

## LEARNING ISSUES JUMP SITTING BY THE HANDS SALT 1" GYMNASTS OF AGES 10 TO 11 YEARS

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### Abstract

*Artistic gymnastics, an old discipline, has recently developed, especially nowadays. Its evolution in the last four years was rapid, being characterized by a refined technique, which implies virtuosity and by very risky elements. Among other sports, gymnastics has a very well defined status, even it is in a continuous process of renewal and modernization. It can be seen in daily practice, in different ways, depending on teachers and gymnasts.*

**Keywords:** hands standing leap forward, artistic gymnastics, exercise, effort.

### Introduction

Learning at a young age as difficulty jumping high jumps heavy learning is a prerequisite to higher categories. Gymnastics with a considerable age developed especially nowadays in a spectacular way.

Its evolution over the last four years has been very rapid, characterized by a refined technique involving ties virtuosity and high-risk items. The constellation sports, gymnastics is a discipline with a well defined status and subject to a continuous process of renewal and modernization.

In daily practice, this is noted in the various forms bearing the imprint of both teachers and the gym. We are witnessing the creation of a theory and the development of a technique to ensure the prerequisites for a more efficient work with a strong scientifically well founded.

### The importance and topicality

Thus it comes to achieving high performance sport in value very early age, achieving economies both material and spiritual

energy. Only the correct orientation in the educational process of children and youth can yield valuable results worldwide.

The accuracy, technical accuracy, high-risk elements were executed amplitude of performances true gymnastics competitions.

Acquiring such valuable and spectacular executions, execution acquisition technique for achieving high performance are subject to systematic training, continuous and well organized during 10-11 years. Preparing gymnasts is done in a pedagogical process that uses specialized forms of activity and ways custom known sports training.

International competitions in gymnastics performances are scenes which have exceeded the limits of experts regarding human limitations. The performance improvements are due to continue the training process, the result of the scientific.

#### **Purpose and objective**

We believe that by streamlining the corresponding algorithms and efficient methods will succeed as technical element “Jump by standing on hands 1” leap forward” to be accessible to children aged 10-11 years old.

The research objective is to choose the most efficient movements in short, well defined. Purpose of this paper is to contribute to good results in competitions involving gymnasts, as well as selecting the group of children and youth.

#### **Reasons for choosing the topic and literature coverage**

We chose this study because as we executed gymnast jumping in different competitions, believing that art can bring details of execution and delivery methods. An important issue was the development of methodical learning sequence whose yield to give the desired result.

There are works in the literature referring to elements acrobatic leap forward leap forward with double rotation. Gymnastics is characterized by a rich arsenal of moves specific competition all samples having widespread in the country and in the international arena. She is constantly subjected to a process of renewal and

modernization, which manifests itself in many different forms, which bears the imprint of personality coaches and gymnasts alike.

Currently artistic gymnastics has developed much on the continued growth of the difficulty and complexity of movements and compositions, reaching unexpected heights with a high degree of difficulty, being executed by a growing number of athletes.

Ultimately, differentiating values ??will be carried out by a technical ideal of elegance and special attire running. The literature is quite poor in terms of method, effective business models to acquire the vault.

The purpose of the work and my motivation is to contribute to improving my methodology this vault to find the most effective exercises to facilitate learning at this age

### **The scientific research**

#### ***The anatomical and physiological and psychological age 10-11 years***

In the process of training the child as a “miniature adult” (Piaget, Claparede) should be treated differently. The coach must know every stage of growth and development of the child, age peculiarities specific rules.

While increasing the expression of quantitative phenomena related to the size of body size, development of specific processes is qualitative, which marks the achievement of higher levels of functionality. It should be mentioned that between chronological and biological age discrepancies.

Optimization of the children and youth sports training requires knowledge of the peculiarities of their growth at different stages. In what follows, I will refer to the essential characteristics before puberty growth phase. At this stage, growth is generally uniform, as manifested by lengthening legs .

***Musculoskeletal system.*** Bones are more elastic beams strengthening functional systems, which determines their tendency toward deformation tensile, pressure, twist. At 6 is 21,7% by weight of the muscles of the body.

The children of pubertal age, muscle fibers are relatively longer than in adults, and the portions are shorter tendon. Favors low muscle tone making larger movements in the joints, but more difficult to achieve fine movements, differential accuracy.

**The cardio-vascular.** The heart reacts, but the effort uneconomic; coronary perfusion is rich. Resting heart rate of 100/min is on average 6 years, 7 years, 80/minut 90/minut to 12.

Chest development is behind that of the limbs. Underdeveloped respiratory muscles can not provide the size of the volume of the thorax in the effort, the amplitude of respiratory movements are relatively small in this case. The level of psycho-physical development at this age stage allows the formation of new motor skills, improve coordination, skill, flexibility and mobility, providing a fundamental luggage specific techniques.

Middle school age that coincides with puberty in girls is between 11 to 14 years. This period marking the entry into office of estrogen endocrine glands, the environmental and hereditary factors influence puberty when installing so that individualization of puberty and chronological age of the biological differentiation are major elements in the scientific investigation of this stage of development body.

During this period, along with sexuality, there are a number of relatively sudden events for children, an increase in waist up to 10 inches per year and an increase of the weight up to 9.5 kg. With increasing infant characters that can cause mental instability. Bones grow more in length. In this stage, intense calcification and strengthen intimate functional structure, making them more resistant to mechanical factors detrimental to their previous elasticity.

The cardio-vascular develops slowly. Heart rate recorded at the beginning of 90-100 beats per minute and decreases at the end of puberty by 82-88 beats per minute. So cardiovascular system have difficulty adapting to intense efforts.

**Joints** are weak and ligaments do not provide sufficiently tensile strength and twist. Muscles develop more in length than the thickness, so that their surface is small section physiological and,

therefore, their strength is low. Strength and stamina are reduced but the reaction speed and repetition are very good.

**The nervous system** is growing rapidly maturing ending motor cortical area analyzer. The analysis and synthesis bark thrive, increasing the external inhibition. Consequently, the speed increase skills training and conditioned reflexes are formed off slower. As the approach of puberty is an improvement of coordination and better use of the second signaling system linked to it “sports equivalent” central nervous system already operated separately in children have focused primarily on building up skills and techniques varied driving and driving on broadening the range of possibilities and diverse techniques as well as broadening the range of opportunities for children and driving his motor repertoire.

**Respiratory** develops intense pubertal stage. Net improves respiratory function. Respiratory balance the body and other analyzers reach comparable adult development.

Consequences for training.

The child shows a great audacity, consciously accept risks, so it can achieve very significant technical accumulations will favorably influence its evolution sports. At this age it creates nervous and locomotor substrate necessary learning motor skills. Not recommended maximum efforts with major musculoskeletal strains.

In training you can use a large number of exercises in a different and varied nature of neuromuscular effort. They contribute to the development of dynamic stereotypes and improving the functional capacity of the body. Thorough knowledge of morpho-functional features of each child with psychic work is the only way that avoids the two most common mistakes in sport: overloading the body by exaggerating and excess caution because of that preparation is maintained at a lower level opportunities child.

### **Considerations jumping machine**

Jumps are a basic means of gym workouts, with an important contribution to multilateral physical development. They have a positive influence on the whole body and muscle developing osteoligamentar device, increasing circulation and respiration.

Using jump training lessons in various forms are a good opportunity for development and education qualities psycho-motor (strength, stamina, skill, flash, courage, determination, self-confidence).

The jumps were a large number applicability gym. Jump by standing on hands 1'' leap forward part of the third group and is mandatory for athletes to Category III (Junior III) Level 4.

### **Aspects of motor learning**

#### ***The influence of early environment in sport***

In very young children, peer role is crucial in order to establish their relationship to sports activity.

Parents, coach, and team leaders are the ones who determine their feelings for sports and the benefits that they can get away during life.

Often, however, parents themselves who aspire to the good of their children, however, do not behave as they should when it comes to their sports life.

They involve too much in training, resulting claim as a reward for their dedication, often occurring as next coach would do some fans overdo expect extraordinary performance from their children or do not believe in the discipline they practice and tell them this.

#### ***Technical description of the movement***

Following the established phases of jumping - Greek, beating on the trampoline, I fly, beating hands - Flight II has different characteristics have to jump through hands standing by introducing a leap forward in the transition phase by standing on hands.

Salt 1 '' Jumping before the question decrease rotational speed and maintain contact with the ground in a favorable position at an angle of 120° -130°.

Opening the appropriate time is when the body has conducted 480° - 490° of rotation of 540°. Opening will be done by stopping the rotation of the torso and legs so that the extent of contact with the ground to make the center of gravity behind the contact points.

### **Organizing and conducting research**

#### ***Research methods used in developing the work***

*Study bibliography.* We've come a rich literature material to allow me a deeper approach to the theme.

*Observation method.* Direct observation allowed me the registration of general and specific dynamics and complexity. It was held on the basis of a theme and using measuring instruments designed to objectify the results collected.

#### ***Place and duration of research***

The research was conducted in the gymnasium of CSS Buzău in the period 1 May 2012 - May 2013.

#### ***Stages of research and results***

*The first phase* took place from May to April 2012 and aimed to end the acquisition and consolidation of jumping through hands sitting at the table salt 1'' gymnastics, jump presented in 2013 at the National Individual Competition - June.

*The second phase* took place in May - now 2013. This time I followed the consolidation and improvement of sitting on your hands jump by 1'' grouped leap forward for the upcoming Junior Championships in November 2013.

### **CONCLUSIONS AND RECOMMENDATIONS**

From the research I've done it, we have outlined the following conclusions:

1. Based on the purpose of the work, we think we have failed to act with the most effective exercises to quickly acquire jump.
2. Organizing and conducting research confirms the work.
3. To learn proper jumping technique to remove the fear and risk of accidents is important to use helpful devices (foam pit, chest gymnastics, trampoline spring).
4. Lessons will make training guidance and coordination capacity to acquire driving rapid movement technique.
5. To learn jumping by sitting on your hands and jump forward 1'' grouped athlete must master very well jump by sitting on your hands and jump grouped before.
6. From the study it appears homogeneous group, which

allowed us to use the same algorithms in training, creating a school child jumping a group performance of the Club CSS Buzău.

7. In the literature studied jump is less addressed in relation to simple jumping.

8. Methods and algorithmic learning gave very good results were verified in competitions.

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