



## OBJECTIVES AND TASKS OF RHYTHMIC MOVEMENT GAMES IN THE HEALTH OF SPECIALIZED SCHOOL STUDENTS

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### ABSTRACT

In the article, information about the place and role of rhythmic lessons, ways of using movement exercises, and examples of movement games in improving the health of students with disabilities is highlighted.

### KEYWORDS

Physical development, public health, immunity, rhythm, conditions, independent, intelligence, education, future, parents, family.

### INTRODUCTION

The Republic of Uzbekistan is considered a young independent country, 40% of its population are children under the age of 18, and 64% are young people under the age of 30. Therefore, one of the main directions of state policy in the field of human rights, health, education and interests is to create optimal conditions for the social, intellectual and spiritual development of children, including comprehensive support for large

families, children without parental care and disabled children. - consists of support.

### THE MAIN RESULTS AND FINDINGS

Public health is one of the greatest assets of any society. In our country, since the first days of independence, special attention has been paid to the







flexibility, being responsible such as feeling music and gives effective results in ways to improve skills.

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