

THE ORIGIN OF THE ATHLETICS SPORTS TOUR

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Annotation: This article provides information about the history, development, place of athletics in the Olympic Games, the role of athletics in the physical education of young people.

Keywords: athletics, running, jumping, throwing, Olympics.

The history of the origins of athletics dates back to ancient times. It has been known since ancient times that people have used running, jumping and throwing as a naturally necessary movement in work and in daily life. But it took many thousands of years before they were pictured as a means of physical education and as a sport. During the primitive community system, athletics was closely linked to human labor. They can be somewhat independent in physical education as humanity begins to transition to a society of slavery.

Running, jumping and throwing were very popular in ancient Greece. Among other forms of exercise, they played an important role in the military-physical training of slaves and became an important part of tribal and all-Greek religious holidays. The most important of these ceremonies is the Olympic Games. In feudal society, especially in the early Middle Ages, exercise was commonplace. Legend has it that the entertainment of stories and other cultural monuments has a lot of specific exercises. Many sources state that in the life of the people there was a race consisting of fast running, long jump and stone throwing. Cruel exploitation and the lack of free time and adequate material conditions affected the level of development of popular physical exercise. For this reason, during the feudal era, folk physical exercises were always traditional entertainment, held only on holidays, and in the military-physical training of the townspeople and feudal lords, running, jumping and throwing exercises played an important role. . In bourgeois society, running, jumping and throwing were first included in the system of physical training gymnastics and used in everyday life. However, this did not have a significant impact on the formation of athletics, as the importance of these exercises in the gymnastics system was secondary, not primary. The participation of the population in these exercises did not have a full impact on the development of athletics due to the limited opportunities of the working population.

Running, jumping and throwing began to emerge in the second half of the 19th century as an independent exercise and as an important element of athletics. It's young people

The re-establishment of the ancient Greek Olympic Games in 1896 played an important role in the development of athletics. Later, the Olympic Games became an

international complex of the most important sports, including athletics. Until 1965, the Olympics were held only 15 times. Due to military action and other reasons, the Olympic Games in Berlin in 1916, Tokyo in 1940, and Helsinki in 1944 were canceled.


The program of athletics competitions at the Olympic Games has always changed. In 1928, the first women's track and field competition was held at the IX Olympic Games in Amsterdam. These competitions will be held in all subsequent games. The first modern Olympic Games were held in 1896 in Athens. Only 12 countries took part in the track and field competitions. In these games, most athletes had poor athletic performance and exercise techniques. The V Olympic Games in Stockholm, Sweden in 1912 were an important milestone in the development of athletics. It's easy then

Athletics is part of the physical education system for children and adolescents. They are intended for general education vocational schools and other schools. Walking, running, jumping and throwing, as well as a variety of special exercises used in athletics, are varied, lightly dosed and convenient for children. Before reaching school age, children learn to play a variety of games in a simple way: running, jumping and throwing. Learning to perform athletic exercise techniques not only broadens the range of motion and improves their control skills, but also lays the groundwork for their later athletic skills. Athletics promotes the growth and formation of the young organism, all-round physical development, strengthening health.

Athletics strengthens the cardiovascular and respiratory systems, promotes harmonious muscle development, improves joint mobility and improves neuromuscular coordination. Athletics classes are held at the school in physical education classes, in the section of the school staff, in the children's sports school. The content of athletics classes for children, adolescents and young adults depends on their age and should be taken into account when planning and conducting classes.

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