

Methods of Developing Rhythmic Skills in Students through Rhythmic Exercises and Dance Movements in Higher Education

Mamajonov Ulugbek Mahammattolibovich

Lecturer at the Department of Music Education, Faculty of Art History, Andijan State University

Annotation: Archaeological excavations in a number of regions of Uzbekistan show that spirituality and culture, especially art, have deep roots here. In the traditional analysis of the culture, in particular, the art of our country, the monuments of Tuprakkala and Koykirildiqala, one of the major centers of the great Khorezmshah state, play an important role.

Based on the results of the research, the article describes the methods of developing rhythmic characteristics in students through rhythmic exercises and dance movements in higher education.

Keywords: kindness, music art, young generation, music literacy, rhythmic movement, dance movement, spiritual property, great artist.

INTRODUCTION. After gaining independence, we have the opportunity to address the sources of our culture in the formation of our statehood, our great spiritual heritage, which still requires in-depth study, to reveal and develop all the virtues of our extremely rich historical past. opened.

The gradual construction of a democratic state governed by the rule of law in Uzbekistan opens up new ways of development for the younger generation, which are inherent in national traditions and the characteristics of our people.

Today, the process of revival of our national values requires a comprehensive study of our cultural heritage, including our centuries-old artistic heritage and traditions. Our national songs and dances, which are the invaluable spiritual property of our people, are one of the most important and valuable sources.

The issue of their large-scale study is of particular importance today. In particular, there are ample opportunities for a comprehensive study of the history of the great artist of dance and to convey to our people through in-depth research in this area.

Level of study of the subject: The art of music has attracted the attention of geniuses of all times. Aristotle said, "Music has a certain moral power. As long as music has this quality, it should be included in the list of means of educating young people," he said. Indeed, music plays an invaluable role in the aesthetic education of man, in the development of his aesthetic taste. The great scholars of the East Beruni, Farobi and Ibn Sina were also interested in music. They have also written special works on this subject. For example, Ibn Sina's *Al-Muddahil i San'atal Musiqi* is a proof of our opinion. He writes in this play: "Music develops vital noble moral qualities, it serves man. It shapes his spiritual and moral image. »The scholar's views on the educational value of music are in line with Aristotle's views. In addition, Ibn Sina in his centuries of medicine, such as "Kitab an-Najat", "Kitab al-Shifa", "Donishnoma", expressed rare ideas about the theory and practice of music.

Books on music by Central Asian scholars such as Farobi, Ibn Sino, Najmiddin Kavkabi, Darveshali Changi have been translated into various languages of the world and still serve the development of musicology.

Many sources in Eastern and Western languages have published an encyclopedic encyclopedia of the theory of music of Farobi, "Kitab al musiqiy al kabir" ("The Great Book of Music"), which until recently was the study of music theory and art in the Middle East. It is said to have served as an important guide in the development of the horse.

In his book "Honest Living and Honest Work - Our Duty", President Islam Karimov wrote: "Educating in the spirit of love sets important tasks for us," he said.

Methodological basis of the topic: In the process of implementing the National Program of Personnel Training, special attention was paid to strengthening

the material and technical base of school education, especially secondary schools. To this end, the country has adopted a nationwide state program for the development of school education for 2004-2009, which is an integral and logical continuation of the National Training Program.

In accordance with this program, great work is being done to strengthen the material and technical base of about ten thousand secondary schools in the country, to radically improve the content of the educational process, to provide material and moral incentives for teachers. .

When we talk about the spiritual maturity of man, of course, this goal can not be achieved without the art of music. Music has always played a special role in the life of our people.

During the years of independence, continuing the traditions of our great ancestors, our country has been implementing programs and plans for the development of music.

In particular, the Decree of the President of the Republic of Uzbekistan dated October 20, 1995 "On measures to support and encourage the development of theater and music in Uzbekistan" played an important role in its further development.

About measures for preparation of the state program of the President of the Republic of Uzbekistan for 2009-2014 for strengthening of material base and further improvement of activity of children's schools of music and art for January 7, 2008 The decree opened up new directions for improving the content of school education, especially art education. In addition to the issues of education and upbringing, the Decree recognizes one of the main tasks as "providing art schools with qualified teaching staff, training teachers for the field."

The object of study: to acquaint students with our national musical values in accordance with the state educational standards, to form a positive attitude to national and world music through masterpieces of music, works of Uzbek composers and composers. provided.

Along with all the factors in the development of the younger generation, singing, dancing, creating a folklore ensemble, in short, the activities of music clubs are also important.

Music affects the human psyche and invites only good qualities. Ibn Sina says about this:

"Art is a miracle." There are such desolate places in the heart and brain that can only be accessed through art.

We all know that the love of music, art, music culture is formed in our people from childhood, in the family. Proper organization of classes in preschool education, "music culture" classes and music clubs in secondary schools, music and art schools, non-secondary approach to this subject, innovative teaching It would be expedient to organize an interesting process of training with the use of technology, the use of modern technology, training with the use of national, traditional, classical, modern, pop songs and dances.

The main part. Use of rhythmic exercises in music culture classes and other activities.

According to Aristotle, physically strong, healthy and handsome young people are the wealth of any country. How are such qualities achieved? Engaging in physical education in a family, school environment, at the same time, brings up harmoniously developed people through self-education, the coordination of mental education with moral education.

Choreographic exercises also help to perform human movements in an elegant and meaningful way.

Special attention is paid to the teaching and development of musical-rhythmic movements in music lessons in preschool institutions and in the process of music culture in the primary grades. Secondary special vocational education The State Education Standard stipulates that students of music education must master rhythmic as well as music. For this purpose, the curriculum provides for a total of 114 hours of practical work for first-year students, 80 hours of practical and 34 hours of independent study. In addition, we can see from the curriculum that certain hours are allocated for the lessons "Music

Literacy and Rhythm" in the areas of Primary Education and Preschool Education.

Also included in the list of main activities in the lessons "Music Culture" are:

It is obvious that through rhythmic students develop musical and rhythmic abilities. They develop and increase their sense of rhythm. According to the requirements of state educational standards, students:

Must know the rhythm, the basic positions of the hands, the basic positions of the legs, the basic elements of dance, increase the artistic activity of dance skills, increase the diversity of musical composition, the structure of the musical work.

It is intended to be able to teach and develop musical rhythmic movements specific to different groups of preschool education institutions. According to him, music directors and music teachers:

1. To teach to perform actions in accordance with the nature of music;
2. More vivid factors of musical development: rhythmic movements, playing musical games, teaching choreography, performing dances during other amateur art activities and other activities;
3. Systematic work with children, the use of different types of organization;
4. It is emphasized that in addition to training with educators, they should provide advice on how to improve their musical level.

Music textbooks also provide some information about dance. For example, in the third grade textbook, special emphasis is placed on folk music dances. The fourth grade music textbook also has some information about folk dances. However, this is so little information that students do not have a good understanding of dance. A music teacher's research, hard work, and pedagogical skills help students learn about rhythm and dance. The use of modern methods, effective use of modern techniques in the presentation of information about national, fraternal, ancient, world folk dances is effective.

Such methods are very useful in developing their rhythmic properties. The masterful use of applause, rhythmic movements and dance elements during lessons and extracurricular activities makes their sense of rhythm even more effective.

The art of dance has been developed since ancient times in the peoples of Central Asia in connection with the conditions of life, ceremonies and holidays. Pictures found in the rocks and archeological materials confirm this. Choreography means the art of dance creation and dance performance.

From the 19th century onwards, the art of dance became known as choreography. It also means writing dance moves using certain symbols. The term choreography was coined by the French dance teacher R. Foye (1700).

Archaeological excavations in a number of regions of Uzbekistan testify to the deep roots of spirituality and culture, in particular, art. In the traditional analysis of the culture, in particular, the art of our country, the monuments of Tuprakkala and Koykirildiqala, one of the major centers of the great Khorezmshah state, play an important role. As a result of the inspections, photos of women musicians and dancers in the rooms on the second floor of the building were preserved intact. These finds from the 3rd century AD indicate that the art of dance, along with other forms of art, has existed since ancient times and is highly developed. That's probably why people appreciate the art of dance. They don't have any festivals, they don't have this kind of art. Our national traditions and ceremonies are closely connected with dance.

"Dance is a popular art form based on the creation of artistic images with elegant movements and certain rhythmic structures. These plastic and rhythmic movements in the dance are closely connected with the music," the music dictionary describes.

Dance music is music that is designed to accompany a dance of a certain size. Dance music must have a clear rhythm, appropriate to the specific character, rhythm and pace of each dance. Different music is created for each dance. Their rhythm is also different: but this rhythm must obey the rhythm of the dance. This rhythm has a state of constant repetition or variation.

Most dance music is instrumental. Folk dances are performed with songs and choirs. Dance music can be performed not only by playing or singing on musical instruments, but also by the rhythm of which can be played in a circle and other percussion words and with applause. Dance music is used in ballet, concerts, light music and jazz. Rhythms of dance music also form parts of major musical works. Most suites, some parts of the cyclical sonata form are created dancing. Among the Uzbek folk melodies "Mirzadavlat", "Dilxiroj", "Ufor", "Kashkarcha" and others are examples of instrumental dance music, "Gul oyun", "Qari navo" and other yalla songs. Circles and drums are very popular in Uzbekistan and Tajikistan.

"Zang", "Chor qars", "Duchava", "Gul oyun" and others are dance games performed in a circle.

Therefore, the basis of dances is closely connected with rhythm. Rhythmic exercises are the basis for learning to dance.

Rhythm is derived from the Greek word *rythmos*, meaning a straight stream. Rhythm is the relationship between the length and breadth of sounds in a piece of music. Each piece of music has its own rhythm. Rhythm is intertwined with the sound of music. There is no melody without rhythm. Rhythm types include meters and measurements. Uzbek folk melodies and dances, especially circle methods, are very rich and complex in terms of rhythm.

Circle methods - circle percussion, accompanied by a singer, musician, folk instruments or dance. They are different:

1. It is played for dance, in which the circle methods are more complex and have the names "single", "double", "bell" and so on. A few of them combine to form a complete dance game. The most common dance beats are "Aksatma", "Gul oyun", "Chor qars" and others.
2. Circle methods accompanied by folk songs. They are different, some of which can be repeated in songs of the same size.
3. Methods that accompany the path of status.

The method is a complex way of performing in the music of the peoples of the East. The method of tattooing is that different tattoos alternate frequently. Different methods of percussion are used in different genres of Uzbek music. While more simple methods are used in folk songs, maqom methods are more complicated. The methods of dance music are rich, complex and colorful. Dance methods are performed in circles and drums. Dance methods are called names such as method lang, method ufor, ufori fake.

In this regard, it is necessary to mention the story of the circle on the theme of "Drums and percussion" in the fourth grade music textbook, to tell the story in an artistic way and to acquaint with the instrument of the circle, to perform methods in it. It is advisable to find an interesting topic to form and further develop students' sense of rhythm by performing appropriate foot and hand movements, to enrich them, to organize the lesson process and extracurricular activities using appropriate methods of innovative technologies.

For example, a fourth-grade music textbook provides information on the 4/4 and 6/8 scales. We can also conduct these measurements during the lesson. However, in order to increase the interest of children, we can organize the lesson in the form of a game. In this case, we divide each row into one group of measurements:

1st group - 2/4 size;

2- giruh- 3/4 size;

Group 3 - 4/4 size;

Group 4 - 6/8 size groups.

Accompanied by a musical instrument, melodies of various sizes are performed, and the groups must immediately determine the scale to which they belong and accompany it or perform rhythmic movements.

Thus, the game continues. Get points from a group that doesn't know its size discarded. At the end of the lesson, points are calculated and the winners are determined. Evaluated by active participants or groups.

Also in the lessons of physical culture of secondary special professional colleges in the field of pedagogy or in the lessons of music literacy and rhythmic of primary education and preschool education, as well as in the lessons of rhythmic of music education. It is advisable to use such types of games. As an example, in the section of the national movement games "Physical Culture" can be organized an interesting game with music.

Accompanied by music. Game description: Players line up in several rows, one by one. Rows are placed side by side (2-3 steps apart) at a specific location on the field. Each line is called by a specific name, for example, infantry, sailors, tankers. For each line, a melody corresponding to its name (such as a march, a suite, a tanker's march) is selected. The game can be played to the accompaniment of melodies played on a musical instrument (grand piano, accordion).

The teacher or performer changes the melody at will. When each line hears its melody, it begins to sing. As the melody changes, the line stops and the other begins to move. Each row moves in the desired direction, resulting in the rows becoming different and interfering with each other. After a while, the chord is played in parts at the teacher's signal. When they hear this song, the children run around and try to get to their seats at the beginning of the game. After all, a number of players are considered to have lost.

Rules of the game

1. Players must maintain an appropriate distance (distance at arm's length) when walking in a line.
2. The participants of the game must perform the actions in accordance with the music. Note: Changing tunes frequently is not recommended. It is not recommended to divide a musical sentence. If the players take their seats in the row and stand still, the row is considered to be straight. This should be taken into account when determining the winning team.

The peculiarity of the game is that it is a rhythmic walk, fast and short run.

Similar play activities are also very useful in preschools. Called "Chair Dance", the game encourages children to be smart, agile, agile and

resourceful. A music hall will be chosen for the game. During the lesson, a game will be organized to distract some children. An average of four chairs are rotated. The number of participants should be five. Children are introduced to the conditions of the game:

1. At the beginning of the game you have to dance to the given tune.
2. When the melody stops, he has to occupy one of the chairs. The participant who does not have a chair leaves the game and becomes a spectator.
3. Thus the game continues and two participants continue the game with the last chair left. The child who takes the last chair is the winner and is awarded with five rounds of applause.

Note: The melodies performed must be danceable and have a different theme, different tempo and color. One of the main conditions is not to finish the melody in a phrase.

It is known that the activities of preschool children are organized by various games. One of the peculiarities of young children is that they try to start another game without even finishing it.

In general, games organized without the guidance of adults are fun, even if they are chaotic, aimless and not systematized. In order for students to have an interesting life at school, they need to perform active, didactic games, as well as rhythmic movements, appropriate to their age.

Moving games.

Encourages children to walk, run, jump and climb. Through the game, they develop the qualities of sensitivity, agility, mutual protection and assistance, as well as physical fitness and solidarity.

Didactic games. Didactic games are educational in nature and encourage more students to think, calculate and be resourceful. Helps to strengthen students' knowledge of the lesson. Each didactic game has a specific purpose, tasks, and gives students a cheerful mood.

Both movement games and didactic games play an important role in educating children. We must not

forget that it is necessary to be able to organize games correctly and in accordance with the conditions. In unfavorable weather conditions, ie in winter, children are more likely to be in the room. More didactic games will help. The inclusion of play in children's learning activities successfully carries out their creative development, activates the educational process. Increases moral and aesthetic qualities in children. It develops their intellect and imagination. For example: the teacher clicks rhythmic sentences or organizes a visual activity in a special exhibition. Pupils repeat by clapping or playing rhythmic instruments. Children perform rhythmic tasks with enthusiasm, that is, the teacher gives the rhythm of the introductory part of a song. Pupils dance or follow the rhythm of the melody.

The following tasks are performed through musical-rhythmic education:

1. Aimed at strengthening the physical activity and health of the child. Comprehensive development of body structure;
2. Formation of musical movement skills and abilities;
3. Cultivation of spiritual-aesthetic and will qualities;
4. Formation of memory and attention, mental outlook and general moral culture.

The factor of musical-rhythmic education is music and movement. There are the following means of musical and rhythmic education:

1. Music literacy;
2. Exercises that combine movement with music;
3. Musical games;
4. Dance exercises
5. Walking and running;
6. Exercises performed without equipment;
7. National and modern dance performances
8. It consists of rhythmic physical exercises.

Similar games and rhythmic exercises, as well as morning physical exercises should be performed as rhythmic gymnastics with music. Such exercises lift a

person's spirits and give them a good mood throughout the day. Improves their health, appearance and further activates the internal organism. In short, it plays an important role in the proper development of children.

Conclusion. Dance is an art form in which human emotions and certain events are expressed through the movements of the hands, feet and body. Just as every nation has its favorite songs, there are also national dances.

Our task is to teach Uzbek national dances to students in "music culture" classes, music clubs and extracurricular activities in secondary schools, to treat and respect them as a national value, to inculcate them in their hearts. is one of. Along with our national art, one of the most important tasks for us music teachers is to introduce, teach and demonstrate the types of world art.

- »We all know that the love of music, art, music culture is formed in our people from childhood in the family. It is no exaggeration to say that in our country it is difficult to find a person who does not have a dutar, doira or other musical instrument at home and lives in his life without feeling the life-giving effects of music.

Most importantly, today the art of music has a greater and stronger impact on the development of our young generation in the spirit of high spirituality than any other art form, "wrote President IA Karimov in his "High Ma'naviyat is an invincible force.

They also emphasize that our people have always lived with a sense of spiritual courage, and this greatness grows stronger and stronger over the years and centuries of its life. Because the spirituality of the people is such a great ocean that each generation draws strength, energy and inspiration from it and shows how great it is. "

These ideas will be put into practice by our future teachers, and we will spare no effort to inculcate our national art in the hearts of the younger generation, to be the benefactors of our ancestors. We can say with confidence that we will contribute to the further development and growth of Uzbek art. If we could pass on to future generations the centuries-old national

values and priceless masterpieces of world art, we would undoubtedly realize our responsibilities and goals.

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