

GYMNASTICS IS THE SOURCE OF HEALTH

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Annotation: Today, due to the high attention paid to sports by the leadership of our government, the achievements of our country's female athletes in the world arenas are enormous. Because of independence, we had a lot of opportunities. It is both an obligation and a duty for us to act accordingly, to increase our achievements in all spheres. Due to the care of the President of the Republic of Uzbekistan for women, the attitude to the sport of rhythmic gymnastics, which is one of the important factors in restoring, strengthening and protecting their health, has changed radically during the years of independence. After all, sport is an ambassador of solidarity, friendship, goodness, a symbol of maturity.

Keywords: rhythmic gymnastics, sports, world arenas, Zulfiya State Prize, badminton, chess, checkers

In its history, the Uzbek people have not only shown love to their mentally and physically fit and strong children, but also many selfless people who were able to give their lives for the freedom of the whole country and nation. He brought their bright and indelible images into the works of art. He was proud of such brave heroes as Alpomish, Barchinoy, Tomaris and Farkhod.

During the years of independence, our country has been working hard to develop women's sports and involve our sisters in sports. It should be noted that the work being done in this direction in our country and the results achieved are significant.

In our country, physical education is an integral part of educating young people, an effective means of preparing them for the defense of the Motherland, the formation of a physically harmonious generation.

Gymnastics, one of the most popular of these tools, has a rightful place in this system. One of the most important tasks of gymnastics is to "help to educate the younger generation to be physically healthy from an early age, to develop their physical and mental strength."

It is known that the role of women in our social life and cultural life is incomparable and of great importance. In order to commemorate the culture of ancient ancestors, to celebrate the "Year of Women" in 1999 in Jizzakh, in 2001 in Shakhrisabz (Kashkadarya region) was organized the Republican Festival "Tomaris Games". It has become a tradition to hold the Women's Sports Decade, which is held annually on March 8, Women's Day. More than 1 million women are actively involved in table tennis, badminton, chess, checkers, rhythmic gymnastics and athletics.

In recent years, many women rhythmic gymnasts have achieved good results in international competitions. Such a process serves to enrich our national sports culture. Oksana Chusovitina and Larina Mukhitdinova are becoming world sports stars.

The Resolution of President Shavkat Mirziyoyev dated November 7, 2016 "On measures to further develop the sport of gymnastics in the Republic of Uzbekistan" a number of tasks have been set for active promotion and popularization, especially among young men and women.

Our country has all the necessary conditions for the development of mass sports, as well as the training of talented athletes who will achieve great victories in major international competitions. As a result, today sport has become an integral part of the life of our people.

Today, modern sports facilities have been built not only in cities, but also in remote and remote villages. There are many centers and sections of international standards, sports complexes and halls.

After the independence of our country, gymnastics, like all sports, has literally risen. Founded in 2005, the Gymnastics Federation of Uzbekistan has been consistently working in our country to promote all major sports - men's and women's gymnastics, rhythmic gymnastics, trampoline, acrobatics.

Gymnastics centers that fully meet international standards have been established in all regions of the country, where thousands of boys and girls regularly practice this sport every day. The most promising and talented of them are joining the ranks of junior and national teams in gymnastics. Not only sports complexes

and specialized sports schools, but also gymnasiums of secondary schools have been equipped with modern gymnastics equipment.

In 2007, the Republican Higher School of Gymnastics was established, and in 2011, the Republican School of Olympic Reserve Sports, specializing in children and adolescents in Rhythmic Gymnastics. The school, which has been the center of preparation of athletes of the national teams of Uzbekistan for the Olympics in all kinds of gymnastics since 2009, has all the conditions for a high level of training and major competitions.

At the XXXI Summer Olympic Games in Rio de Janeiro, Brazil in 2016, masters of gymnastics Anton Fokin and Oksana Chusovitina, trampoline Ekaterina Khilko, rhythmic gymnast Anastasia Serdyukova and in team competitions Samira Amirova, Valeria Davidova, Luiza Ganieva, Our team consisting of Zarina Kurbanova and Marta Rastoburova deservedly participated.

The school, which previously specialized only in rhythmic gymnastics, has now been transformed into the Republican Olympic Reserve Sports School, which specializes in gymnastics and trampoline, and specializes in gymnastics for children and teenagers.

A single information-analytical database has been created for the systematization and registration of gymnasts of our country and sent to all regional branches of the federation for posting information about the athlete.

Consistent efforts are being made to popularize acrobatics, aerobics, gymnastics, which are not included in the program of the Olympic Games, among young people, as well as to create the necessary conditions for these sports.

On April 4, 2018, a conference was held in Tashkent with the participation of the President of the National Olympic Committee Umid Akhmatjanov, Minister of Physical Culture and Sports Shoakram Isroilov, Secretary General of the NOC Jasur Matchanov. Abdullayeva Zarrina Azamovna, a veteran of sports and a member of the Youth Union Sports Center, has been appointed the new President of the Gymnastics Federation of Uzbekistan.

The growing skills of our gymnasts defending the honor of our country at prestigious international competitions are the result of a systematic approach to the development of this sport in Uzbekistan.

Meanwhile, preparations are underway for our athletes to compete in prestigious competitions - the World and Continental Championships, the 2018 Asian Games in Indonesia, the Youth Olympic Games in Argentina, and the 2020 Olympic Games in Japan. The implementation of the above decisions will serve to accelerate the development of all types of gymnastics in our country, to ensure the healthy growth of the younger generation, as well as to train athletes capable of raising the prestige of our country at prestigious sporting events.

One of the urgent tasks is to acquaint our children and young generation with sports from childhood, to arouse in them a passion and love for sports, to bring them up physically and spiritually.

In short, due to the state's attention to the development of women's and children's sports in rhythmic gymnastics, a healthy lifestyle is becoming a way of life in our society.

Referencies:

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