

# THE ROLE AND METHODS OF TEACHING RHYTHMIC GYMNASTICS IN SCHOOL PHYSICAL EDUCATION

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## Abstract

This work provides an overview of the role of rhythmic gymnastics in the physical education curriculum for school children. It discusses the fundamental principles and advantages of incorporating this form of physical activity into the educational process. The methods of conducting rhythmic gymnastics sessions are illuminated, encompassing technique, exercise examples, composition formation, and individualized approaches for students of varying skill levels. The paper also addresses the necessary set of knowledge and skills that a physical education teacher should possess for the successful execution of rhythmic gymnastics sessions. The author emphasizes the significance of this sport in the development of the physical, aesthetic, and social aspects of students' personalities, as well as its influence on fostering an active lifestyle and healthy physical development.

**Keywords:** rhythmic gymnastics, physical education teacher, teaching methods, physical skills, pedagogical approaches, curriculum, social skills.

## INTRODUCTION

Rhythmic gymnastics represents an effective tool for physical education in schools. Its inclusion in the physical education curriculum can be beneficial for several reasons:

1. Development of physical qualities: Rhythmic gymnastics sessions contribute to the development of flexibility, strength, endurance, and coordination of movements.
2. Improvement of posture and grace: Regular practice of exercises helps enhance posture, overall gracefulness, and movement fluidity among students.
3. Fostering creative thinking: Creating compositions and executing exercises in rhythmic gymnastics demands a creative approach, which aids in nurturing creative thinking among students.
4. Emotional well-being: Rhythmic gymnastics sessions can contribute to improving self-esteem, expressing emotions, and fostering confidence in students.
5. Social interaction: Group rhythmic gymnastics sessions teach children to work in teams, respect one another, and develop collaboration skills.
6. Attractiveness across age groups: Rhythmic gymnastics can be appealing to children of various ages due to the diversity of movements, musical accompaniment, and creative tasks.



7. Aesthetic education: Rhythmic gymnastics emphasizes the importance of grace and beauty of movements, fostering aesthetic perception and appreciation of beauty.

The utilization of rhythmic gymnastics in school physical education programs aids in developing the physical and emotional aspects of students' health, promotes an active lifestyle, and helps integrate various aspects of physical development [1-10].

Various methods are employed in conducting rhythmic gymnastics sessions in schools to make them interesting, effective, and accessible for students of different proficiency levels. Some of these methods include:

1. Exercise demonstrations: Sessions commence with teachers or experienced students demonstrating basic movements and elements of rhythmic gymnastics.
2. Progressive element arrangement: Complex elements are broken down into simpler steps to enhance understanding and subsequent execution.
3. Diverse training tasks: Teachers may propose tasks aimed at improving flexibility, strength, coordination, and movement fluidity.
4. Individualized approach: Considering students' diverse physical capabilities, teachers approach each student individually, correcting exercise techniques.
5. Use of musical accompaniment: Music helps synchronize movements, making sessions more engaging and aiding students in feeling the rhythm better.
6. Group exercises and synchronized routines: Group work allows students to develop collaboration, precision, and coordination while performing routines.
7. Feedback and correction: Providing students with feedback is crucial for them to improve their skills and exercise techniques.

Combining these methods renders rhythmic gymnastics sessions interesting, effective, and accessible for all students, contributing to their physical development and creative growth.

A model for rhythmic gymnastics sessions typically revolves around several key aspects:

- Warm-up and preparation: This initial part includes various exercises to warm up muscles, improve flexibility, and prepare the body for more complex movements.
- Technique and fundamentals: This block involves teaching basic elements and movements of rhythmic gymnastics. Teachers demonstrate, explain, and illustrate how to execute these elements correctly.
- Composition formation: Students learn to combine elements and movements into compositions or routines accompanied by music. This involves working on smooth transitions, changing poses, and movement tempo.
- Creative process: In this segment, students can develop their creative side by creating their compositions or adding individual elements to the overall routine.
- Training and repetition: Regular practice and repetitions help students improve their technique, movement grace, and develop better coordination.
- Conclusion and evaluation: The final part of the model involves assessing students' progress, providing feedback, and possibly evaluating the execution of routines.

An effective rhythmic gymnastics session model in schools should consider different levels of student preparedness, striking a balance between technique, creativity, and the development of physical skills. It should also encourage students to develop personal abilities and creative thinking [11-24].



Rhythmic gymnastics in school physical education profoundly impacts students' physical and emotional development. Its integration into the educational curriculum not only fosters physical activity but also cultivates self-awareness, creative thinking, and collaborative abilities. This sport provides ample opportunities for self-realization and multifaceted personality development among school children, enriching their life experiences and laying a strong foundation for a healthy lifestyle.

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