



Introduction of the Method of Using Sleep Games in Dance Movements in the Development of Balance

Hakimova Nargiza Uralovna

Termez State University of Physical Education and Teacher of the Department of Sports Games

Abstract: Athletics, fitness bases and the art of dance, which play an important role in the formation of a woman's stature, are also a guarantee of a beautiful stature. Proper performance of all physical exercises also contributes to the development of a mature and elegant human body.

Keywords: stature, dance, ethics, formation, balance.

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Physical development is governed by objective biological laws. The most important of these laws is the law of unity of environment and organism development. The teacher should organize children's leisure, independent work and work, study conditions. All of these are factors that affect a child's physical development.

Physical education is a pedagogical process aimed at the voluntary, moral, functional, morphological development of man, the purpose of which is to equip students with the skills, qualifications and special knowledge to achieve the best results in labor and defense of the Motherland. is a pedagogical process aimed at improving the moral, functional, morphological, the purpose of which is to equip students with the skills, abilities and special knowledge to achieve the best results in labor and defense of the Motherland. Physical education is a goal-oriented pedagogical process. and focused on the formation of skills and the development of physical qualities. From the specific tasks related to physical education, it is possible to consider two aspects of it, such as physical education and training of physical qualities.

Gymnastics, synchronized swimming and some martial arts can also be compared to dance. Exactly what dance is depends on social, cultural, aesthetic, artistic, and spiritual constraints, ranging from functional movement (folk dances) to virtuoso technique (ballet). Dance is a factor that brings the human body into beautiful shape and preserves it. If we take ballerinas as an example, we can always see that their bodies are formed correctly in an upright position. They work hard to get to this point. The fruits of this work are seen in various competitions. A smaller step than usual will help you maintain balance on high heels. There is a rule in ballerinas that when you stand on your feet, throw your weight first on the heel and then on the tip of the foot. It is said that if you try to stand on your own two feet, you can lose your balance. Shoes that compress or play on the feet not only affect walking, but also the soles of the feet, ankles, knees and waist. Orthopedists recommend choosing high-heeled shoes that have enough space between the tip and the big toe. This will leave room for your toes to move. No one can match the march of ballerinas, there are good reasons for that. To walk lightly on stage, they need not only great strength and endurance, but also non-slip shoes. Rub the soles of the shoes with sandpaper to prevent them from slipping and making them look rough. When walking in high heels, especially for the first time, it is best not to rush. Taking a

step without rushing helps maintain balance. If you focus on where and how to step at every step, then you will never stumble. Rhythm helps you to automate walking on high heels: play your favorite music in your mind and feel like a supermodel on stage! In the shops you can find many different types of soles for the soles of the feet. Orthopedists say that such invisible supports not only make it easier to wear high heels, but also reduce injuries. It is possible to convey thoughts and feelings, to tell stories through dance movements. As a result of the evolution of dance, different styles emerged. For example, the relatively recent breakdance belongs to the hip hop culture; and African dance is explanatory; ballet and waltz are classical dances, while step is modern. Experience and caution are required when dancing at high speeds, otherwise you may be injured (stakes, etc.). The art of dance performance is called choreography. The person who creates the dance is called the choreographer.

The main means of dance is the creation of an image through the harmonious body movements and states of the dancer (a), plastic expression and facial expressions, rhythm, tempo, composition. It arises in connection with the process of human labor and the emotional impressions of existence. Originally associated with song and lyrics, it later became an independent art form. Dance has evolved over the centuries into a stable form. The performer's dress gives clarity to the dance images. Every nation has its own dance traditions, style of performance, and plastic visual aids, which have developed under the influence of historical, social, and geographical conditions. Dance folk rituals and festivals developed. With the establishment of the Emirate of Bukhara, Khiva and Kokand khanates, unique styles of dance emerged. During this period, due to the growing ignorance and bigotry, the art of dance was dominated by teenagers and young men. Women's dance was developed in the theatrical programs of small groups of female artists called musicians (Bukhara Emirate), Khalfa (Khiva Khanate) and Yallachi (Fergana Valley), and was performed at local banquets and parties. Dancers secretly attended men's gatherings.

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