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FEATURES OF PEDAGOGICAL TECHNOLOGIES REHABILITATION OF JUNIOR SCHOOLCHILDREN IN RURAL SCHOOLS IN THE PROCESS OF PHYSICAL EDUCATION

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ABSTRACT

The article deals with certain aspects of the essence and features of pedagogical technologies for improving the health of primary school children in the process of physical education in a rural school. A pedagogical technology for improving the health of rural schoolchildren in the process of physical education is proposed, which includes the basic accompanying technologies.

Keywords: pedagogical technology, health improvement, physical education, junior schoolchildren, rural society.

Introduction

Relevance of the article. The main form of organizing the process of physical education at school is a lesson in physical culture. At the same time, the number of physical education lessons provided for by the basic curriculum and exemplary curricula for educational organizations implementing general education programs does not satisfy the motor needs of children of primary school age and cannot ensure the achievement of the proper level of development of the basic skills necessary for successful solving specific motor problems. Consequently, there is a need to increase the volume of physical activity of schoolchildren during extracurricular time and improve the organization of the process of physical education within the framework of the school program of physical culture. The development and implementation of relevant pedagogical innovations in the educational process of a general education school is one of the urgent tasks of modern physical education.

Analysis of recent studies and publications on this issue. It is well known that among the numerous factors influencing the formation of full-fledged health (lifestyle, ecology, culture, health care level, genetics), the most important is constant physical activity. According to academician A.G. Sukharev, the state of health and the development of basic motor qualities and physical performance directly depend on the motor activity of the child. The importance of motor activity in the life of a junior schoolchild has been confirmed by many studies. In the studies of O.A. Kislitsina, N.T. Lebedeva, V.R. Kuchma, L.I. Lubyshva, V.I. Lyakh, it is noted that physical activity promotes health, development of physical qualities, increase in the level of intellectual activity, improvement of physiological systems and, therefore, determines the pace and nature of the normal functioning of a growing organism. Movements stimulate children to social interaction, increase their social status, develop communications and mental



processes; there is an improvement in the psychological well-being of schoolchildren, an increase in their self-esteem.

With the help of movements, the child not only activates the functioning of all organs and systems, but also learns the world around him, forms his sensations, perceptions, orientations, space-time scales, etc., including the emotional-volitional sphere. Of no small importance in the formation of full-fledged health, development, and physical activity of younger students is the educational environment, which in elementary school has a significant developmental potential. The educational environment can positively influence the physical improvement and health of children, contribute to the realization of their creative inclinations and hidden abilities, provide a high level of knowledge and successful adaptation to new living conditions. However, unfortunately, the experience of optimizing the system of physical education of junior schoolchildren has not found application in a rural school. In recent decades, outdated equipment and sports equipment, a decline in the quality of school teaching of physical culture, an outflow of qualified teachers to other areas, and a restructuring of the network of educational organizations in rural areas have led to a crisis in the system of physical education in a rural general education school. The introduction of modern pedagogical technologies into the practice of physical education in rural schools will solve the problem of improving the quality of the educational process.

The purpose of the article is to determine the essence and features of pedagogical technologies for the improvement of primary school students in the process of physical education in a rural school.

Presentation of the main material (research). In modern psychological and pedagogical science, there are a sufficient number of definitions of the concept of "pedagogical technology".

According to the definition offered by V.A. Slavenin , pedagogical technology is scientific forecasting (designing) and reproduction of pedagogical actions that ensure the achievement of planned results.

Pedagogical technology must be understood as such a construction of the teacher's activity, in which all actions are presented in integrity and sequence, and the implementation implies the achievement of the desired result and is predictable.

From the point of view of V.M. Volkov , pedagogical technology is a description of the process of achieving the planned learning outcomes.

VI Lyakh interprets technology as a means of practical application of the regularities found by science and, at the same time, the discovery of new regularities.

According to the definition of V.M. Korotov , pedagogical technology is a scientific solution of practical problems.

The concept of "pedagogical technology" can be considered in various aspects: *scientific* - as a direction of pedagogical science that studies and develops tasks, content, methods of teaching and education; *procedural* - as a description (algorithm) of the pedagogical process, a set of tasks, content, methods and means of achieving the planned results of training and education; *activity* - as the implementation of the pedagogical process, the functioning of all personal, instrumental and methodological pedagogical means.



In the context of the problems of our study, the essence of the pedagogical technology of health improvement lies in the totality of pedagogical actions aimed at achieving health effects, the planned results of education and health improvement of students (improving the level of health, physical development, physical fitness, physical activity).

As obligatory structural components of the construction of pedagogical technology for the improvement of students, we consider: *theoretical ideas* , which are the basis of the physical development of the individual; *pedagogical design* , which is a specific program of pedagogical actions aimed at improving the health of students; *pedagogical process* , consisting of tasks, approaches, content and activities that ensure the participation of children in sports and recreational activities; *pedagogical skill* , which consists in choosing the most effective methods and techniques of training and education, adequate for a certain contingent of students, taking into account the possibilities of the socio-cultural environment.

In the context of our study, the proposed N.V. Moskalenko program of physical culture and health-improving work in the system of physical education of junior schoolchildren in rural schools. The author notes that one of the main requirements for a physical education lesson is the implementation of interdisciplinary connections. The implementation of this requirement should take place not only in the system of physical education lessons, but also in the process of implementing all forms of physical culture and health-improving work. The author has developed a program for the implementation of interdisciplinary connections, which includes the development of outdoor games and relay races using the material of general education subjects, the introduction of plot lessons of physical culture. N.V. Moskalenko suggests the use of plot (integrated) lessons of physical culture for solving problems [6]: formation of motor skills and abilities; development of physical abilities; formation of intellectual development in the process of obtaining a certain system of knowledge; the formation of creative abilities and the emotional sphere (the game situation contributes to obtaining emotional satisfaction); contributing to the formation of the individuality of the child, the mechanism of self-realization, self-education.

The author determined the signs of similarity and distinctive features in conducting a traditional and innovative physical education lesson. Signs of similarity: educational, upbringing and health-improving tasks are being solved; the traditional structure of the lesson is taken into account (preparatory, main and final parts); the content of the lesson is determined by the program of physical culture; regularity and duration of the implementation are ensured; the requirements for a modern lesson of physical culture are being implemented. Distinctive features: specific tasks are solved (formation of the cognitive and emotional sphere, cognitive abilities, mechanisms of self-realization and self-education); conducting a lesson involves observing specific principles - fascination , syncretism , creative orientation; there is a change in the actions of the teacher of an organizational and methodological nature in the preparation of the lesson (inventory, equipment, musical accompaniment, selection of physical exercises should correspond to the plot of the lesson); the requirements for the aesthetic aspect of the lesson, the expressiveness of movements, the musical accompaniment, the speech of the teacher and his ability to create a game situation, an unusual atmosphere of words, associations, desires of children are increasing; lesson planning involves bringing the content, course,



methodology and organization of the lesson in line with the theme of the plot, the interests and motivation of the children.

Along with the above proposal to use the program of physical culture and health improvement work in the system of physical education of junior schoolchildren in rural schools, developed by N.V. Moskalenko, we propose the introduction of a complex of technologies for improving the health of students in rural society into the practical activities of a rural school . It consists of the basic technology - the modernization of the system of physical culture and health-improving work with primary school students in rural society - and related technologies: the development of motor activity of rural schoolchildren; education in children of the need for physical education and sports; education of a value attitude to one's own health; pedagogical work with parents on the improvement of students by means of physical culture and sports.

The analysis of scientific and methodological literature, innovative experience of sports and health-improving, health-saving activities of educational organizations allowed us to develop a typology of pedagogical technologies for improving the health of rural schoolchildren in the process of physical education (table).

Table - Typology of pedagogical technologies for the improvement of rural schoolchildren in the process of physical education

No. p/n	Types	Kinds
1.	Complex typology (invariant)	Basic technology. Technology of modernization of the system of physical culture and health-improving work with younger schoolchildren in rural society. related technologies.
2.	educational technologies	Encouraging students to engage in regular exercise. Educating students to value their own health. Encourage students to lead a healthy lifestyle.
3.	Educational technologies	Teaching physical culture in a rural school. Individually-oriented technologies for teaching children with low levels of health and physical fitness. Educational-training and physical-health-improving classes during extracurricular time as a technology of recovery.
4.	Development technologies	Technology for the development of motor activity. Technology for the development of personal qualities. Technology for the development of physical abilities of younger students.
5.	Technologies of interaction and cooperation	Technology of pedagogical interactions between families and schools for the improvement of children. Technology of interaction between teachers and medical workers in the aspect of children's health improvement. Technology of interpersonal interaction between an adult and a child in the process of recovery.



The essence of the basic technology lies in the combination of integrated physical education lessons, sports and health work after school hours, and tourism and local history activities.

The conceptual provisions of the technology of modernization of the system of physical culture and health work with younger schoolchildren in rural society are: expansion of the content of the subject "Physical culture" in the context of the students' assimilation of the values of physical and sports culture; health-improving orientation of educational and extracurricular physical culture and sports work; intensification of the educational process of physical education on the basis of integrated lessons of physical culture, the widespread use of health tourism and local history; intensification of extracurricular and out-of-school physical culture and health-improving activities; maximum use of the potential of the rural social and natural environment in the organization of sports and recreation activities; social partnership of family and school, education and healthcare in strengthening the health of children, in organizing sports and recreational activities; saturation of the educational space of the village and the region with sports events, holidays, tourist gatherings, etc.

A feature of the proposed approaches is the combination of various forms of physical culture and sports, each of which has its own functions aimed at expanding the physical potential of schoolchildren. These forms are: educational seminars for parents; extracurricular physical culture and health-improving classes (sectional classes, sports hour in the extended day group); physical culture and health-improving classes in the learning process (morning exercises, dynamic (mobile) breaks, physical education minutes); self-study at home (development of physical qualities), homework; sports holidays and competitions (school, together with parents, district); tourist and local history events (weekend hikes, excursions, walks).

The health-improving effect of physical culture lessons and extracurricular physical culture and health-improving classes in a rural school can be achieved through: the possibility of an individually differentiated approach to each student, especially children who have health problems; construction of a lesson and extracurricular physical culture and health-improving classes from the standpoint of maintaining the mental health of children, increasing the stability of their nervous system; building the process of physical education, taking into account sanitary and hygienic requirements; maximum physical education lessons in the open air.

Conclusions. In the system of health protection of rural children, the pedagogical activity of a rural school in the field of physical education of students is an important direction, the implementation of which allows increasing the level of physical condition of children without requiring significant financial costs.

As part of the study of materials and work experience, we determined the features of pedagogical technologies for improving the health of primary school students in the process of physical education in a rural school, which are relevant today and will be used in the future.

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