same tone.

4. Initial position: upright, feet shoulder-width apart, without bending the knees, 1- bend forward and make a "lay" tone at the lowest

point with a single clap, 2- raise the body and raise the arms upwards, and repeated.

Recitation. Initial position: standing, legs in pairs, body turned to the left (right), knees bent, five claps, "lalay-lay".

5. Initial position: upright position, in the first sitting position the hands are extended forward and a "lay" tone is formed with a single applause, in the second position the hands are formed with a "lay" tone with a single clap above.

6. Initial position: upright position, right (left) foot in front, left (right) foot in the back, alternating legs, jumping and clapping to the tune of "lay-lay".

We know that the number of exercises varies depending on the age of the students. In this case, we have the opportunity to change the number of exercises for each part of the body. As the number of exercises changes, you should try to adjust the tone for the new exercises in accordance with the movements, which is not as difficult as it seems.

The movement and tone method is used in groups of girls in physical education classes, in preschools based on the requirements of the STS, in the primary classes of the secondary school program, in higher education, as well as in the morning physical exercises and work can also be used in extractive plants.

It can also be used in physical education minutes used to prevent symptoms such as brain fatigue, stress, and boredom or fatigue in students during the humanities and social sciences in the school curriculum.

Through this method, which I used in my work, I tried to increase the interest and love of young people in sports. It is not surprising that our rural youth will grow up to be famous athletes such as Muhammaddkadir Abdullayev and Rashid Sobirov, who grew up in the village that is conquering the world arenas and became the honored children of our people.

Action is called the treasure of life. Because life does not reveal its great treasures by itself. It can be opened through constant effort, independent work, aspiration. Everyone in life needs to be on the move regularly. Otherwise, we may be left behind in today's fast-paced world. That is why it is necessary to be

constantly on the move, to work on oneself, not to be afraid of the difficulties of life, to overcome difficulties only through hard work and effort. Physical activity purifies the soul, strengthens the soul, encourages spiritual maturity, mental perfection, and encourages one to do good deeds, to think good thoughts. In order to inculcate such concepts in the minds of young people, I organized the lessons in an unconventional way, using the method of "movement and tone". I think that such beautiful ideas and goals will quickly penetrate into the hearts of the younger generation through fun activities and fun games, and each teacher will be able to achieve the goal set in his lesson.

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