

MODEL OF FORMATION OF HEALTH-SAVING EDUCATIONAL ENVIRONMENT IN PHYSICAL EDUCATION AT PRIMARY SCHOOL

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DOI: 10.32342/2522-4115-2019-2-18-8

Key words: physical culture, physical education, health-saving environment, educational environment, model, primary school, physical training, optimization.

The article defines the model of formation of health saving educational environment in physical education of primary school students. The importance and necessity to develop various forms of physical-health and sports classes of elementary school students in the process of physical culture training are substantiated. The role of physical education teacher in creating motivation for introducing healthy lifestyle and following one's own health is revealed. It is shown that the model of formation of health-saving educational environment during physical education in primary school is a reflection of the process of education. The structure of the model of formation of health-saving educational environment at primary school in the process of physical culture training is determined. The purpose of the model presented in physical education is described. The basic approaches that will help to realize the model of formation of health-saving educational environment of primary school students are substantiated. A systematic approach has been defined as the leading one in conducting physical culture training and in performing physical exercises of students. The principles that the teacher should follow during physical education in order to achieve high student performance in the exercise process are presented. The key ones among them are: the principle of scientific approach, the principle of systematicity and consistency, the principle of consciousness and activity, the principle of the strength of knowledge, the principle of individualization. The components that are included in the model content block and necessary for the formation of health-saving educational environment of primary school students during physical education training are described. The program-normative foundations of physical culture are grounded, taking into account the regional peculiarities and the theory of educational activity, which will help teachers in their individual approach to each of the students. The method of combined development of physical and cognitive abilities in the process of performing physical exercises is characterized. A method of increasing the physical activity of schoolchildren through independent exercise is revealed. The necessity of taking into account psychological and pedagogical peculiarities in the selection of methods, forms and means for physical education in primary school students is analyzed. The formation of the need and motivation to exercise as a leading way to optimize physical culture is determined. The separation of physical education stimuli into external and internal ones and the factors that influence the implementation of these stimuli in the physical culture of schoolchildren are characterized. **It is revealed that raising the level of students health culture formation is a way of improving the pedagogical approach to health-saving education.**

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Одержано 3.10.2019.