

The typology of health-saving educational technologies in primary school

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Preserving and strengthening children's health is one of the main strategic tasks of the state, as human health is one of the most important indicators of the economic, social and moral well-being of the society. At the same time, the current socio-economic crises in the country have caused a significant deterioration in the health of the population, especially children.

It is well known that human health by 20% depends on the hereditary factors, 20% – on the state of the environment, 7-10% – on the level of health and 50% – on the way of life.

When entering the educational institution, 85% of the pupils have some certain violations of somatic and mental character, and the number of the pupils with psycho-neurological diseases is constantly increasing.

In order to preserve children's health, schools need to implement health-saving technologies.

The term "technology" in the Greek translation means the doctrine of art.

A health-saving technology is the construction of the sequence of certain factors that prevent the destruction of health while creating the system of favorable for health conditions.

The scientists distinguish the following types of health-saving educational technologies:

- *health-saving technologies* – the technologies that create safe conditions for staying, studying and work at school and those that solve the problem of rational organization of the educational process (taking into account age, gender, individual characteristics and hygiene norms), the compliance of educational and physical load with the child's capabilities;

- *health-improving technologies* – the technologies aimed at solving the problems of strengthening young learners' physical health, improving the potential (resources) of their health: physical training, physiotherapy, aromatherapy, outdoor exercises, respiratory exercises, sound and finger gymnastics, psychogymnastics, massage, phytotherapy, musical therapy, games and game therapy, art technologies, the use of multimedia;

- *health-educating technologies* – hygiene training, life skills formation (control of the emotions, solving the conflicts, etc.), prevention of injuries and abuse of psychoactive substances, sexual education;

- *health culture education* – educating pupils' personal qualities that contribute to the preservation and strengthening of their health, the formation of the ideas about health as a value, strengthening of the healthy lifestyle motivation, increasing of the responsibility for the personal health and the health of others.

Health-saving technologies teach children to live without conflicts, teach them to strengthen and protect their health and value the health of others. These technologies instill in children the principles of healthy lifestyle, enhance their motivation for learning.