

CONTINUITY IN PRE-SCHOOL AND ELEMENTARY SCHOOL EDUCATION IN INCREASING HEALTH LEVEL HAS GAINED A PRIORITY IN THE TECHNOLOGICAL PROCESS

Human health has become a global problem in recent decades. Among the main causes of deterioration in the health of the younger generation are epidemiological changes, adverse environmental, socio-economic, political and psychological conditions of life, material hardship, unbalanced nutrition in the family. In addition, the deterioration of health, retardation of physical development is affected by the lack of physical activity of children, associated primarily with the modern sedentary lifestyle of their parents and often low motor load in the institution of pre-school education and elementary school, along with increasing the intensity of educational and training activities. And as a consequence, the irrational way of their later lives, the acquired bad habits, the inability to control negative emotions lead to the fact that at the time of graduation only 5-7% of graduates have a health condition that meets the medical standards.

The urgent problem of today is the formation of the habits of 6-7 years of life for children to lead a healthy lifestyle, which is provided first of all by a properly organized, competent and purposeful educational process.

It is important to develop in children the desire and ability to protect their health throughout their lives, to appreciate the health of others. Therefore, the introduction of health-saving technologies in the educational process aims to form a caring attitude towards children in their physical and mental health, the most important social skills that will contribute to successful adaptation in society.

The Laws of Ukraine “On Education”, “On Preschool Education”, the State Standard of Primary Education, and Conceptual Principles of Reforming Secondary Education “New Ukrainian School” are defined as one of the main tasks - preserving and strengthening the physical, mental and social health of the child.

The analysis of research on the problem of forming a health-preserving educational environment through the implementation of health-preserving technologies in the educational process testifies to the scientists' attempts to review the general approaches to the formation of a health-preserving educational environment, to find out new content,

forms, methods of realization of this problem in the current situation in the educational field.

In the process of reforming education, changes in priority areas are primarily concerned with pre-school and primary schools.

The introduction of health- preserving educational technologies is linked to the use of life-safety technologies; medico-hygienic, physical and health improving, therapeutic; socially-adapted; environmental technologies.

Classifications of existing health-saving technologies also have a relevant focus: 1) health- preserving - technologies that create safe conditions for different activities that address the objectives of rational organization of the educational process; 2) Wellness - technologies aimed at solving the problems of strengthening the physical, mental and social health of the child.

The technologies of preservation, formation and enhancement of physical health of children 6-7 years of life include: active technologies of formation of physical health (motor game training, various types of health gymnastics - fitball-gymnastics, stretching, elements of oriental gymnastics, motor kinesiotherapy; technologies: formation of ideas about physical health in children: body image, development and nutrition of the body, body hygiene, occupational health, body quenching, motor activity, health and disease, body safety, sexual interference ntsiatsiya and identification); play and theatrical technologies: pantomime etudes, role-playing situations, trainings, fairytale therapy; practical exercises and more.

Technologies for ensuring the optimal mental and moral health of preschool children include: technologies for ensuring the intellectual and emotional health of preschool children - the use of elements of expressive psychotechnics for children, based on a personally-oriented approach to the education and upbringing of children, methods and means of psychophysical self-regulation (autophysical self-regulation) trainings, trainings, etudes, psycho-gymnastic exercises, various types of health-saving therapy, etc., formation of initial ideas about the child common norms of life (attitude to adults, their activities, peers, to oneself, humane attitude to the environment, culture of moral feelings and actions; stimulation of positive intellectual feelings; involvement of children in self-

analysis of ways of activity, stimulation of self-esteem in different types; children's activities.

Technologies of formation of social well-being in the child of preschool age are directed on creation of social well-being of the child: harmonious entry into society, development of communication skills, adaptation to life in new conditions, adequate behavior with relatives and strangers, adjusting and regulating group interaction, establishing group interaction peers, developing positions on associative actions.

The role of the teacher is important in shaping a healthy lifestyle for children. An example of educators will be to encourage parents to become more active in addressing the problems of value to their own health for children 6-7 years of age. One of the urgent tasks in the practice of pre-school education and elementary school is to provide qualified assistance in developing the skills to preserve, enhance and restore the physical, mental and social health of children, as well as to provide children with knowledge about the basics of health.

In order to share the experience of preschool teachers and elementary school teachers with regard to the implementation of health-saving technologies, it is advisable to envisage joint individual and interactive forms of work of preschool teachers and elementary school teachers.

The educational aspect of continuity in the work of educational institutions should be directed at parents as well.

Thus, establishing communication and creating the collaboration between pre-school education institutions and primary schools at the level of activities with children is a prerequisite for successful succession challenges in the implementation of health-saving technologies aimed at developing healthy lifestyles for children.