

## THE TYPES OF JUMPS REQUIRED IN PHYSICAL EDUCATION AND SPORTS PRACTICE, THE PECULIARITIES OF JUMPING AND JUMPING ENDURANCE

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**Annotation:** the article analyzes the processes of execution in a more and more scalable way, in which the types of jumps required in physical education and sports practice, jumpiness and jumping endurance are distinguished by their characteristic features.

**Keywords:** jumping, debsinish, endurance, volleyball, sports, endurance, base.

Jumping is a vital movement skill that is performed from a supported position to an unsupported position (on the basis of jumping), from an unsupported position (from the flight phase) to a supported position. Jumping skills are a means of action used in human life, even in animals, to overcome various dangerous situations (jumping from a ditch, jumping over obstacles, jumping from high to low - from low to high, etc.) or to satisfy a necessary need. The ability to carry out such a necessary vital task or vital need with a beneficial result is determined by the courage and endurance of the leap. Therefore, both humans and animals regularly improve their jumping skills through various games, special exercises, and necessary competitions from early childhood until the last stages of adulthood. Of course, there is no doubt that under the influence of such tools (games, special exercises, competitions) jumping skills, jumping skills and jumping endurance are formed. However, the situations encountered in life, their specific requirements, the types of danger that need to be eliminated, the types of jumps that are required to be performed in physical education and sports practice, and the jump endurance and jumping endurance differ by their own characteristics. These distinguishing features are related to taking the initial position for jumping, getting ready, coming from a place or running, jumping, bending legs, active inertial movements of arms, body and body parts. Therefore, it is important for a person, especially in sports practice, to form jumping types, agility, and jumping endurance in accordance with the requirements of the situation, the necessity of the need, and the specific characteristics of the chosen sport. In recent years, in the literature published within the theory of physical education, including the theory and methodology of sports, types of jumping, jumping ability and jumping endurance have been widely studied as objects of research (Yu.V. Verkhoshansky, 1988; V.P. Filin, 1995; L.P. Matveyev, 1999; L.P. Volkov, 2002; V.N. Platonov, 2004; J.K. Kholodov, V.S. Kuznesov, 2008; Yu.D. Zheleznyak, 1998, 2005; A.V. Belyayev, M.V. Savin, 2000, 2009; Yu.N. Kleshchev, 2003 ; L.R. Ayropet'yans, 2006; L.R. Ayropet'yans, A.A. Pulatov, 2013). In addition, in these sources, the phases, coordination, height (or length) and biomechanical laws of jumps corresponding to the technical and tactical methods of jumping in each type of sport, especially in sports games, have not been studied in detail and are not scientifically substantiated. However, for example, in volleyball, the skills of hitting from different zones, blocking, passing the ball, including jumping to score a ball, and jumping are distinguished by their own characteristics. Such characteristics of jumping have not found their expression in volleyball theory at all. It is a separate study that the jump height and vertical jump coordination are related to the quality-technique or tactics of the game methods (attacking shots, blocking, passing the ball, throwing the ball) performed in the air (without support) not included. Educational and scientific sources do not provide detailed information about a number of kinematic factors that ensure agility or vertical jump height. However, the provision of vertical jump height is based on a number of kinematic factors. For example, the fact that the jump height characteristic of volleyball players is not provided only by the quick-power of the legs, but also depends on the active inertial movement of the arms, body and body parts, including the angle of bending and bending of the legs, is not

seriously considered in the development of this quality.

In particular, bending forward of the body during jumping, active movement of arms from back to front-up, creates inertial force. This dynamic position cuts the air resistance and lifts the body up, as if the moving wings under the wings of an airplane. It is known that the plane does not rise into the air only with the power of the engine installed on it, but it rises due to certain aerodynamic laws. In particular, the motor moves the plane forward, the downward deflection (movement) of the moving vanes on its wings overcomes the air resistance and lifts the plane into the air. When running and jumping, bending the leg at the knee in the last steps, leaving the arms (wings) behind, and moving them sharply forward and upward during the jump increases the height of the jump due to inertial force. If the jumper is tied with both hands and the body is not bent down, no matter how developed the explosive power of the legs is, it will not provide the height of the jump. So, the skill of jumping and its height are also related to aerodynamic laws. In addition, when jumping up (vertically) or long (horizontally arced) in the air (without support), the athlete needs to perform movements of a certain coordination nature (movement of the hand aimed at an attack shot or blocking in volleyball) does. Therefore, the type of jump, its coordination feature should be specialized in accordance with the coordination, purpose and tactics of the action performed in the air (without support) (hitting or blocking). It is worth noting separately that a specialized jump type suitable for a certain game style (jumping from different zones, passing the ball, etc.) , but its coordination and biomechanical copy (content) may also be disturbed. So, in addition to jumping ability, i.e. the ability to jump high one or more times, it is necessary to develop jumping endurance. What is the meaning behind the concept of sacredness? - the question arises. Jumping means the ability to jump as high as possible from standing or running, bending the legs at an optimal angle (lowering the center of gravity), and using the active movement of the arms and body. Jumping endurance is considered good if it does not change (maintains) during running, leaving the base position and returning to the base position. Ensuring the endurance of such a jump is determined by the explosive power of the leg muscles, the active inertial movement power of the body and arms, and the optimal bending angle of the legs from the knee. As mentioned above, the jumping skills or elements performed in most sports (types of sports games, jumping types of athletics, gymnastics, acrobatics, diving, figure skating, etc.) differ sharply from each other. But until today, special qualities such as jumping, agility and endurance of jumping, depending on the method of movement (game) performed by jumping in a sport, its coordination, biomechanical copy and, of course, tactical task, have hardly been studied. M.A. Godik (2006) notes that even simple running exercises contain elements of jumping. According to him, when running, a person moves from a support position to an unsupported position by stepping on one leg first - performs the "flying phase", then lands on the other leg and comes to the support position. If this flight phase is long and repeats (cycle) quickly, the specified distance is covered in such a short time.

As can be seen from the discussed issues and opinions, each sport has elements of jumping or jumping, which are distinguished by their own coordination, biomechanical and aerodynamic features. Therefore, it is important to pay attention to the coordination biomechanical and aerodynamic features related to the jumping skill or element when teaching movement (game) techniques and tactics specific to each sport.

The external structure of the Constitution describes its relationship with other sources of law, the totality of relations, its place and role in the legal system and its significance in the system of social and normative regulation in society.

The article presents the role of family, forming system of upbringing, traditional-educational system and traditions in Uzbekistan.

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In an article consistently revealing the principles of the Bologna process for measuring the quality of education, the dynamics of internationalization and the logic of integration in European higher education and in Eurasia.

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