



Innovative Technologies Aimed at Maintaining and Strengthening the Health of Students of General Education Schools

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Annotation: The main directions and means used in the modern system of school education are analyzed, with an indication of the introduction of innovative technologies into the practice of teaching. Under these conditions, the formation of a healthy lifestyle can be facilitated by new health-improving forms and methods of physical activity of students in physical education classes at a university.

Keywords: innovation, technology, health, youth, innovative health technologies, physical culture.

The concept of modernization of education predetermined the beginning of a new stage in the formation of the national school, and, consequently, the need to improve the subject foundations of educational disciplines. The education of schoolchildren in the field of physical culture was no exception.

Recently, the problem of maintaining the health of schoolchildren has become increasingly important. Data from medical examinations indicate that during the period of schooling, the health of children has deteriorated several times. Therefore, one of the priority tasks of a physical education teacher is the preservation and strengthening of the health of schoolchildren. An important role in the implementation of this task is given to the use of health technologies: shaping, fitness, aerobics; the use of non-traditional non-specific health-improving means in the structure of lessons, such as self-massage, relaxation, breathing exercises. It became obvious that the old forms of physical culture had become decrepit, its basic values depreciated.

The frequent use of the adjective "innovative" in various scientific and methodical publications characterizes the innovative processes taking place in physical culture. To understand these processes, it is necessary to define the concepts of "innovation", "innovation", "innovation".

An innovation is the first implementation of an innovation that is tested as part of an experimental work.

An innovation is an innovation introduced and widespread in the practice of education. It is proposed to understand innovations in teaching as new teaching methods, new ways of organizing classes, innovations in organizing the content of education, methods for evaluating the educational result. We believe that: "The organization of the process of physical self-development of students will be successful if the following pedagogical conditions are observed: studying (monitoring) the physical potential and moral level of the student at all stages of the pedagogical process; the relationship of physical and moral education; the use of sports-species, general developmental and health-improving orientation of physical education, taking into account the level of physical fitness, motives for physical culture and sports activities, sports interests, psychophysiological characteristics; the focus of the pedagogical process on the transformation of the need-motivational



environment, the stimulation of self-developing activity; personal-activity approach; filling the content of educational work with research forms of work; filling the content of educational work with research forms of work; application of level differentiation; humanization of interpersonal relations; readiness of teachers of physical culture and sports to implement the model of physical self-development of students” (1). I support the views of this author, and I want to add that the teacher should devote more time to the sport in which he is better versed in the teaching methods.

Classes should be structured in such a way that students themselves find the necessary solutions, make the necessary conclusions. To do this, the teacher must be able to correctly pose leading questions or tell in such a way that students themselves draw the main conclusions, based on their experience, knowledge and understanding of the topic. At the same time, students' attention should be focused on their individual characteristics and capabilities, methods, ways to achieve the task, helping the manifestation of creative abilities, convincing them of the value of using the acquired knowledge. This approach activates the process of self-knowledge and management of one's activities. It is good to use music in the classroom. For warm-up, movement, it is better to use background music that does not attract attention, given its effect on the psycho-emotional sphere. In the classroom, you can sometimes use anti-stress plastic gymnastics, Pilates (a safe set of exercises).

Some of the innovations in teaching used in our school: Acquaintance with the computer program "Physical Educational Passport of a Schoolchild", which has an individual testing protocol with conclusions and recommendations, work with "self-control diaries"; Olympic education, participation in district and school monitoring; holding Spartan games, outdoor games; streetball games; holding round tables, sports jumble, participation in conferences. Preparation by released students of photographs, films and presentations, reports on given topics, the development of sets of exercises for morning exercises, as well as the development of complexes aimed at developing physical qualities. The creation of a personal computer gave rise to the use of new information technologies that significantly improve the quality of information assimilation. Nowadays, the use of a computer in teaching has a unique opportunity to make the lesson more interesting.

The inclusion of ICT in a physical education lesson allows not only diversifying the learning process, but also significantly increasing its effectiveness. The use of computer presentations as a means of visualization can significantly increase the interest of students in the lesson. The computer is very convenient as a means for determining the level of knowledge and controlling the assimilation of educational material in theoretical lessons in physical education. For example: thematic control, which ensures the identification and assessment of the knowledge and skills of students obtained in several lessons on the topic, or final control. The use of a computer allows you to increase motivation, develop the cognitive abilities of students, gives high positive emotional satisfaction, develops curiosity, ingenuity, and thinking. The system of application of modern pedagogical technologies in the work of a teacher of physical culture creates the most favorable conditions for the disclosure of not only the physical, but also the spiritual abilities of the child, ensures the creative application of the acquired knowledge, skills and abilities to maintain a high level of physical and moral health, contributes to the formation of personal physical culture of schoolchildren. Preparation by physical education teachers of presentations on teaching the technique of complexly coordinating movements such as "high jump with a run-up way" stepping over ", " long jump with a run-up way "bending legs", "learning the technique of throwing from two steps". As well as the formation of theoretical information, such as familiarity with the Olympic and Paralympic sports, the use of material on outdoor games of different peoples. Since 2008, our school has created and successfully implemented the program "Health-Saving Education", the objectives of this program differ from the objectives of physical education, the main purpose of



which is to preserve and strengthen the health of students in the process of education and upbringing. The principles of health saving:

1. Person-centered approach.
2. Everything used should be evaluated from the position of influence on the psycho-physiological state of the participants.
3. The emphasis is only on the good, in any deed, action, the positive is first highlighted, and then the shortcomings are noted.
4. Every child should try to form responsibility for his health, only then he realizes his knowledge. Our main task is to involve each student in the study of his body, in understanding the potential inherent in it. A physical education teacher should help children discover their abilities. They help to optimize the learning process of group learning technologies - the use of small groups (3-7 people) in the educational process. The main condition for group work is that the direct interaction of students is carried out on a partnership basis. This creates comfortable conditions for communication for everyone, ensures mutual understanding between group members.

Possessing a sufficiently powerful motivating force, group learning technologies are able to optimize the learning process, making it more effective. The use of group technologies in teaching the section "Sports games" allows you to increase the motor density of lessons, activates the cognitive activity of students. One of the components of health-saving technologies in the educational process in the structure of lessons is outdoor games that combine the means of folk culture and physical culture. This phrase should be understood as: the use of outdoor games of different peoples in physical education lessons. For example: the Hungarian game "Circle", the Estonian game "Birds", the Kazakh game "Chains", the Brazilian game "Wounded Cats", the German game "Firefighters". The widespread use of outdoor games allows children to develop not only physically, but also spiritually and morally. Outdoor games of different peoples of the world, serving as a means of solving educational, educational and recreational tasks, were systematized by us according to sections of the program and presented in the form of a lesson distribution of educational material for younger students. Basketball is an emotional game that makes a person more sociable and contact. All these features of basketball are an effective means of physical education. We have developed a set of exercises that is used in the lesson when studying the topic of basketball.

Warm-up with balls. Exercises for 5-11 grades. - rotation of the ball around the body, - rotation of the ball around the head, - between the legs "eight", - throwing from hand to hand along a high trajectory; - tossing and catching the ball; - tossing the ball up with a turn of 180 and 360 degrees; - tossing the ball up in front of you - catching from behind, - tossing the ball from behind the back over the right and left shoulder; - catch the ball with the smallest rebound from the floor; - lift a ball lying on the floor with one hand; - intercept the ball from the right hand to the left hand around one leg. In our study, children of the fifth and sixth grades took 10 people each.

In the experimental group, students were engaged in new innovative technologies under the BASKETBALL program. In the experimental group, presentations were shown on the topics of the lesson, they watched the games of the Championship and the NBA Championship, outdoor games leading to basketball were held with them, individual, group, in-line training was conducted. When applying technologies, the technical and tactical actions of students were evaluated, but at the same time, we remembered that in basketball there are different roles of players. Players can be forwards, centers, defenders, playmakers. The peculiarity of our methodology is to teach students to play in all positions, but to determine the role for them. Everyone understands that in all positions the



player will not be able to play well. A place for a player is chosen due to growth, speed, good ball dribbling, vision of the situation on the field. It is clear that technical and tactical actions are different for all players. The experiment was carried out with a warm-up, but without special preparation of students for these types, during a regular school lesson.

In the control group, students followed the regular school curriculum. The experiment lasted six months. When assessing physical fitness, the priority indicator is the rate of growth of results.

Thus, in the experimental group, there is a positive dynamics in the development of motor abilities, an increase in the level of physical fitness and interest in the lesson. The system of application of modern pedagogical technologies in the work of a teacher of physical culture creates the most favorable conditions for the disclosure of not only the physical, but also the spiritual abilities of the child, ensures the creative application of the acquired knowledge, skills and abilities to maintain a high level of physical and moral health, contributes to the formation of personal physical culture of schoolchildren.

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