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# **INNOVATIVE PEDAGOGICAL TECHNOLOGIES OF HEALTH PRESERVATION IN PRIMARY SCHOOLS**

**Yaroslav KUTSYK, Ruslana HRYTSYUTA  
Drohobych**

The revision of value priorities and the change of consciousness of Ukrainian citizens is dictated by the current conditions and the need for fundamental changes in all spheres of our life. A true defender of the state and the creator of the modern history of Ukraine must meet the standards of a healthy, comprehensively developed, educated, self-sufficient person. Today, health is an important prerequisite for progressive socio-economic development of a democratic society [1].

Successful self-realization and success of modern youth is impossible without high-quality indicators of the spiritual, mental, physical and social potential of an individual. That is why we consider the formation of a valuable attitude to one's own health and the health of others, the creation of conditions for health care, and the acquisition of modern health care tools by young people as an important task of primary education. After all, only a healthy generation is able to influence the spiritual, intellectual and physical development of society [2].

The proper organization of the educational process of the primary school can contribute to solving the important tasks of preserving health and raising a healthy child, since the child's personality, value orientations, character, and attitude towards one's own health are formed in the primary school age [5].

The primary school teacher directly affects the spiritual, moral and physical development of the student's personality, as stated in the main state documents of the New Ukrainian School [8–11].

We consider the search for effective ways of forming health-preserving skills of primary school students to be a special function of the primary school teacher, who involves all the variety of innovative educational resources of health-preserving interaction with students and

parents of pupils in order to achieve the programmed result of the educational impact of the educational and developmental environment of the primary school [14].

The COVID-19 pandemic, the introduction of martial law in Ukraine, quarantine measures and restrictions enabled the transition of educational institutions to distance education, which requires new and transformation of already existing technologies and methods of preserving children's health and forming healthy lifestyle skills in them [12].

We agree with the statement that «working online in no way protects against body injuries, absolutely does not improve the level of health. On the contrary, a state of constant neuropsychological stress, chronic mental fatigue, lack of physical exertion cause serious functional disorders in the body, a decrease in its working capacity, and even the onset of premature old age» [15, p. 11].

A similar situation demonstrated the extremely harmful effect of modern gadgets on a child's health, in particular, we can single out the following negative consequences of distance learning:

- for a long time, schoolchildren have to be in an uncomfortable position; excessive load on the visual analyser and, as a result, rapid eye fatigue;
- often being in a state of stress when searching or losing information due to power outages or reduced Internet quality [15].

The most important task of implementing health preserving technologies is to create such an educational space that provides quality education, harmonious development, and proper upbringing of schoolchildren without harming their health.

The above-mentioned task can be solved, in our opinion, with the help of wide use of effective innovative health-preserving forms and methods of working with younger schoolchildren, namely:

- detailed regulation of project activities;
- dramatizing critical situations;
- analysis of social situations;
- creation of own portfolio;
- brain storm;

- conducting various trainings;
- organization of information sessions, flash mobs, health days, healthy lifestyle weeks, etc.;
- programming of physical education classes [13].

A variety of health-preserving actions with the participation of parents are very popular for the formation of children's motivation for a healthy lifestyle. At the same time, the subject of such events is unlimited [6].

Quite effective forms of work for inculcating health preserving skills in children are the arrangement of dynamic breaks with musical accompaniment, which noticeably relieve excess muscle tension and significantly improve the psychological climate.

Online meetings of schoolchildren with medical specialists – pediatricians, nutritionists, family doctors, who will contribute to the acquisition of knowledge about the benefits of proper nutrition and compliance with the rules of a healthy lifestyle - are not superfluous; with well-known sports officials or active athletes; with a school psychologist or social worker [6].

A truly innovative means of educational work is the promotion of a healthy lifestyle by means of school advertising, which students create independently or with the help of parents in the form of information leaflets, advertising booklets, campaign posters. The objects of such advertising activity are usually healthy food products, interesting physical exercises, hygiene rules, vitamin complexes, etc. [7].

Giving school thematic weeks a competitive color will only increase the interest and effectiveness of their implementation and effectiveness. Enriching the content of the program with various artistic works that promote a healthy lifestyle among children will contribute to the formation of a healthy personality. When preparing for lessons, the primary school teacher is recommended. Even an online competition for conducting a complex of daily morning gymnastics is able to evoke positive emotions and create a cheerful mood throughout the entire school day [3].

Among the many means of combating the rapid fatigue of younger schoolchildren, compliance with hygienic requirements in distance learning conditions plays a prominent role: indoor air temperature, lighting level, absence of external stimuli, etc. A peculiar form of rest is the need to frequently change monotonous and sedentary types of activities to active motor actions, which will allow children to avoid additional adaptation efforts that accelerate the process of rapid fatigue of children. Experts recommend using at least 4–7 types of various works during a distance lesson in order to achieve the desired effect [20, p. 190].

According to G. I. Dakhnyuk, «the valeologisation of the lesson ... involves:

- compliance with the sanitary and hygienic conditions of the lesson;
- it is valeologically appropriate to include a positive attitude in the lesson;
- choosing age-appropriate forms and methods of conducting the lesson;
- choosing the pace and rhythm of the lesson;
- regulation of the duration of the main types of educational activities;
- changing the types of activities in the lesson;
- formation of positive motivation for educational activities and stimulation of cognitive interest;
- involvement of a greater number of students' senses: hearing, sight, smell, touch;
- creation of conditions for creativity in educational activities;
- inclusion in the learning process of the emotional and sensory sphere;
- differentiation and individualization of the learning process depending on the personal characteristics and state of health of students;
- creation of a situation in the lesson that stimulates search activity;

- diagnosis of the initial stages of student fatigue, stress relief from static posture, prevention of posture and vision disorders;
- the psychological atmosphere of the lesson, the teacher's communication style» [3, p. 25].

Thus, the thoughtful application of existing modern health preserving innovative technologies will make it possible to improve the educational process of primary school, as well as strengthen children's health, reduce stress and significantly increase motivation for educational activities, significantly improve their educational and cognitive interests.

The use of the indicated pedagogical toolkit increases children's ability to optimally overcome obstacles in learning new material, arouses interest in the learning process, promotes the creation of a cheerful mood, and significantly increases intellectual and physical performance.

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