

## **MAKTABGACHA YOSHDAGI BOLALARDA GIMNASTIKA MASHG'ULOTLARINI TASHKIL ETISH USULLARI**

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### **ANNOTATSIYA**

Ushbu maqolada o'sib kelayotgan yosh avlodlarga jismoniy tarbiya mashg'ulotlarida gimnastika mashg'ulotlarini tashkil etish usullari yoritilgan.

**Kalit so'zlar:**harakat, badiiygimnastika, jismoniy tarbiya, yurish,yugurish, sakrash, mashg'ulot,sog'lomlashtirish,harakatli o'yin, muvazanat saqlash.

### **ABSTRACT**

This article gives you a brief overview on how to organize gymnastics classes for the younger generation.

**Keywords:** rhythmic gymnastics, physical education, walking, running, jumping, training, fitness, movement game, balance.