



**THE ROLE OF RHYTHMIC GYMNASTICS IN THE EDUCATIONAL AND EDUCATIONAL PROCESS IN THE REPUBLIC OF UZBEKISTAN**

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**Annotation:** this article describes the role of rhythmic gymnastics in the educational and educational process, as well as one of the sports that is gaining momentum and gaining popularity among the developed countries that we envied today.

**Keywords:** Gymnastics, sports, healthy, harmonious generation

Today, the involvement of the younger generation in the regular practice of physical education and sports in our Republic, the supply of materials in the program at the required level by increasing their physical fitness, helps to fully improve resources. "To further develop physical education and sports in our country, to attract all segments of the population, especially young people, to regularly engage in physical education and sports, to create the necessary conditions for promoting a healthy lifestyle in the country, to organize physical education-health and mass sports events, to conduct sports competitions, to qualify talented athletes and to focus on their targeted training, Gymnastics is a The upbringing of a physically healthy, mentally harmonious generation can be effectively carried out on the basis of regular physical education and sports. Correct all Training like institutions, general education, physical education in school by medium new state standards, training programs, plans, and other normative acts reading coach in service activities. [1] a number of laws and decisions have been adopted aimed at strengthening the health of the younger generation. As confirmation of this, the law of the Republic of Uzbekistan dated September 4, 2015 No. 394 "on the development of Physical Education and sports"PF-4947 "on the strategy of actions of the president of the Republic of Uzbekistan on February 7, 2017" on the five priorities for the development of the Republic of Uzbekistan in 2017-2021- Decree No. 5368 PF-5368 of March 5, 2018 "on measure of radical improvement of the system of Public Administration in the field of Physical Education and Sports", 5 important initiatives to raise the youth morale of our president and their free meaningful organization, the second initiative is based on these decrees adopted on the physical conditioning of young people, creating the necessary conditions for them to.

Physical education of the younger generation is a component of the education education system, and the education of students of physical and mental qualities in all aspects of the development of sports of rhythmic gymnastics in the Republic of Uzbekistan, as well as their preparation for life, Labor and defense of the motherland, combining spiritual wealth, moral purity and physical perfection in Ozzi, Indeed, in our country, the education of the perfect generation is considered not only as a matter of education, sports or medicine, but as a multifaceted, broad-based task that necessitates the mobilization of activities of all spheres and sectors in a complex manner. In general, from all programs adopted in the social direction, to care about the institution of the family and neighborhood, to measures that contribute to increasing the prestige of women in the life of society- at the heart of all the prospects for organizing physical education and sports activities at the stage of single current development: problems and solutions.



International scientific practical conference. April 28-29, 2022 49 goals, that is, efforts to solve the issue of raising the perfect generation in our country were reflected.[2] in particular, today it is organized on the basis of the idea of our president, recognized as a unique structure in the world.

You will say who the girls 'Cypress cane, a pleasant image, a delicate smile do not frame. And the courage and agility of the Parivash is worth a thousand pleasures if you say it. All the best knows today that the importance of sport, which is a school of temperance, purification, is important in this regard. Gymnastics classes, which especially make the graceful movements of princesses more attractive, not only ensure the splendor of their body parts, but also provide girls with the ground for a healthy adult. Rhythmic gymnastics is one of the sports that is gaining momentum and gaining popularity among the developed countries that we envied today, it can be seen from the current competitions that the number and skills of participants are increasing day by day. It pleases a person that interest and attention to this type of sport is growing not only in cities, district centers, but also in remote villages. Today, more than 10 thousand girls in our country are engaged in rhythmic gymnastics, which is an elegant type of sports. At the moment, rhythmic gymnastics is an Olympic sport, in which athletic girls compete among themselves in technical skill and expressive performance of complex body movements to music using various items. Among the usual exercises for rhythmic gymnastics, one can include movements performed in harmony with elements of acrobatic exercises, dance and choreography, performed without items, with various items in structure (flanges, ropes, Hammers, ribbons). These exercises reflect specific aspects of rhythmic gymnastics and form its basis.[3] in the process of development of gymnasts ' sports skills, the requirements for individual components were not the same. Sometimes one of them, sometimes more attention was paid to another, this aspect would largely depend on the rules of competitions. Even so, in rhythmic gymnastics there must be a special harmony between all three components-complexity, composition and performance. An important requirement for a gymnast in the performance of a composition is the formation of an emotional — mobile image in the performance of technically complex compositions based on personal acceptance of music, expression and expressiveness. Music occupies a large place in creative research on the compositional forms of competition programs. The nature and emotional content of the musical work should correspond to the individual characteristics of the gymnast (physical, technical, psychological, expressive, in terms of age). The higher the skill, musicality, culture of movement of a gymnast, the more chances she has.

Another aspect characteristic of the performance skills of athletic girls consists in choreographic training. Choreography is an important tool for aesthetic education and the development of creative abilities. It is in the process of choreographic training that athletes become lovers of art. In them, the ability to correctly feel the beauty of actions, through them to express certain emotional states, mood, emotions is nurtured. The concept of "choreography" (classical, folk, historical-domestic, modern) includes all aspects related to the art of dance. Choreography makes it possible to enrich the culture of movement of gymnasts and expand their means of expression, increasing the ability to perform-specific artistry. The growing competition on the world gymnastics arena dictates that only athletes who were able to show complexity in harmony with high-skill performance, who showed special expression, emotionality and artistry, can always win. Therefore, a more qualitative approach to special choreographic training is required, which should be based primarily on the principles of

taya-nish and always advanced personal abilities in the changing conditions in which gymnasts act. Despite the obvious aspects related to gymnastics, the concept of "expressive movement" belongs to the field of psychology. With this term, in psychological research, the external expression of mental states {manifestation in facial expressions, pantomimics and expression) is determined. Psychological training also plays an important role in rhythmic gymnastics. Another special aspect of this sport is that the level of sports achievements of gymnasts is determined by the subjective assessment of judges with the appropriate qualifications. In the sport of rhythmic gymnastics, many elements characteristic of the quality of movements are manifested. Covering them as they are, analyzing various information on this matter and giving a clear expert opinion - yusak, who is in front of the theory and practice of rhythmic gymnastics, is the goal. When solving this task, it is necessary to pay attention to many specific features and aspects. Prospects for the organization of physical education and sports activities at the current stage of development: problems and solutions. International scientific practical conference. April 28-29, 2022 50

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