

## The Role Of Gymnastics Classes In Health Promotion In Primary School Classes

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### **ABSTRACT**

This scientific article analyses the role and importance of gymnastics lessons in primary school in strengthening pupils' health. The study highlights the positive impact of gymnastics exercises on a child's body, particularly their role in physical development, the formation of correct posture, the improvement of motor skills, and general health promotion. Furthermore, the pedagogical aspects of effectively organising gymnastics sessions are examined, taking into account the age-related characteristics of primary school pupils.

The article substantiates the possibilities of forming a healthy lifestyle, developing physical qualities and preventing diseases in pupils through gymnastics lessons. The research findings indicate that the proper planning and organisation of gymnastics lessons in the primary education process is a key factor in strengthening pupils' health

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**Introduction** - Nowadays, strengthening children's health, ensuring their physical development, and fostering a healthy lifestyle are considered one of the most important pedagogical tasks in society. This is particularly true for primary school pupils, whose bodies are in a phase of active development, and for whom properly organised physical education lessons are of great importance. Gymnastics lessons serve as an effective means of increasing pupils' motor activity, strengthening the muscular system, correctly shaping the posture, and developing general physical fitness. Therefore, the scientific organisation of gymnastics lessons and the study of their health-promoting potential in the primary education process is one of the most pressing issues.

The relevance of this topic lies in the fact that nowadays, among children, physical inactivity, poor posture, excess weight and various functional disorders are on the rise. This requires the effective organisation of physical education lessons, particularly gymnastics exercises. Through gymnastics lessons, pupils develop not only physical qualities but also important skills such as discipline, concentration, balance and coordination. From this perspective, a thorough analysis of the role of gymnastics in primary school physical education and its pedagogical effectiveness, along with the development of practical recommendations, holds significant scientific and practical importance for the modern education system.

**Research objective:** To scientifically substantiate the role of gymnastics lessons in primary schools in strengthening pupils' health and their pedagogical effectiveness, and to develop methodological recommendations for their effective organisation.

**Research tasks:**

1. To analyse the theoretical foundations of gymnastics lessons in the physical development of primary school pupils and in the health-enhancing process.
2. To study the impact of gymnastics lessons on pupils' health and determine their importance in developing physical qualities.
3. To develop and practically substantiate methodological recommendations for the effective organisation of gymnastics lessons in the primary grades.

**Literature Review** – The existing scientific literature on the study of the role of gymnastics lessons in primary schools for health promotion provides extensive coverage of the theoretical and practical aspects of this issue. In the works of Uzbek scholars A.K. Karimov, B.X. Xodjayev and M.U. Usmonov, the general laws of the physical education system, the age-related characteristics of primary school pupils and the methodology of organising physical exercises are described in detail. In particular, A.A. Abdullayev devotes special attention to the technique of gymnastics exercises and their teaching methods, substantiating their impact on pupils' physical development. F.N. Nurmatov, meanwhile, reveals the pedagogical foundations for fostering a healthy lifestyle in pupils, emphasising the preventive and health-promoting significance of gymnastics sessions.

The research of foreign scientists also serves as an important scientific basis in this field. Bompa Tudor O., in his works, develops the scientific foundations for enhancing physical preparedness and demonstrates effective methods for planning training sessions. Gallahue, David L., analyses the stages of motor development in children, establishing the age-appropriateness of physical exercises. Faigenbaum Avery D. proposes a safe and effective training system for enhancing youth physical fitness. The recommendations developed by the World Health Organization highlight the minimum standards of physical activity for children and its importance for health. Corbin Charles B.'s research offers a comprehensive analysis of the issues surrounding the formation of a healthy lifestyle and the integration of physical activity into daily life. An analysis of these sources shows that the proper organisation of gymnastics lessons in the early years of schooling is a key factor in strengthening pupils' health.

**Research methodology** – In this scientific study, a comprehensive approach was used to determine the role of gymnastics lessons in health promotion in primary school classes. The theoretical foundation of the study was established by analysing scientific sources in physical education, pedagogy and sports methodology. To this end, scientific literature, curricula and methodological guides were studied, and the theoretical aspects of organising gymnastics lessons suited to the age and physiological characteristics of primary school pupils were clarified.

In the practical part of the study, the methods of pedagogical observation, experimental work and comparison were used. In particular, gymnastics lessons were regularly organised with the participation of primary school pupils. Their physical development indicators (endurance, agility, flexibility, strength and balance) were assessed at the initial and final stages. In addition, the pupils' health status, posture indicators and overall physical activity were monitored. The obtained results were statistically analysed, and the health-enhancing effectiveness of the gymnastics sessions was determined.

In addition, the attitudes of teachers and pupils towards gymnastics lessons were examined using questionnaires and interview methods. In order to ensure the reliability of the research findings, a comparative analysis was conducted between the experimental and control groups. This methodological approach enabled the effective organisation of gymnastics lessons in the primary classes and a comprehensive assessment of their impact on pupils' health.

**Research findings and discussion** – The studies conducted revealed that systematically and methodically organising gymnastics sessions in primary school classes has a significant positive impact on pupils' health. During the experimental trials, it was observed that pupils who performed regular gymnastics exercises showed a significant improvement in their physical development indicators. In particular, flexibility, balance, agility and overall endurance increased, the muscular system was strengthened and motor coordination improved. A comparison of the initial and final results showed that the positive changes in the experimental group were greater than those in the control group.

Furthermore, it has been proven that gymnastics training is an important factor in correctly shaping pupils' posture. During the experiment, it was found that regular training significantly improved the posture of

students with poor alignment, stabilising the condition of their shoulders and spine. This once again confirms the preventative and health-promoting importance of gymnastics exercises. Furthermore, the students' overall physical activity increased, and their interest and participation in lessons were also observed to have risen.

The research findings also showed that gymnastics sessions have a positive impact not only physically but also psychologically. Students developed self-confidence, discipline, concentration and willpower. During the sessions, skills in teamwork, mutual support and cooperation were developed. This demonstrates the important role gymnastics plays in the all-round development of the individual at the primary education stage.

During the discussion, the results obtained were compared with existing scientific research and their consistency was established. The health-enhancing effects of gymnastics training have been confirmed by numerous domestic and international researchers, and the results of this study also support these scientific conclusions. At the same time, certain problems identified during the study were also discussed, including factors such as the insufficient use of an individualised approach in organising the sessions, the level of equipment provision, and the teachers' methodological preparation.

Overall, the results of the research conducted have shown that the scientific organisation of gymnastics lessons in the primary classes strengthens pupils' health, systematic and scientific basis is an important pedagogical tool for strengthening pupils' health, ensuring their physical development and fostering a healthy lifestyle.

Conclusion: The results of this research indicate that organising gymnastics lessons in primary schools in a systematic and scientific manner plays a significant role in strengthening pupils' health. Gymnastic exercises are an effective means of ensuring pupils' physical development, strengthening the muscular system, correctly shaping the posture and improving motor skills. Furthermore, these exercises develop physical qualities such as endurance, agility, balance and flexibility in pupils.

During the study, it was found that gymnastics training not only has physical but also psychological and educational significance. Pupils developed discipline, concentration, self-confidence and teamwork skills. At the same time, interest in a healthy lifestyle increased and levels of physical activity rose.

In conclusion, the effective organisation of gymnastics lessons in the early years of schooling is a vital component of the educational process, which helps to strengthen pupils' health, ensuring their all-round development and contributing to the formation of a healthy future generation. Therefore, it is necessary to continue the methodological work of widely introducing gymnastics lessons into the curriculum and improving them.

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