

## **GYMNASTIC EXERCISE TEACHING METHODS**

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### **ABSTRACT**

*Aims, tasks and stages of training. The purpose of teaching gymnastics, as in any pedagogical process, is to organize the planned activities of students under the guidance of teachers in order to develop motor skills, abilities and acquire special knowledge. At this stage, as a result of the active work of the teacher and the student, the perception of the exercise is determined, mistakes are not made; will be able to perform the exercises independently under supervision. Otherwise, students will lose interest in the lesson. However, the principle of ease does not negate the need to train athletes to overcome difficulties. The teacher needs to constantly explore what students are capable of and their ability to master specific exercises. Different teaching methods are used to correct primary and secondary errors, depending on the specific situation.*

**KEYWORDS:** *Aims, Tasks, Training, Knowledge, Skills, Methods.*

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