



## ADVANTAGES OF SWIMMING AS A COMPONENT OF PHYSICAL EDUCATION IN PRIMARY SCHOOL

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**Abstract:** *This paper discusses the numerous benefits of including swimming in the physical education program for primary school students. Swimming is a unique form of physical activity that promotes the harmonious development of a child. Unlike many land-based sports, swimming involves almost all muscle groups, providing a comprehensive workout for the cardiovascular and respiratory systems. Regular swimming helps improve posture, coordination, strength, and endurance. In addition to the physical benefits, swimming has a positive effect on the psycho-emotional state of children, helping to reduce stress and anxiety, as well as increasing self-confidence and discipline. Integrating swimming into the school physical education program can be an effective tool for the formation of a healthy lifestyle and the all-round development of primary school students.*

**Keywords:** *swimming, physical education, primary school, children, physical qualities, coordination, pool, freestyle, "windmill", "sliding", water games, psycho-emotional state, load, recovery.*

In the context of the modernization of the education system and the increasing demands on preserving and strengthening the health of the younger generation, the problem of improving the physical education of primary school students is becoming particularly relevant. It is in primary school age that the foundations of physical development are laid, motor skills, habits of a healthy lifestyle, and a positive attitude towards physical education are formed.



Modern research indicates a decrease in the level of children's motor activity, an increase in learning load, and the prevalence of functional deviations in the health status of primary school students. In this regard, the need to search for effective, safe, and pedagogically appropriate physical education tools that contribute to the harmonious development of the child's body is increasing.

One of these means is swimming, which is rightfully considered a universal type of physical activity. Swimming exercises have a complex effect on children's bodies: they strengthen the cardiovascular and respiratory systems, contribute to the development of endurance, coordination of movements, flexibility, and muscle strength. Swimming plays a special role in preventing posture disorders and musculoskeletal disorders, which is especially relevant for primary school students.

Swimming involves practically all muscle groups, contributing to the harmonious development of the musculoskeletal system, cardiovascular and respiratory systems. In the early school years, when the body is actively growing and forming, such a comprehensive influence is especially valuable. Unlike many other types of physical activity, swimming minimizes the impact on joints and spine, making it ideal for children, including those with certain health limitations. Regular swimming activities help strengthen immunity, improve posture, prevent scoliosis, flat feet, and other common health issues in young school children. The ability to swim is not only a sporting skill but also an important element of water safety, which is especially relevant in a world where water resources play a significant role.

Including swimming in the physical education program from an early age contributes to the formation of stable motivation for children to engage in sports and lead a healthy lifestyle in the future. Swimming requires good coordination of movements, a sense of balance and rhythm, which has a positive effect on the overall motor development of the child and can facilitate the mastery of other sports. The topic of water and swimming can be integrated with lessons in natural science, the



surrounding world, mathematics (for example, calculating time, distance), which contributes to a more holistic perception of knowledge.

The "Swimming" section of the physical education program for children and adolescents in general education schools is mandatory for every student and contributes to solving the following interconnected tasks:

- strengthening the health, tempering, increasing the work capacity of schoolchildren;
- fostering a need for systematic physical exercise;
- formation of knowledge in the field of hygiene, medicine, physical culture, observance of safety rules in classes;
- formation of vital swimming skills and the ability to apply them in various conditions; - development of basic motor qualities [1].

Studying swimming contributes to increasing the level of physical fitness of schoolchildren (showing results not lower than the average level of development of basic physical abilities, presented in the tables of the programs of primary, incomplete, and full secondary schools); encourages independent performance of physical exercises, hardening procedures, etc.; improves competitive activity; positively influences the behavior of students in the process of classes (observance of discipline, safety rules and hygienic norms; assistance to comrades and teacher, etc.). Since swimming exercises are characterized by great variability in execution, systematic training exercises have a significant coordination effect (balance, orientation in space, differentiation in time, space, and strength parameters of movements) and conditioned (endurance, strength capabilities) abilities [1, 2].

The swimming training process can be conditionally divided into three stages.

1st stage. Its basis consists of exercises for mastering the aquatic environment and elementary hand and foot paddling movements, performed in the methodological sequence adopted in the process of mass training of children and adolescents in swimming (imitating exercises in the gym, paddling movements



while standing on the bottom, at a stationary support, while walking on the bottom, with a movable support), general developmental exercises, training jumps in water, and water games.

2nd stage. The main tasks are to study the technique of swimming in the "crawling" methods on the chest and back; to perform exercises aimed at mastering starting jumps and simple turns.

Stage 3. Its basis is the preparation for the final intra-school competitions (face-to-face or correspondence), the fulfillment of control standards, the preparation of the class for participation in the water festival, and the organization of games and entertainment on the water.

Such a distribution of educational material corresponds to the tasks of teaching schoolchildren swimming, the level of preparedness of most students, and the methodological sequence of studying the program material [3].

Preschool and primary school age is the initial period of human motor function evolution and laying the foundations for their health, physical development, and preparedness [4, 5]. Scientifically based and correctly organized physical education is of great importance in this age period [6]. Man has always been connected with water, because the aquatic environment surrounding the primitive man forced him to learn to swim to survive. And in the future, the ability to swim was a vital human need. It should always be remembered that once acquired swimming skills are retained in a person for life. The formation of the correct swimming skill is possible only in the case of applying a scientifically based and proven teaching methodology. People of different ages engage in swimming, but most of those learning different swimming methods are children.

**Conclusion.** Swimming is a unique type of physical activity that has a comprehensive positive impact on the development of young schoolchildren. Including swimming in the physical education program contributes not only to physical development but also to psycho-emotional well-being.



Regular swimming exercises help strengthen the cardiovascular and respiratory systems, develop all muscle groups, improve posture and movement coordination, and enhance strength and endurance. In addition, swimming helps to reduce stress and anxiety, increase self-confidence and discipline.

Integrating swimming into the school physical education curriculum is an effective tool for forming a healthy lifestyle and the comprehensive development of primary school students. This is especially important in the early school years, when the body is actively growing and forming.

Swimming is also important as a vital skill that ensures safety in the water. The ability to swim acquired in childhood is retained for life.

Thus, swimming is a valuable component of physical education, contributing to the harmonious development of children, strengthening their health, and forming important life skills.

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