



GYMNASTICS IN THE SYSTEM OF PHYSICAL EDUCATION OF UZBEKISTAN

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ABSTRACT

Among a huge number of means of physical development and education of the younger generation, gymnastics takes a leading place. In any sport, you can not achieve good results without a preliminary warm-up, based on gymnastic exercises. The article deals with the development of gymnastics in Uzbekistan.

KEYWORDS: *Gymnastics, exercises, exercises, posture, flexibility, coordination.*

ГИМНАСТИКА В СИСТЕМЕ ФИЗИЧЕСКОГО ВОСПИТАНИЯ УЗБЕКИСТАНА

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Аннотация

Среди огромного количества средств физического развития и воспитания молодого поколения гимнастика занимает ведущее место. Ни в одном виде спорта нельзя добиться хороших результатов без предварительной разминки, основу которой составляют гимнастические упражнения.

В статье идет речь о развитии гимнастики в Узбекистане.

Ключевые слова: *гимнастика, упражнения, занятия, осанка, координация.*

DISCUSSION

Any state has traditions unique to it in the development of physical culture. Gymnastics, like other sports, was based on a whole complex of traditional and non-traditional means of physical education in different historical periods.

Gymnastics on the territory of Central Asia and in particular in Uzbekistan was "imported" already in the established falcon form, which had the beginnings of a sporty style, while elements and

entire areas of medical, health-improving, applied physical culture in Uzbekistan already had deep and often scientifically based roots. We find evidence of this in the epic Alpomysh, in the writings of Ibn Sino, in the era of Amir Timur.

There are many significant dates and events in the history of gymnastics, many of which date back to the 20th century.

In 1904, the "Society of Gymnastics and Exercise Fans" was established. It should be noted that at that time the concept of "gymnastics" included



such exercises as running, jumping, throwing, etc. But this was the first gymnastic society, and it played a big role in the further development of this sport. It was organized at the initiative of groups of athletes and totaled only 15-20 people.

The charter of the "Society of Gymnastics and Exercise Fans" noted that students of educational institutions cannot be members of the society, since gymnastic classes were present at them. So in 1880, a special commission developed a program for four-year parish schools of the Turkestan region, which provided for gymnastics classes, in addition to the main lessons.

When the gymnastics and fencing school was opened in Tashkent, it gained even greater popularity, and the number of members of this society increased significantly, but as before, it included a number of exercises that did not meet the requirements of gymnastics. Competitions, as such, were not held.

In 1912, in order to recruit the Russian national team for the Olympic Games in Stockholm, official gymnastics competitions were held in Turkestan, the winner of which was Lieutenant Volchansky. This date of the first official competitions was considered the birthday of gymnastics in Turkestan. Following this event, gymnastic societies begin to form in Kokand, Ferghana, and Samarkand.

In 1915, the first gymnastic courses at the female gymnasium opened in Tashkent. These courses were completed by Polina Vladimirovna Garfung, who later did a lot for the development of gymnastics in Uzbekistan. Gymnastics, like other sports, has become the property of the masses. Improving the population through physical education and sports has become a state affair. Thus, gymnastics took a strong place in the general system of physical education of workers in Uzbekistan. It should be noted that for some time the falcon and Swedish gymnastics system that remained from tsarist Russia still existed, but they were soon replaced by a new gymnastics system corresponding to the tasks of the socialist state. Gymnastics begins to penetrate into Bukhara, Kattakurgan, Namangan, Urgench. The greatest development during these years she receives in military units and military schools.

In 1918, the Children's Sports Club was opened, where classes were held in games and gymnastics. The year 1919 is characterized by the fact that, starting from this year, various competitions are held among students, which are called the "Olympic Games".

On October 10, 1920, the First Central Asian Olympiad opened, which was a great event for athletes and a review of their achievements. In the same year, the Ferghana regional military registration and enlistment office published the "Brief program of

teaching physical education". It provided for gymnastics, running, jumping, games. The introduction stated: "Gymnastics has a goal: to give the correct physical development, to correct the body's deficiencies, to develop the ability to coordinate movements, develop discipline and strengthen the nervous system - balancing".

The big event of 1921 was the creation of the Central Council of Physical Culture under the administration of the All-Education Turkfront. His goal was to unite various physical education organizations and to systematically manage the physical education of workers in Turkestan.

In 1928, at the second All-Uzbek Spartakiad, the Tashkent gymnast Mechislav Murashko won the title of absolute champion of the USSR.

In 1933, at the first official gymnastics championship in Tashkent, and then in subsequent years, E. Dakhin, B. Yastrebov, E. Yeletskaia, B. Bogatova, V. Nazarov, N. Kotin, A. Petukhov and others achieved great results. others.

A significant role in the development of gymnastics in Uzbekistan was played by the physical education college opened in 1935 in Tashkent, where Yan Halilovich Murtazin, a graduate of the Moscow Institute of Physical Education, as well as teachers Rashid Khamidov and Umar Asadov, worked as a gymnastics teacher.

In 1936, for the first time in Uzbekistan, a children's gymnastics championship was held. V. Lebedev, and R. Tomilina became champions of the republic. Young gymnasts G. Kust and O. Sokolovskaya achieve excellent results. At the same time, one of the strongest gymnasts of the republic Chervichenko from Samarkand successfully performs.

In 1949, a brilliant gymnast Galina Shamray appeared in Uzbekistan - the champion of the republic, then the honored master of sports, the Olympic champion in the team competition, the first absolute world champion in 1954.

Elvira Saadi - Honored Master of Sports of the USSR, awarded the Order of Friendship of Peoples (1976) and the medal "For Labor Distinction" (1972). Olympic champion in 1972. In the team championship, the absolute champion of the USSR in 1973, the champion of the USSR in 1972 in the free exercise and on the log, 1973 in the exercise on the log.

In 1955, the Uzbek State Institute of Physical Culture was opened, the gymnastics department participated in the preparation and conduct of mass gymnastic performances at all holidays of the republic at the Spartak, Pakhtakor stadiums, in the festivities square.

In 1962, the department of gymnastics and the gymnastic community celebrated the 50th anniversary of gymnastics in Uzbekistan.



Commemorative badges were issued, which awarded coaches, athletes and social activists.

In 1994, Irina Vainer-Usmanova became the head coach of the gymnastics team of Uzbekistan, and under her leadership, many spot-athletes became champions of Asian and international championships. Now she is the head coach of the national team of the Russian Federation. Thanks to her, many Russian athletes have become champions of Europe and the world in gymnastics.

Now our government pays great attention to the development of sports in Uzbekistan. In 2020, on January 24, a decree of the President of Uzbekistan "on measures to further improve and popularize physical education and sports in the Republic of Uzbekistan" was issued. This decree contributes to the development of sports, including gymnastics in Uzbekistan.

In Uzbekistan, all conditions have been created for the development of sports, including gymnastics. Each educational institution has gyms, stadiums and other sports facilities.

Now many athletes who do gymnastics are the champions of Asia and the world. With which our people are proud.

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