

EXERCISES ON GYMNASTICS APPARATUS WHILE- LEARNING FLYING PHASE IN SCISORS LONG JUMP, SUITABLE IN PRIMARY EDUCATION

(Professional paper)

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Abstract

Track and field events together with the gymnastics have basic place in the teaching of physical education in the primary and middle level of the general education schools-therefore, adequate teaching should be priority in the work of the sport pedagogue. That is why in gymnastics we recommend for primary education the flying phase of the long jump - scissors.

Keywords: *general developing exercises, exercises on gymnastic path, step and jump, exercises on fixed gymnastic instruments, exercises with throwing gymnastic instruments*

The throws are presented by the instruments: javelin, hammer, throwing disk and shot for shot put.

The best prepared athletes are joining races for: decathlon – men and heptathlon – women.

In order to reach this in successful competition, a number of diverse exercises starting from the general developing exercises (Andonov (Андонов), 1995); Ivanov (Иванов), 2010); Томов (Томов), & Томова (Томова), 2004), should be performed with the use of different instruments – small (Томова (Томова), & Томов (Томов), 2005); Томов, & (Томова), 1999), and large (medical) balls, benches (Alonsczyk, & Michalski, (1998), bars and others.

These exercises are suitable for halls and open terrains (Migasiewicz, & Zukovski, 1997) and they are limiting for acquiring the locomotive skills (Aladzhov (Аладжов), 2011) and coordinating possibilities (Koleva (Колева), 2005); Milev (Милев), & Kotev (Котев), 1974), having perspective in the educational-upbringing

and sports preparatory process.

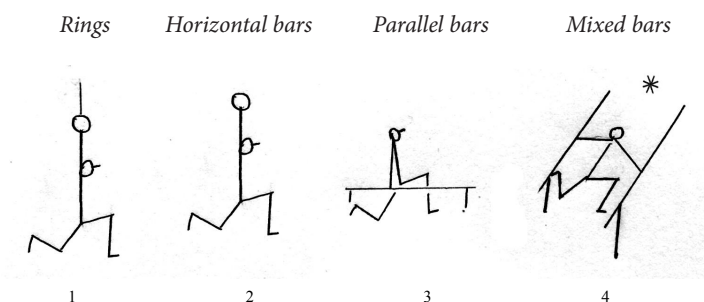
This could be realized following the basic principles and functions of pedagogy (activity, capacity and sequences) (Popkochev (Попкочев), & Todorova (Тодорова),1997), connected with the relevant methods for visible acquiring – multimedia products, study films (Kostov (Костов), & Ivanov (Иванов), 2003) and others previous to these for locomotive acquiring .

Track and field events together with the gymnastics have basic place in the teaching of physical education in the primary and middle level of the general education schools, (Kostov (Костов), 1993) therefore, adequate teaching should be priority in the work of the sport pedagogue. (Kocev (Коцев), 2010).

That is why in gymnastics we recommend for primary education the flying phase of the long jump - scissors exercises:

I. Exercises on gymnastic instruments

1. Starting position – hanging on rings – raising



one leg forward, the other one backward; bent in the knee joint – striding the legs in contrary direction (scissors movements)

2. Starting position hanging on horizontal bars, scissors movements with lower limbs
3. Starting position support on parallel bars, scissors movements (possible with movement forward)
4. support hanging on mixed parallel bars – scissors movements – improves the muscle strength of the relay waist

Starting position hanging on rings – scissors movements on vaulting horse

5. Starting position swinging hanging on rings – passing over several gymnastic vaulting horses with scissors movements without touching the instruments
6. From riding support on vaulting horse, without touching the horse. The exercise helps

strengthen-the abdomen and tube muscles and shoulders belt

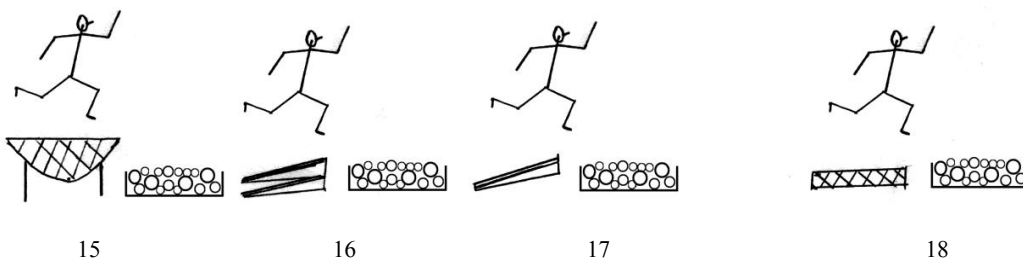
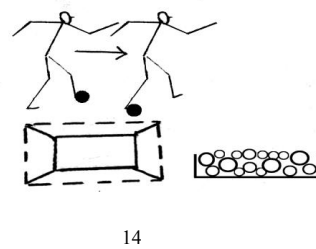
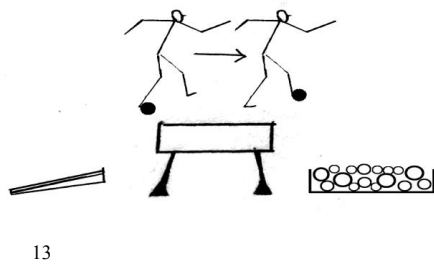
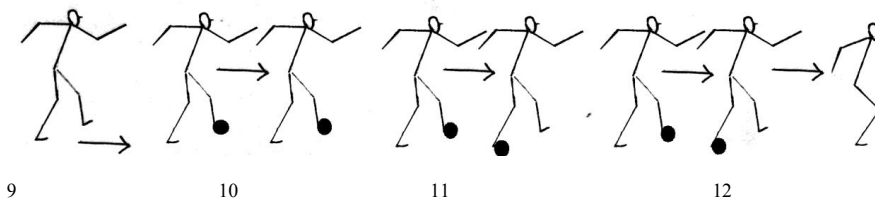
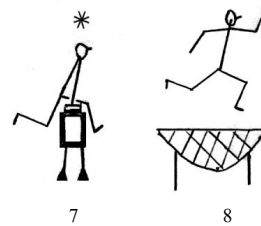
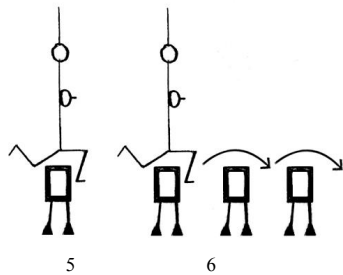
7. On trampoline – jump – several with scissors movements of the legs.

II. Exercises on gymnastic path

8. Running with (wide) vaults
9. After some steps – vault from left to left leg to straight semi-squat.
10. After some steps – vault from left to right leg to straight semi-squat.
11. After acceleration – vault from the first on the second leg, performing 1/2 scissor to squat (semisquat)

III. Exercises on the fixed gymnastic instruments

12. After acceleration and jump from spring board over gymnastic horse, without stopping, several steps and jump with 1/2 scissor with landing, gymnastic gap on foam rubber
13. From basic standing on gymnastic dresser



performing ½ scissor in gymnastic gap with foam rubber

IV. Exercises with throwing gymnastic instruments

14. After acceleration – vault on mini trampoline
15. Two spring boards
16. One spring board
17. Gymnastic path with performing ½ scissor with landing in gymnastic gap with foam rubber

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