DEVELOPING CORRECT POSTURE SKILLS IN CHILDREN THROUGH RHYTHMIC GYMNASTICS EXERCISES

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Abstract. This article discusses the importance and effectiveness of developing flexibility in 7-8-year-old students through gymnastics exercises. The article describes appropriate exercises, techniques, and methods for enhancing flexibility. It also analyzes the impact of flexibility development on body shape and overall physical health. This scientific paper helps establish clear guidelines for physical education in students.

Keywords: gymnastics, flexibility, physical education, 7-8 years old, exercises, body shape, health, development, students

Relevance. The relevance of developing flexibility in 7-8-year-old students during gymnastics training is of great importance in the field of physical education and health. At this age, children's bodies begin to grow and stiffen, therefore, developing flexibility not only improves physical fitness but also plays a crucial role in laying the foundation for future athletic achievements.

Before preparing for complex or high-level sports, the development of flexibility through gymnastics ensures the healthy growth of a child's body and increases the adaptability of their muscular and skeletal systems. This, in turn, protects them from future injuries, strengthens physical health, and creates a basis for effectively performing daily activities.

Moreover, flexibility in gymnastics lessons allows children to learn coordination, balance, and freedom of movement, which are also useful in daily life and in other types of sports. Naturally flexible children may achieve success in various sports in the future, particularly in dance, acrobatics, and rhythmic gymnastics.

Therefore, the development of flexibility in 7-8-year-old students is a pressing issue and should be considered within the framework of comprehensive measures aimed at improving physical education and overall health.

Research Aim. The aim of this study is to examine the effectiveness of developing flexibility in 7-8-year-old students through gymnastics training.

Objectives. To study the positive impact of flexibility development on students' overall health and physical development.

Research Methods. Literature review, questionnaire survey, pedagogical experiment, exercise and activity analysis, pedagogical observation, and statistical analysis methods were applied.

Since children aged 7-8 are in an important stage of physical and psychological development, their physical education and sports activities play a vital role in maintaining health, improving body shape, and developing balance. Flexibility development at this age may be beneficial not only in sports but also in everyday life. Flexibility is primarily related to the elasticity of the muscular system and freedom of movement, which is one of the essential qualities for achieving success in many types of sports.

Developing flexibility through gymnastics training is especially important for improving body shape, strengthening the muscular and skeletal systems, and creating the physiological foundations necessary for continuing sports activities. The positive effects of flexibility on physical health lead to higher athletic performance and personal success. Today, the scientific and practical significance of developing flexibility in 7-8-year-old children is increasing. Therefore, the aim of this research is to investigate the effectiveness of developing children's flexibility through gymnastics training, to determine the most effective methods and exercises for them, and to define the role of flexibility in overall physical development.

This study also aims to enhance students' interest in sports, make physical education more effective, and create the basis for future achievements in sports. The work directly influences students' physical development and athletic success.

Table 1 presents a set of special exercises designed to develop flexibility in 7-8-year-old students during gymnastics training. These exercises not only improve flexibility but also enhance body posture, develop balance, and increase freedom of movement.

Table 1

Special exercises aimed at developing flexibility in 7-8-year-old students during gymnastics training

Exercise Name	Description	Execution
1. Stretching on a Cushion	The student lies on a cushion and stretches the legs in a specific position. This exercise strengthens the lower back and thigh muscles.	For 2–3 minutes, lie on the cushion, stretch the legs, and try to bend forward.
2. Leg Lifts in Supine Position	Lying on the back with arms on the floor, the student slowly raises and lowers the legs.	Lift and lower each leg 10–15 times while maintaining body stability.
3. "Lid" Exercise	The student lies on a cushion, lifts the legs upward, and rocks forward and backward.	Perform 10–15 repetitions of lifting the legs on the cushion and rocking backward.
4. Forward Bends	Standing, the student stretches one leg forward and bends the head downward.	Stretch each leg for 15–20 seconds and return to the starting position.

(Hamstring Stretch)		
5. Plank Exercise	The student holds the body straight, supporting on arms and toes. This strengthens the muscles.	Maintain the plank position for 15–20 seconds while keeping the body stable.
6. Wide-Leg Stretching	The student spreads the legs wide apart, bends forward and backward to check body stability.	Perform 10–15 forward bends with slow and controlled movements.
7. "Black Bear" Exercise	Standing on all fours, the student stretches arms wide apart and raises the legs alternately.	Lift each leg 15–20 times while extending the arms further forward.
8. Alternating Leg Crosses	Lying on the back, the student alternates leg movements while trying to stretch.	Perform 15–20 alternating leg movements with light and correct technique.
9. Wide-Leg Sitting Stretch	The student sits with legs spread wide apart and gently bends the body forward.	Hold the stretch for 15–20 seconds while slowly leaning forward.

Cross-Leg Forward Bend. In this exercise, the student sits cross-legged and bends the body forward and downward. The movement should be performed 10–15 times to test and improve strength, flexibility, and balance.

When performing the set of exercises, several important execution guidelines should be followed. Each exercise should be repeated 2–3 times, with particular attention paid to performing the movements gradually and with correct technique. Throughout the exercises, it is essential to control breathing and maintain proper body position. Regular and systematic practice of these movements contributes to

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By performing the exercises regularly, students can achieve significant improvement in flexibility and muscular strength.

This set of exercises effectively contributes to the development of flexibility, the strengthening of physical fitness, and the preparation of students for sports activities.

Table 2

Assessment and Criteria for Performing Flexibility Development Exercises

Assessment Criteria	**Good (4–5 points)**	**Average (2–3 points)**	**With Deficiencies (0–1 point)**
Technique (Correct Execution of Exercise)	Performs the exercise correctly, precisely, and with balance. Body position, bends, and	Minor errors are present during execution, but overall technique is good. In some	Serious errors in technique; body position and movements are

	stretches are accurate, and breathing is properly controlled.	cases, body position or bending is unclear.	incorrect or poorly executed.
Flexibility Development	Completes the exercises fully; bends and stretches are precise and effective.	Flexibility development is visible in some exercises, but full bends and stretches are still difficult.	Significant difficulties in flexibility development; unable to fully complete the exercises.
Stability and Balance	Maintains full stability and balance during exercises. Movements are smooth and controlled.	Minor difficulties in maintaining stability and balance in some exercises, but overall execution is acceptable.	Major difficulties in maintaining stability; frequent errors occur in balance control.
Breathing and Movement Continuity	Breathing is properly controlled; coordination between movements and breathing is consistent.	Minor mistakes in breathing control, but overall breathing remains adequate during exercises.	Serious difficulties in breathing control; breathing is incorrect and ineffective.
Physical Activity and Endurance	Exercises are performed regularly and continuously	Activity decreases at certain moments, but	Problems in maintaining physical activity;

	with high activity levels; no interruptions occur.	overall physical activity is good.	frequent interruptions or difficulties arise during exercises.
Overall Effectiveness of Exercise Performance	Exercises are effective, complete, and purposeful. They have a significant positive impact on the child's physical development.	Minor shortcomings are present during exercise performance, but overall positive results are achieved.	Low effectiveness; difficulties in fully completing some exercises.

Good (4–5 points): Exercises are performed fully and correctly, with noticeable improvement in flexibility and stability, effective physical activity, and proper breathing control. Average (2–3 points): Some shortcomings are present, but overall exercise performance is good; students continue the exercises successfully despite minor errors. With Deficiencies (0–1 point): Serious difficulties are observed during exercise performance, including problems with technique, flexibility, or maintaining stability.

In the assessment process, students' individual abilities, level of physical development, and prior experience are taken into account. This evaluation encourages them to achieve better results.

Conclusions. The Impact of Flexibility on Physical Development: The study revealed that gymnastics training plays a significant role in developing children's flexibility. Regular exercise performance, particularly strengthening the muscles of the legs, lower back, and spinal column, helps improve children's freedom of movement and physical health. Properly performed exercises, carried out

gradually, significantly increase flexibility in children. Performing exercises systematically allows children to develop new skills, enhance muscle elasticity, and improve range of motion.

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