

Physical Culture and Education for the Preparation of Gymnastics in the Framework of Circle Activities

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ABSTRACT

Circle sports contribute to health promotion. Sports are an integral part of human life, providing the necessary activity. Physical exercises are elementary movements, motor actions made up of them and their complexes, systematized for the purpose of physical development. Sport is an integral part of physical culture, in which the main emphasis is on the

very physical development of a person, strengthening his health and wellbeing. There was a need to improve the efficiency of management in the field of physical culture and sports, which means a more rational use of the available opportunities and the efforts expended to solve the cardinal tasks that have arisen before the country, and the importance of solving these problems at the state level today has increased immeasurably.

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Physical culture is an integral part of the culture of society, which is a set of values and knowledge created and used for the purpose of physical and intellectual development of a person's abilities, improvement of his motor activity and formation of a healthy lifestyle. Physical culture is a sphere of social activity aimed at preserving and strengthening health, developing a person's psychophysical abilities in the process of conscious physical activity. Physical exercises are natural and special movements. They differ from ordinary movements in that they have a purpose and are specially organized to promote health. Physical culture is a field of social activity aimed at preserving and strengthening human health in the process of conscious physical activity. Physical exercises have a positive effect on the psycho-emotional sphere and improve mood, have an anti-stress effect; have a tonic, trophic, normalizing effect on the body and form compensatory functions. Physical exercise arose from the natural human need for movement. Only thanks to the movements of the human body can develop normally. The lack of movements negatively affects the health, physical condition of a person, his spiritual development. Physical exercises are motor actions and their complexes, systematized for the physical development of a person. Physical exercises developed on the basis of movements borrowed from labor, household, military human activities (running, walking, jumping, throwing, lifting weights, swimming, etc.). Skill and habit differ from each other mainly in the degree of their mastery, that is, in the ways of control by the human consciousness. A motor skill is such a

degree of possession of a motor action, in which the control of movements occurs with the active role of thinking. Classification of exercises according to the primary target orientation of their use. On this basis, exercises are divided into general developmental, professionally applied, sports, restorative, recreational, therapeutic, preventive, etc. Physical exercises are elementary movements, motor actions composed of them and their complexes, systematized for the purposes of physical development.

Static exercises are exercises performed motionless with isometric muscle tension. In other words, if dynamic exercises require repetition of a movement, then static exercises involve maintaining a position

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for a certain amount of time (usually from 30 to 60 seconds). The Hippocratic covenant "do no harm" must be observed not only by doctors, but also by specialists in the field of physical culture: sports coaches, fitness instructors, teachers of this discipline in schools, universities, etc.

The most important factor in terms of load regulation is the variation of physical exercise parameters: body position - a strictly defined initial position of the body or its individual links create the most favorable conditions for achieving the necessary anatomical and physiological effects on the body.

Physical exercises originated in ancient times. Primitive people had to defend themselves day and night from the attack of predators, resist the forces of nature, and get food. Sometimes the hunters themselves became the prey of the animals. The strongest, dexterous, enduring, and therefore the healthiest survived. Physical exercises differ from labor activities: intensity; tasks; venue. Physical activity is motor activity, muscular work, the magnitude and intensity of which depends on the field of human activity. So, if in office work it is reduced to the limits, then in sports it has high values.

Classification on the basis of historically established systems of physical education: gymnastics, games, sports, tourism. Anatomical classification. On this basis, all physical exercises are grouped according to their effect on the muscles of the arms, legs, abdominal muscles, back, etc. Motor skills are the ability to use the accumulated motor experience and knowledge, and, with the appropriate level of development of physical qualities in a person, apply this experience in solving various motor problems. This is the ability to not automatically control movements in the process of motor activity. A motor action is a purposeful motor act (a behavioral motor act consciously carried out in order to solve a motor task), consisting of movements (unconscious and inappropriate mechanical movements of the body or its parts) and postures. All exercises are combined into three groups: competitive, special preparatory and general preparatory.

The aim of physical education culture is the formation of sustainable motives and needs among schoolchildren in respect for their health, the holistic development of physical and mental qualities, the creative use of physical culture in the organization of a healthy lifestyle. The value of physical culture in the formation of a general culture of the individual, familiarization with universal values and a healthy lifestyle, strengthening human health, preventing bad habits, maintaining a healthy lifestyle by means of physical culture in the process of physical culture and sports activities. The form of physical exercise is a certain orderliness and consistency of both processes and elements of the content of this exercise.

In the form of physical exercise, internal and external structure are distinguished. Circle work, one of the forms of additional education for children, which consists in organizing circles, sections and clubs of various kinds. Circle work is carried out in the process of extracurricular work. Circle work, one of the forms of additional education for children, which consists in organizing circles, sections and clubs of various kinds. Circle work is carried out in the process of extracurricular work in educational institutions (schools, gymnasiums, colleges, etc.), as well as in institutions of additional education (houses of creativity, houses of culture, clubs, etc.). The task of the circles is to deepen and expand the horizons of students, satisfy their interests and needs, develop creative abilities, instill practical skills and engage in socially useful and productive work.

There are a wide variety of circles. There are circles: subject (according to academic disciplines in accordance with educational programs), artistic and aesthetic (fine art, music, choreography, choral, etc.),

technical (by types of technical creativity of students), naturalistic (young naturalists, etc.), tourist and local history, physical culture and sports (often called sections), amateur (by interests, etc.).

Self-control - regular monitoring of one's health, physical development and physical fitness, and their changes under the influence of regular exercise and sports. Circle work is organized on the basis of the independence of students under the guidance of teachers or specialists attracted by the school. The circles unite students of the same or parallel and adjacent classes. Classes are held outside school hours, but regularly - from 1 to 4 times a month. The work of the circle is managed by the school management. Circle programs, unlike school curricula, are not mandatory, are exemplary and may vary depending on local conditions, composition of circle members, their interests and training. Circle work has a calendarthematic plan of its work for the academic year. Recording of work is usually carried out in the form of a journal - a diary.

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