



GENERAL DEVELOPMENT EXERCISES AND THEIR CONDUCT IN FORMING A HEALTHY LIFESTYLE IN STUDENTS

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ANNOTATION

In modern conditions, the relevance of physical education of students is unquestionable, because physical education and sports lead to the optimization of a person's physical health and development together with his mental qualities. This article is based on the use of sets of general developmental exercises in the course of physical education classes as a complex pedagogical tool for educating students. Conclusions and recommendations presented by the author are suggested to be taken into account in physical education classes with schoolchildren.

Keywords: healthy lifestyle, student, overall development exercises, physical education, physical culture.

1. General development exercises are special exercises. They play an important role in the development and health of the whole organism and help the development and strengthening of large muscle groups such as the shoulder girdle, torso, legs, the mobility of the joints, and the normalization of the process of muscle tension and relaxation. The purpose of these exercises is to form the correct height, strengthen the entire musculoskeletal system, and improve blood circulation, breathing, metabolic processes, and the functioning of the nervous system.
 2. General development exercises activate the higher motor centers that control movements; helps to show physical qualities such as quickness, agility, balance of forces, endurance, flexibility, and evokes a positive emotional mood.
 3. General development exercises are designed for three groups:
 4. exercises for the shoulder girdle and arm muscles of the first group:
 5. helps increase chest breathing;
 6. strengthens the diaphragm, allows deep breathing, straightens the spine, helps to strengthen the heart muscles.
 7. The second group of exercises for the body and back muscles. These exercises affect the formation of the correct stature and help to develop the flexibility of the spine when bending the body forward and to the sides, turning to the right, left, and rotating.
- The third group of exercises is for leg and abdominal muscles. They help to strengthen the abdominal muscles from shaking the internal organs during rapid movements (jumps, jumps, etc.), and also prevent blood flow in the veins and vessels (kneeling, squatting, squatting, etc.). Leg and abdominal muscle strengthening exercises: full and thin. Sit down on your knees, lean on your heels, pull out your stomach and tighten your waist. This exercise will make you fitter.



Then take out the belly. put the legs forward. Stand up straight. Leaning on the side with one hand, raise one leg and straighten the tip of the leg in a horizontal position. Put your right foot in front of you, then your left foot. How many times can you do this exercise?

Hakka with Kongizvoy. Students are divided into two opposite groups. On one side, there are kongzvoys at the starting line, and hakkas at the finish line. According to the permission of the coach, the team members start the exercise. When the signal is given, the beetles crawl and push the ball lying in front of them with their heads to the finish line. The Hakkas there jump towards the start with the ball between their legs. Thus, whichever group (Kongizvoy and Hakkas) completes it first, they are considered the winners.

A monkey in a tree. Lie on your back and raise one leg up, holding the thigh with both hands, slowly crawl up and take it up to the paw, as if a monkey or a cat climbed a tree. It's like climbing a tree with your legs open.

Repeat this exercise on the other leg. Exercises to strengthen the muscles of the back and back Airplane. The initial position is to stand up, arms extended to the sides, as if like the wings of an airplane. Now bend and fly in all directions and pretend to fly out loud.

Boxer. Children who know how boxers are, stand up and do boxing, look in the mirror and do boxing, hang a softer bag or pillow and do boxing. Then the muscles of the trunk, arms, and shoulder girdle of children develop well. They learn to be ready for defense and attack. The body will be strengthened and become prosperous.

Windmill. In a standing position, your feet are placed shoulder-width apart, your right or left hand is on your back, and the other is raised up, you rotate it. The pinwheel of the mill rotates according to the wind, you try to turn it slowly with both hands one after the other.

Wood burner. In a standing position, you are ready to chop wood with your legs crossed, arms crossed, as if you are lifting something. Then you should raise your hands as 1-2, and show how to split wood with 3-4 counts of "ugh". Thus, it is necessary to perform the exercise 5-6, 7-8 times. This exercise strengthens the muscles of the back, shoulders, and arms.

Special exercises that strengthen legs and muscles Sit on a chair or on the floor. With the fingers of your right foot

"introduce" the heel, the paws stay in place, move the heel forward, towards the paws. Claws move. Push the heels into the paws again, and the paws will run away again. As a result, the paws move in a wavy manner. So again, practice moving forward and backward. Punch the leg rack. Sit on the floor or in a chair, squeeze the toes towards the heel and straighten them again (do the same exercise with the toes). Spin the stick on your toes. Sit on the floor or a chair and put a gymnastic stick or dumbbell on the leg. Raise the paws a little, squeeze the stick and turn it.

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