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CREATION OF WAYS TO PROMOTING HEALTHY LIFE STYLE FOR PRIMARY SCHOOL CHILDREN IN RURAL LOCALITY

Nowadays the role of pedagogic and physical education of children is growing with the purpose to solve the task of rising generation health improvement and harmonic development. Modern live conditions put high demands to the level of physical development, ability to work and functional state of children organism. Children's organism on each stage of the development is complicated biological system forming of which is natural aptitude for studying and upbringing. Primary school age is a very important period for children development, it is time when the character forms, broaden the mind, lay foundation of health and overall physical condition. Nowadays in Ukraine we do not have the system of improving people's health in the state and local levels, conditions for healthy way of life among people are not created. Successful study at school is determined with many factors of children's health state. The present day a lot of children in educational institutions have problems with health and only fourth part of them is healthy. Based on the research findings in primary school, we can see that morbidity rate of acute respiratory viral infection and catarrhal diseases is extremely high.

On the bases of facts which were mentioned before, we can draw a conclusion that for more effective realization of the purposes and problems of physical education, it is necessary to consider new ways of development, i.e. innovative pedagogical technologies. They join together the ordered set of actions, operations and processes, which provide development and cooperation introduction of different kinds of pedagogical innovations, which cause positive changes in traditional pedagogical processes, modernize and transform them.

Contemporary state of modern methods and processes of forming the movement skills, practices and healthy for organization physical training lessons with primary school children was analyzed. It is proved that the most auspicious age is from seven to nine.

The author's methodology is channeled into using of health-improving exercise on the physical training lessons was theoretically grounded, exploited and infiltrated into process of physical culture.

The pedagogical conditions of forming physical training lessons with using of of health-improving exercise were determined. Different parts of various physical training lessons were complemented.

The positive influence of this methodology on harmonic development was determined.

Key words: Methods of teaching, healthy, health-improving exercise, forming, primary school children.