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PEDAGOGICAL DESIGN OF HEALTH-SAVING EDUCATION OF JUNIOR SCHOOL CHILDREN

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ABOUT ARTICLE

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Abstract: This article is devoted to the problem of health saving in elementary school, which is topical today. Despite the fact that health is the most important aspect of human life, the problem of health saving in elementary school, to date, is not given due attention. The modern education system is a serious load for a junior schoolboy and becomes a bright contributing factor for the deterioration of children's health. The article notes that the identification of criteria of health-saving potential of the school lesson, as well as extracurricular and extracurricular activities and the construction of the educational process on the basis of the principles of ensuring and protecting health is a priority in the development of education in the junior school level. The purpose of this article is to focus attention on the problem of saving the health of students and educating them in the field of healthy lifestyle in modern schools and to solve this problem through the active application of health-saving technologies in the classroom. Pedagogical design of health-saving education of junior schoolchildren and application of health-saving technologies in the pedagogical process can help teachers to keep students' high efficiency, delay fatigue and exclude overwork at lessons.

INTRODUCTION

According to many different studies, modern school education unwittingly has a negative impact on students' health[1][3][10]. The beginning of schooling is an important stage in a

child's life. There is a clear systematicity in his daily actions, his way of life changes, new duties and responsibilities appear. At school everything is new for a child - the environment, acquaintances, norms of behavior, and most importantly - a new systematic activity - learning. In addition, during this period the child's motor activity decreases sharply and mental load increases. Complex mental work is a very difficult test for the whole organism of the child.

Today, pedagogical orientation is the most important in the structure of health promotion and health protection, as the attitude to a healthy lifestyle and health in general does not appear in human consciousness by itself, but is formed with the help of a certain pedagogical influence, which should be carried out from an early age.

Pedagogical design in the general sense is a preliminary development of the basic details of the upcoming activities of the main links of the pedagogical process - teacher, students, and sometimes parents. Accordingly, pedagogical design of health-saving education is the development and modeling of the educational process aimed at the implementation of health-saving function of education.

Designing a health-saving pedagogical process consists of three stages[2]:

Stage 1 - modeling - development of a conditional ideal image of the designed pedagogical process in health-saving orientation;

II stage - designing - further development of the created model and bringing it to the level of practical use in elementary school, in other words, the creation of a full-fledged project from the previously conceived model;

Stage III - construction - detailing of the project, bringing it to the state of full completion and readiness for use in a specific pedagogical process with specific students.

Pedagogical design of health-saving education of junior schoolchildren is aimed at the inclusion of the main directions of health-saving education in the educational process without infringing on the main goals of school education, such as obtaining basic school knowledge, skills and abilities[5][7].

Within the framework of pedagogical design of health-saving education in junior high school the design, modeling and construction of each lesson with the introduction of health-saving element in it, which is achieved by introducing health-saving technologies into the pedagogical process.

Health-saving technologies are a set of methods of psychological, pedagogical and medical influences, the main purpose of which is to protect and ensure the health of schoolchildren, as well as the formation of a careful attitude to their health and the health of people around them.

The main health-saving technologies today are based on physiological and psychological age features of schoolchildren. In this case, the main features of junior schoolchildren are rapid fatigue, high need for frequent change of activities, short-term concentration of attention, a pronounced need for movement. Based on this, we can distinguish the following health-saving technologies that are most relevant for junior schoolchildren:

- minute exercises
- Information minutes
- Communicating with nature (integrated lessons in the fresh air)
- Independent projects

Special attention should be paid to physical exercises. Physical exercise breaks are a very important element of lessons in junior school. The task of such physical education breaks is not only to satisfy children's need for movement and change of activity, but also to transfer knowledge, skills and abilities that every child needs to strengthen his body - spine, limbs, to form correct posture, to relieve tension

from relatively long static. Physical education breaks are conducted in one way or another depending on the specifics of the subject, it is possible to add a musical background and collective exercises.

Health-saving technologies are aimed not only at preserving and maintaining the physical health of schoolchildren, but also at psychological well-being - the general spiritual and emotional state of pupils. To maintain a favorable emotional background in the classroom it is necessary to listen to children, to inspire them with faith in success, to give them the opportunity to speak out, to share their worries and fears. Group techniques and trainings can also be effective here. They can be conducted both by school psychologists and teachers themselves[6][10].

Thus we come to the conclusion that modern education carries a great load on children's body, more and more often school becomes a factor of deviation of children's development from the physiological norm. In this connection it is necessary to take measures for realization of health protection of schoolchildren at the earliest stages of formation of children's personality. Educators have a huge responsibility for the future generation. The priority task of our state is to bring up a healthy and harmoniously developed generation, which means that we should pay special attention to the health-saving competence of the educational process, actively introduce health-saving technologies and from the earliest age educate students to orient them towards a healthy lifestyle.

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