UMUMRIVOJLANTIRUVCHI GIMNASTIKANING ILMIY-NAZARIY ASOSLARI

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ANNOTATSIYA

Ushbu maqolada maktabgacha ta’lim tashkilotidagi bolalarni jismonan tarbiyalash vazifalari, jismoniy tarbiya jarayoni, gimnastika mashg’ulotlarining ilmiy – nazariy asoslari bo’yicha amaliy tavsiyalar hamda maktabgacha ta’lim tashkilotida umumrivojlantiruvchi gimnastika mashg’ulotlarini tashkil etish va sog’lomlashtiruvchi vazifalari ochib berilgan.

Kalit so’zlar: gimnastika, yurish, emaklash, sakrash, otish, chaqqonlik, to’siq, o’tirg’ch, xalqa.

SCIENTIFIC AND THEORETICAL FUNDAMENTALS OF GENERAL DEVELOPMENT GYMNASTICS

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ABSTRACT

In this article the functions of practical education of the children at the preschool educational institutes, the physical education process, the instant history of the types of gymnastics, the practical suggestions on scientific-theoretical factors of gymnastics classes as well as educational and healthy functions of gymnastics exercises at the preschool educational organizations are identified.

Keywords: gymnastics, walking, crawling, jumping, throwing, agility, hurdle, bench, ring.