

Acrobatics



What is acrobatics?

- A sport that involves performing complex physical exercises based on maintaining balance in a particular position and on rotating the body in space.



What does acrobatics develop?

- Coordination
- Speed
- Flexibility
- Endurance
- Movement
- Accuracy
- Sense of balance



Acrobatics Goals

- educates children about organization, attention,
- the ability to control their movements,
- contributes to the manifestation of volitional efforts,
- strengthening and improving the body of children,
- the formation of the necessary skills of movements,
- creating conditions for joyful emotional experiences of children,
- fostering friendly relations and elementary discipline in them, - the ability to act in a team
- develop and improve motor qualities

Tasks

- Preservation and strengthening of health, development of students' physical qualities and motor abilities.
- The formation of skills of self-improvement, self-control, self-knowledge, self-insurance, mutual assistance.
- Expansion of motor experience through the use and development of physical exercises.
- Education of volitional qualities of students.
- Development of creative abilities of children, spiritual, moral and physical improvement.

Conclusions

- Acrobatics - this is an effective method of education and improvement of not only physical, but also moral and volitional qualities. This is a way to strengthen and maintain health. The skills gained in acrobatics can be used in the most unexpected sports and life situations. The novelty and variety of exercises guarantee high interest of the students.