

**BODY POSITION (POSTURE), MOVEMENTS OF SOME JOINTS, THE PATH (TRAJECTORY) OF PHYSICAL EDUCATION OF CHILDREN OF DIFFERENT AGES, CONTENT AND METHODS OF ITS ORGANIZATION**

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***Abstract.** This article presents information on the body condition of students of different ages and some of their joints, the initial condition and changes in the organism.*

***Key words:** body position, joint movements, path of movement, amplitude of movement.*

The position (pose) of the body - the movement of the joints, parts (pieces) of the body creates certain elements of its movement in space. We observe the parts of the body deviated to one side in space, tilted, bent, and some of our organs are collected or stretched, etc. During any movement, these poses and postures are constantly changing, and in turn, physical loads fall on this body or some of our organs. These conditions occur with an increase or decrease in physical load on the body [1,2,3,4,5,6,7,8].

Vertical position of the body - hangs and leans, gori zontal positions, horizontal balances, mixed hangs, leans, etc.

Bent, folded positions of the body: leans, "big steps" with legs forward, backward, to the sides while leaning.

Movements of certain joints of the body are changes in the position of two biological links in the isolated part of the human body in space, which can guide the solution of simple movement tasks such as bending and straightening. Movement activity of an individual, movements of his body joints, can be performed simultaneously, in a row, in a row, gently alternately, or combined into actions of short or long duration. Only at the expense of this, it is possible to solve the most difficult movement tasks from the simplest movements.

Coordinating movement is a spatial boundary with respect to another part of the body determined in straight line and angular measurements, the position of the parts of the body in relation to the start of the calculation, shape (starting line, gymnastic equipment, its axis, etc.) is evaluated or determined.

In these situations, the state before starting the exercise - the so-called "initial state" - is of great importance in mastering or performing the exercise technique. If it is taken into account that it solves an anatomico-physiological task, on the other hand, it positively helps the performance of this action. The initial position is the most optimal position for starting the movement, and it facilitates the sequence of movements to be performed after the movement has started. "low start" for the sprinter, "waiting for the ball" for the goalkeeper, etc [19,20,21,22,23,24,25,26,27,28,29,30].

Academician Ukhtomsky called these conditions optimal. Although the initial state seems to be calm, in fact, the body is expending energy for the upcoming movement, a number of muscle groups are carefully preparing for muscle work, and a wide range of physiological processes such as respiration, nervous system, cardiovascular system, and metabolism are in full swing [9,10,11,12,13,14,15,16,17,18].

The initial position is not only important during physical exercise, but also the posture of the body during the exercise. A sprinter, stayer, marathoner, skier, skater, who holds the verticality of the body by a certain degree, has a positive or negative effect on the effectiveness of the exercise (length, height, position of the jumper after landing).

When performing some sports or physical exercises, the general state of the body and the state of some of its parts (pieces) are directed not only to the biomechanical goal (of figure skaters, gymnasts, acrobats, divers and rhythmic gymnasts), but also to the aesthetic feeling of those who observe the movements or those who perform these exercises. shapes and gives them pleasure.

The smoothness, sequence, freedom, and ease of execution of movements depends on the state of the human body and plays an important role in mastering physical exercise techniques, in the process of mastering movement, and in identifying and correcting errors.

The path (trajectory) of movement is important in mastering physical exercise techniques and demonstrating them. In practice, we describe the position of the body in space, depending on the trajectory (path) of movement. When performing an action, if the trajectory necessary for its execution is not reached, it becomes difficult to achieve the set goal.

If we can determine the shape, direction, and amplitude of the movement of the body during exercise, we determine the path of movement of the body (or its parts). The diversity of the anatomy of the human organism makes it necessary to choose a different path of movement for each individual in performing the same movement [31,32,33,34,35,36,37].

Depending on the shape of the movement, it was found that they can be along a straight line. Observations show that the movement of an individual is never in a straight line, but even simple movements consist of various forms of circular movements of a number of muscle groups. The efficiency of their body is high for energy consumption, and it makes it possible to easily perform actions that require a lot of effort in certain parts of the body. For example, if only a certain part of the shoulder muscles moves differently for a boxer's punch, a punch with the necessary power is created.

Direction of movement. The effectiveness of the exercise can be seen in the fact that if the muscles can create the direction of movement necessary for the movement to be performed, we can see that the exercise technique is performed clearly and smoothly.

For example, the execution of "rivoks" with the hands bent from the elbows to the chest with the palms down, tightens and relaxes the chest muscles. If we perform this movement with the elbow slightly lowered, the exercise loses its importance. Because the muscle group that we need to use does not participate in the performance, does not work.

Changing the direction of the basketball from six degrees to four degrees to put the basketball in the basket can make it less likely to go into the basket.

In practice, the direction of movement is determined depending on the level of the body or a target. When raising the hand forward, we determine the direction of movement depending on its position in relation to the body. When throwing the core over the "plank" set at a certain height, the plank serves us as a target.

The human body moves up, forward, backward, right, left.

Action deviation is a deviation of movement. In physics, amplitude is understood as the right and left deviation (degrees) of a pendulum relative to its rest position. We understand deviations of some parts of the body. The amplitude of movement in the right direction is determined by half, full sitting, etc. The amplitude of some parts of the human body depends on the elasticity of the joints of that body [38,39,40].

Movements occur in active and passive muscle contraction. Activities in sports training and living conditions depend on the amplitude of movement. Forcing a muscle that is not adapted for high-excitation to move at a high amplitude will cause injury. If the amplitude of the movement does not meet the requirements of the task, such movements cannot be manifested as specific movements. Movements are also characterized by their separation times.

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