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FORMATION OF A HEALTHY LIFESTYLE IN CHILDREN 4-5 YEARS IN THE PROCESS OF PHYSICAL AND HEALTH ACTIVITY

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Abstract

Relevance of this study is due to the social "factors of modern society, the main of which is the installation on the personal orientation of a person. Formation, preservation and strengthening of individual health has become a priority in the system of physical education of the damaging generation (O, A. Alexander on B, 1988; SA Zaranitsse, 1988; PA, Vinogradov et al., 1996), the solution of this problem is advisable to start from the preschool age when the basis of the worldview of a person, its attitude to the surrounding world.

To this to the development stage of life? Installations are still not strong enough, and the nervous system is characterized by a particular plasticity, which contributes to the formation of a child's in the healthy lifestyle of the child in the healthy lifestyle (30)) to regular physical activity (B, H, Shebbek, and in Kaneman, DV Vhulavaev. 1985; H N Ekamk, VALPISHKINA, 1996: E.N.VAINER, 1998, Ir, etc.).

Keywords: health states, childrens, world health organisation, activity, physical.

The process of teaching a healthy lifestyle is inextricably linked to motor activity, as the monastery and the stimulating factor of the intellectual and emotional development of the child. According to the data, and, Joldaka (1996), B, I. Mikhalev A, I.Sulyanova, O.P. Schöron (1997), the assimilation in Aleo's logical information was successfully implemented with active inclusion in systematic exercises with physical culture and sports, which ensure sustainable interest in self-knowledge and self-improvement. It is at sports care (cold, at the same time, the world's own vortionic generation of the growing generation, to allow the prescription skills for a long time, therefore, a particular relevance on the modern stage is the problem of developing methodology of health in the process of physical training, but the study of currently curricula (education) in the pre-school educational institutions (DOU) found that there are no scientifically sound technology and information and educational activities to form, preserve and strengthen the health of children from 4 years.

This connection was the need to specially study on improving the methodology of teaching the zoo of children in UC. Utility research - the process of teaching a healthy lifestyle of children of 4-5 years in the system of physical culture and health activities of the educational institution. The subject of the study is the methodology for the formation of a healthy lifestyle in children 4-5 years in the course of classes physical culture. The purpose of the study is to increase the effectiveness of the training of a healthy lifestyle of children of 4-5 years in the system of physical culture and health activities of the educational institution. The working hypothesis was assumed that the developed program and methodology of teaching a healthy lifestyle of children of 4-5 years, taking into account their age-related features, will allow the formality of the conscientious skills and the need to preserve and improve the health, in regular physical and activity, and also increase the level of physical condition "of the social adaptation of preschool children. The methodological basis of the study is modern philosophical, psychological and pedagogical ideas about man, as a natural and social existence (S.Lubinstein, 1989; A.N. Eontyev, 1977), about the unity of mental, moral and physical in the formation of the individual (BBBelorusova, 1983; BI .Storlyov, 1994; N.N.Bisita, 1989; L.YUBURISHAV, 1992; V.K.

Valvshenko, 1988; Chernyshenko, 1998). On physical activity and physical culture, as an important factor that determines human health (A.Patvyev, 1991; BM. Lyudrnn, 1997; G.N.Tatalov> 1998), a healthy image of life and the need for its formation of I children (G.Zaiters, BBClbanov, et al, 1994; L. Tubarzhev, 1992; L. T. Tatarikov A, 1995; VKBALSEVICH, 1989; V.S.NOSKA. 1997: A.I. Zustchuk, 1999, etc.). At the same time, the methodological basis of valeological education was the piles of N.Mamovov, J. Arshask, V.Balsevich, J. Zhbman, L, Vygotsky, N.Lonteva. E.Fromma, A.Nridrina I'm the first authors disclosing the unity of a person with nature representing an individual as a person with the spiritual world, the psyche and physical abilities of the scientific novelty work is that for the first time: - the social and pedagogical conditions and identify the formation of a healthy lifestyle in children 4-5 years are revealed; - the program and methodology for the formation of a healthy lifestyle for preschool children in the process of physical and health activity are developed and reasonable: - the possibilities of assimilation of children of 4-5 years of knowledge, formations of skills and skills, the maintenance of a healthy lifestyle, and also developed a system of their assessment; - The effectiveness of the influence of targeted training of the zone of life on the physical and mental state of children of 4-5 years is revealed.

Theoretical significance. The rationale for the technology of teaching the zoos of children of preschool age will allow the exploitation of the physical culture and valeological education by the provisions that prove the need and the main directions of the development of the healthy life of the child, based on its age and psychophysical characteristics.

The practical importance of work is that-The development of the content and methods of valeological education of children 4-5 years can contribute to the formation of knowledge, conscious skills and skills of maintaining a healthy lifestyle health needs, regular physical training, starting from the period of the first childhood; Socio-pedagogical conditions for the formation of a healthy lifestyle of children are determined by the social environment, the main component of which is a family, its preparedness to the pratikcot solution of the task of strengthening and maintaining health. It was established that the parents who actively engaged in physical culture, who know the knowledge about the healthy life of the life, are more consciously approach the issue of the motor regime of their children (100% performed by UPR in home, sport, corner; 50% - are engaged in seasonal sports; 37.5% - regularly visit the classes in physical cabins). The characteristic for them is high cognitive activity in the acquisition of knowledge about the strengthening of children's health (54.5%). A program and methodology aimed at improving the process of training the healthy life of the preschool children are developed. The content of the program is represented by 5 blocks, each of which includes sections: theoretical, practical and control. The basis of the methodology of teaching Zoz is a complex of principles and the stage of formation of skills and skills in preschool children. Accordingly, each stage of the study is selected form, means, methods and methodological methods taking into account the age psychophysical characteristics of children 4-5 years. It is established that the experimental methodology for the formation of the CREE in children 4-5 years has allowed reliable: - to increase the level of knowledge about a healthy lifestyle to 74%; - increase the number of skills to 43%, skills up to 31.9%, habits up to 17.2%; The volume of unprove actions of the Zoz in the group is reduced to 7%, compared with the initial indicator of 51.2%; Increase the level of awareness of all necessary measures to ensure the prescription of 0.47% to 82.6% after the experiment.

The favorable impact of the developed methodology for the physical state of the activities engaged in the revealed revealed. The greatest reliable increase occurred in the following indicators: me is by 10.9%; The recovery time after the load is-6.7%; power endurance - by 54.5%; flexibility - by 21.9%; General endurance is 20.50%, which indicates the valeological expediency of the planned motor regime. . As a result of the program activities of the wellness, the number of NAU diseases in the expert. The group was 8.5%, (in counter -11.7%) - a significant difference in the number of gaps from the disease between the groups was found in November (Expert. - 75, Counter. - 124), January (Expert. - 54, Contour. - 109) and May (Expert. - 25, Contour. - 45), during epidemics of infectious diseases. In children of the experimental group, the sustainability of the body in these periods was higher than those in the control group a reasonable technique of targeted development of 'healthy life of children of

preschool age reduces the incidence "F improves the physical condition and social adaptation of children; The results of the study allow you to include in the process of training and education in children's educational institutions, a program for the formation of a healthy lifestyle "path to health", armed with specialist pre-school education scientifically sounded by the organization of the organization of the developed forms of valeological education of children 4-5 years. . A successful implementation of the task of formation in children 4-5 years of a healthy lifestyle is advisable to organize a "school of family health" for parents; E £ fear will depend on the conditions of a specific educational institution and the desire of parents. To achieve the wellness effect, Valeo logical activities used in the system of upbringing, the complex of various means is provided: physical exercises, natural nature factors, hygienic, artistic and psychological means, mobile and, specially developed, Valeo logical games. All of them must be performed in a positive emotional mood of children. Balillogenic education of children 4-5 years is advisable to organize in the form of a system of short-term and defective forms of the vaiyeological orientation; Training classes but physical culture but a specially developed program, hygienic and physical and recreational activities with elements of valeogolognos, outdoor walks with valeologically * games, physical and holidays, other forms of organized and self-acting activities based on the Aleo logical plots. In order to ensure the effectiveness of the organization of work on the formation of a healthy lifestyle of preschool children, it is necessary to organize a systematic work with parents and educators in such asses, such as lectures, consultations "in Aleio, logical assistance at home, joint with children, health care, maintenance of the diary of health, conducting open training classes on physical culture. All the activities are recommended to spend in the fresh air. Training classes for physical education with elements of valeology in a weekly cycle is recommended to plan the training orientation (1st occupation) and to fix the material studied (2nd lesson), in the first case the structure of the classes is represented by a creative part, cognitive-learning and wellness. The introductory (creative) part of the classes is aimed at an independent decision to the problems of the problem put by the teacher, respectively, the topic of classes. In the second (main) part, information on the subject of the subject was studied, then this training matrix is fixed in the Aleio logical game, in the final part is recommended to perform wellness exercises related to the topic of the classes. The second occupation in a weekly cycle is advisable to start with the health part "where children are independently demonstrating the execution of previously studied exercises, explaining the correctness and expediency of their implementation. In a cognitive-fastening (main) part, it is proposed to perform a previously envious valeological game, after which children are involved in the survey survey to verify the assimilation of the material being studied.

Conclusions: The final part should encourage the interest of children to the topic of the following classes. To this end, you can recommend the creation of problem situations (demonstrates experience or a fairy tale is being given, the end of which children come up or themselves to be told in the next lesson). An indispensable condition for therrence of knowledge, practical actions to form a healthy lifestyle in preschool children is a organized system of multiple repetition. It is advisable, after the first classes of 15-20 minutes to the educator, during a walk to repeat the material; After 8-9 hours, children tell and demonstrate the learned practical actions of the house to their parents; After 24 hours under the guidance of the educator, a valeological task is performed on one of the mandatory training classes (artistic work, development of speech, etc.); On the 4th day - the second lesson on the physical education is already held, on the 7th day the studying study material is carried out together with their parents. The results of its development are recommended to bring to the health diary. In order to ensure the effectiveness of the organization of the pedagogical process through valeology in the conditions of physical and health activity, it is advisable to create a developing valeological environment.

This involves compliance with all hygienic standards in the selection of furniture, equipment, color and temperature regime in the room, it is necessary to provide training with specialized equipment and inventory, as well as specially selected methodological material. To create a child of comfortable emotional state, it is necessary to plan the optimal regime of physical and mental loads. In the course of training healthy life experiences, preschool and methods of methods for the formation of skills of maintenance of a healthy lifestyle, developed on the basis of experimental study, taking into account the age characteristics of children 4-5 years, should be carried out accordingly. It is assumed to be

predominant using the visual practical and game methods and methods of organizing activities. Game motivation should be actively used by the teacher to solve the problems of valeological education Organization The process of forming a healthy lifestyle in children 4-5 years, the teacher must adjust its activities, based on the developed authorities of the valeological culture

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