

## **Preparing of a future elementary school teacher for making up of health keeping surroundings**

**Annotation:** Theoretical aspects of a future elementary school teacher preparing towards making up of health keeping surroundings by means of physical culture are grounded in the article. The analysis of the literature which opens the key notions content such as “preparing of a future elementary school teacher,” “health keeping surroundings” and “means of physical training” is made. The scientists’ views concerning physical training and physical activity and their role in making up of health keeping surroundings at elementary school are offered. The ways of the outlined problem further solving are presented.

**Key words:** preparing of elementary school teacher, physical training, physical activity, physical exercises, hardening, morning sanitary exercises, sports minutes, active rest and a rational day regime.

**Аннотация:** В статье обосновываются теоретические аспекты подготовки будущего учителя начальной школы к созданию здоровьесберегательной среды средствами физической культуры. Осуществляется анализ литературы, который раскрывает содержание ключевых понятий, в частности понятий «подготовка будущего учителя начальной школы», «здоровьесберегательная среда» и «средства физической культуры». Представлены взгляды ученых о физической культуре и физической активности, их роли в создании здоровьесберегательной среды в начальной школе. Презентованы пути дальнейшего решения обозначенной проблемы.

**Ключевые слова:** подготовка учителя начальной школы, физическая культура, физическая активность, физические упражнения, закаливание, утренняя гигиеническая гимнастика, физкультурные минутки, активный отдых, рациональный режим дня.

**Adnotacja:** W artykule uzasadniają się teoretyczne aspekty przygotowania przyszłego nauczyciela powszechniaka do stworzenia środowiska dla zachowania zdrowia uczni środkami fizycznej kultury. Spełnia się analiza literatury, która ujawnia treść kluczowych pojęć, w szczególności pojęć "przygotowanie przyszłego nauczyciela powszechniaka", "zdrowiezachowujące środowisko", "środowisko" i "środki fizycznej kultury". Przedstawiono poglądy naukowców na pojęcia fizycznej kultury i fizycznej aktywności i ich roli w stworzeniu zdrowiezachowującego środowiska w powszechniakowi. Zaprezentowano drogi późniejszego rozwiązania zarysowanego problemu.

**Kluczowe słowa:** przygotowanie nauczyciela powszechniaka, fizyczna kultura, fizyczna aktywność, fizyczne ćwiczenia, uodparniania, higieniczna gimnastyka, aktywny odpoczynek, racjonalny reżim dnia.

### **Statement of the problem**

The catastrophic children health worsening becomes more evident lately. Responsibility for a turned up situation rests with the system of education partially. The period of growing up coincides with time when a child staying at school turned out one of the periods during which the children and teenagers' health worsening takes place besides exactly these years pass by under a constant, nearly everyday control on the side of the specialists-pedagogues. Many new subjects appeared at school, the volume of informational loadings has increased, and intensiveness and emotional intensity of studying process have increased amount of work to be done sharply. All these factors lead to the schoolchildren's day regime disturbance, shortening of sleep time, rest, walks, motive activity and marks on the physical and psychical pupils' health negatively. In modern conditions of education modernization appears the task of such educational system according to which a child becomes an active participant of the process of knowledge mastering, the author of own trajectory of the information forming, which satisfies a cognitive interest and gives a moral, psychological comfort and provides forming of every pupil's health keeping competence. In the state documents, especially in a new State standard of general elementary education is pointed out that forming of health keeping competence foresees bringing up in pupils a need in health, getting by them their own health keeping experience taking into account a health state [1].

The way of realization of putting by modern conditions tasks can become the process of health keeping elementary school surroundings making up with using of physical training means, including educational, medical, administrative and other work forms in keeping of development and health support.

#### **Last investigations and publications analysis.**

The problem of professional-training preparation and a modern teacher's personality forming has been studied by many representatives of pedagogical science. Proper aspects can be found in the works of Abdulin O., Goneyev O., Dubaseniuk O., Duray-Novakova K., Zhuravliov V., Karpova Ye., Kuzmina N., Lynenko A., Markova A., Orlov A., Pavlyk O., Slastionin V., Spirin L., Kharlamov I., Khmeliuk R., Tsokur O. and others. The main directions of a future teacher's training is a complex of methodological, pedagogical, methodical problems which are put and solved through drawing in students of higher school to a practical pedagogical activity directed on their professionalism level rising.

Nowadays, taking into account the children's health worsening, their quick fatigability, absence of the specialists in health monitoring in the educational structures who can without medical establishments let know beforehand in time about chronic diseases danger in the younger school age, the scientists'attention attracts the questions of health keeping, improvement of the pupils' physical preparation state, that's why the subject of their

researches is the problem of a future elementary school teachers' preparing for providing of physical training and forming of a healthy lifestyle of the child's personality (Bekh I., Bilyk L., Bogush A., Zyaziun I., Plakhtiy P., Piskunova I., Savchenko O., Sushchenko L. and others). But unfortunately nowadays the problem of a future elementary school teacher training for creating of health keeping surroundings by means of physical training isn't opened fully.

**The aim of the article** is opening of the theoretical aspects of a future elementary school teacher preparing for the creating of health keeping surroundings by physical training means.

#### **Main material statement**

The scientific literature analysis gives foundations to say that the state curriculum in physical training for elementary school pupils is limited on the level of the children's physical training and health keeping. There is no indication concerning the necessity of health keeping surroundings creating where a healthy life style can be formed; it means to know in the complex how to eat, to keep to the day regime, to use sanitary and hardening procedures, to chose a correct exercises complex for a specific case, to determine a rational sequence of them and dosage of their doing and many others components of physical training [2, c. 21].

In the scientific literature "the personality's physical culture" is interpreted as a level of a correct man's attitude towards health and physical condition predetermined by life style and physical and sports activity, knowledge about the harmony of body and spirit, about development of moral and physical strength. [ 3, c. 154]. From this follows that at elementary school physical training is necessary for health keeping surroundings creation. Many authors consider physical training and physical activity as the main parts of a healthy lifestyle and give their own interpretations. "Physical training" calls to the term "physical activity". Under the term "physical activity" in the foreign literature is understood any kind of work of the skeleton muscles as a result of energy loss added to the state of interconnection between two kinds of activity (motive and mental). Motive activity is an external activity (motor); the content of mental activity is characterized by inner activity (mental). [59, c. 17].

Future elementary school teachers must know that forming of the children's physical activity is an active social and pedagogical problem, on solution of it depends not only a certain child's health, but well-being and prosperity of the country as a whole. Arshavsky I. notes that without enough motive activity a child can not go through all necessary phases of ripening, forming of the organism as a whole, and in adult period a child can not be able to accumulate a structural energy necessary for a normal vital activity. To get additional

energetic resources, to widen them it is necessary to spend those we have. Motive activity is the way to this.

The average motive activity norm for young schoolchildren should last at least 2-18 thousands of motions per twenty-four hours with a compulsory inclusion of 1-1,5 hours of organized trainings in physical education [5, c.154]. Leading a sedentary life, the muscles perform their contractive function, they lose their tone; this leads to the contraction of the ligamentous apparatus weakening, a curvature of the spine, slowing down of the blood vascular circulation etc. The main condition of elementary school pupil's health keeping and strengthening is the optimum motive regime and physical activity.

From our point of view the first level school future teacher should put before himself/herself such tasks to create health keeping surroundings by means of physical training:

- to form inside of the pupils interest for physical training lessons;
- to teach pupils to control and value the organism reactions on hardening;
- to form the pupils' understanding of physical training lessons sense;
- to teach skills and habits of a rational motive activity; a conditional and coordinative training;
- to take into account the individual physiological characteristics, needs and the pupils' personal qualities;
- to remember that physical training is a constituent part of the society's general culture, its important component and it doesn't bring to the body improvement.

Having analyzed the scientific literature, we discovered that physical training is one of the main means of the main aim obtaining that's creating of health keeping surroundings at elementary school. Stage by stage solving of these enumerated tasks let the first level schools teachers not only carry out funny arrangements but perform a theoretical base about health and healthy life style in younger pupils as well. Carrying out of different practical actions which are connected with the theory lets to introduce a healthy life style as a habit in a vital activity of younger schoolchildren.

Future elementary school teachers should use such physical training means for creating health keeping surroundings as:

- physical exercises;
- morning exercises;
- hardening;
- sports minutes;
- active games;
- active rest;
- rational regime of the day;
- sports competitions and holidays.

The main means of physical training are physical exercises. With the help of them a vitally important habits and skills are formed inside of pupils, physical qualities are brought up; the child's physical abilities are developed. The adaptation opportunities of the organism became higher as well, earlier lose functions appeared. It is necessary to use the nature (the sun, the air, the water); to unite mental and physical works; to use time rationally and to keep to a rational regime of the day; to feed on correctly, to sleep together with physical exercises.

The pupil's study day is overcrowded with different mental and emotional hardenings leading to the pupils' overstrain. The scientists think that to live without running about overstrain is not possible and it's not right. This contradicts not only the pedagogical but sanitary principles as well, because only an intensive activity serves as a whole to a full value functioning and development of the rising organism. Specialists in hygiene considers that it is necessary to create such activity dosage when overstrain completely disappears during the period of rest. If it doesn't happen, overstrain accumulates and transforms into overwork or a chronic tiredness [6, c. 72].

To provide health keeping surroundings the pedagogue needs to exclude the factor of overstrain; it is necessary to use physical training means and interchange of mental and physical hardenings. Solving of the given problem is carried out by different measures dependently of the time: sports minutes and sports pauses, active games at the breaks and others. From our point of view the future elementary school teachers during a school day should be able to conduct, to watch over certain forms of physical exercises with schoolchildren (such as morning sanitary exercises, sports minutes, sports pauses, active rest, sports competitions, home tasks). [7, c. 34].

The first physical lesson of a day is morning sanitary exercises. It promotes more faster bringing of the body into working state after waking up, maintains a high level of the ability to work during a school day, provides a perfectness of the nervous-muscle apparatus coordination, activity of the cardiovascular system and the windpipe system as well. Morning exercises stir up the activity of the skin and muscle receptors, the vestibular apparatus, increases the excitability of the central nervous system that helps to make a better functioning of the musculoskeletal apparatus and inner organs. The next mean of physical training is sports minutes (limited in time physical exercises) conducting during the brakes and lessons. Sports minutes are constituent parts of physical lessons during the day; they help to regulate the state of the children's mental overstrain. Especially it is important for the first class pupils in the period of adaptation, when their social status, regime of the day, kind of activity change, the volume of motive activity decreases; that is a barrier on the first stage of study.

Sports minutes change the activity character and the child's state by doing exercises which help to lower their mental overstrain, restore the child's emotionally-positive state. Sports minutes are accompanied with a musical staging or different poems, krychalkas because physical activity improves the physiological processes and mood helping to learn the considerable volumes of different tasks.

It is correct to conduct sports minutes at elementary stage of overstrain (the 8<sup>th</sup>-13<sup>th</sup>-15<sup>th</sup> -minutes of the lesson dependently on the age, kind of activity, difficulty of the learning material and motive regime). It is correct to conduct them between the 15<sup>th</sup> and 20<sup>th</sup> minutes for younger pupils. [8,c. 87]. As a rule, sports minutes are started when the first indications of the pupil's attention breach become evident, when the children become inpatient. Till the beginning of this state it is necessary to open the window casements or windows. As a rule, the complex includes 3-4 exercises for the different muscle groups. The active rest includes: active games and physical exercises during long breaks, during holidays, home tasks, physical holidays, games and other mass physical arrangements conducting at school. We can include here days of health, sports holidays, tourist meetings and walking tours. They help to support the pupils' high capacity for the work during a study year, help to propagandize physical training and healthy life style; they are an additional organization of the pupils' free time. [9, c. 28].

Using hardening from early child's age it is possible to prevent many diseases, to keep a high capacity for work during a long period of time and to keep a habit to be glad for life. Especially great role of hardening is in the prophylaxis of the catarrhal diseases. Hardening is a complex of ways to be used systematically for the organism resistance training towards the changing of the surroundings temperature fluctuation. It has a general straightening influence on the organism, heightens a tonus of the central nervous system, and improves the circulation of blood, normalizes metabolism. The main conditions to be done for hardening are: systematic using of the means of hardening and gradual grating of the power of influence. It is necessary to remember that in 2 or 3 months after stop of hardening the obtained earlier level of the organism resistance begins go down.

A rational regime of the day helps pupils to spend time productively, keeping a high capacity for work. Efficient doing of the well-considered beforehand and completed cleverly daily routine during a few weeks helps the pupils to produce a dynamic stereotype. Making up of a rational day regime occurs with taking into account the peculiarities of work of the educational establishment, rational using of present conditions, and understanding of the child's individual peculiarities including biorhythms. Except a clever day regime, a diet, a motive activity etc. the scientists point out the next elements from which depends the success

in study and health keeping: regime of sleep, body hygiene, mental work hygiene, deliverance from bad habits.

### **Conclusions and perspectives of further investigations in the given direction.**

Future elementary teacher training for the creating of health keeping surroundings by physical training means is the aimed process that is elementary school teacher's habit to provide a pupil with an opportunity of keeping and straightening of health, health culture forming during the period of study at school of the first grade, using means of physical training (physical exercises, morning sanitary exercises, sports minutes, active rest, hardening, a rational regime of the day and others.)

Further investigation needs a question of study of every subject opportunities concerning health keeping effect and setting apart the professional study effective forms and methods directed on the teachers' training for creation of health keeping surroundings in the elementary school.

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