

standard. In order to study the cultures of other countries, various educational activities are carried out in higher education institutions. Students can become acquainted with the customs, cuisine, dances, songs etc of different countries.

Conclusion. Studying the cycle of Humanities students also learn about other cultures. The modern educational process fosters students' tolerance and mutual respect for other peoples, forms universal values, intercultural dialogue. Thanks to the experience of intercultural communication, a person looks at the world more broadly.

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2. Rakova, N. A. Value orientations of student youth in the conditions of cultural diversity of the Republic of Belarus/ N. A. Rakova, V. I. Turkovsky // Vesnik vitsebskaga dzyarzhavnaga universiteta, 2019. – No. 3 (104). – Pp. 103.
3. Kiuru, K. V. Formation of readiness for intercultural communication among students of the University of physical culture / K. V. Kiuru, L. A. Lipskaya // Theory and practice of physical culture. - 2015. - No. 5. – P. ore tolerant of the cultural identity of other people.

THE FORMATION OF THE VALUE ATTITUDE OF PRIMARY SCHOOLCHILDREN TO A HEALTHY LIFESTYLE THROUGH CURRICULAR AND EXTRACURRICULAR ACTIVITIES

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At present, the problem of maintaining and strengthening children's health is becoming paramount. According to the official definition of the World Health Organization, health is "a state of complete physical, mental and social well-being, not just the absence of diseases and physical defects" [1, p. 1]. In the national strategy of socio-economic development of the Republic of Belarus for the period until 2020, it is defined that "the strategic goal in the field of improving health is to create a state mechanism to support a healthy lifestyle, create a high demand for personal health, and create the prerequisites for satisfying it" [2, p. 76].

The relevance of the topic is determined by the fact that human health is the main value, and it is at school age that the foundations of health-saving thinking and personality behaviour are laid. On the other hand, the school environment often does not create the conditions for promoting health.

We believe that maintaining and strengthening the health of the younger generation is one of the most important and complex tasks of our time. Currently, only a small part of school graduates are completely healthy,

therefore, work on the problem of raising a healthy generation is the most relevant and significant for us.

The state, family and teachers of any school take care of the physical education of children. However, a special role in this belongs to teachers of physical culture and health, who contribute to the physical development of students, teach them to value and strengthen their health, and involve students in active physical education and sports.

The purpose of the study is the formation of primary schoolchildren's value-based attitude to their health, the development of healthy lifestyle skills through sports and gaming holidays using improvised means and recitatives "Marine Regatta".

Material and methods. To solve the research problems on the basis of the State Educational Institution "Secondary School No. 21 of Vitebsk", pedagogical methods generally accepted in the theory of physical education were applied to meet the intended purpose: studying and analyzing literary sources, interviewing (questioning, interviews), pedagogical observation, and statistical analysis.

Findings and their discussion. The issue of preserving the health of children in modern school leads among other issues of education. Unfortunately, over the past years, there has been a persistent trend of deterioration in the health of schoolchildren. This is connected both with computerization and the spread of bad habits, and with insufficiently formed skills of a healthy lifestyle.

We believe that the correct organization of the educational process has a great influence on the health of students. Physical education in high school is a school subject that forms a student's vital knowledge and skills. Physical education classes develop students' motor abilities, form useful habits, and teach schoolchildren to observe the rules of personal and public hygiene. Therefore, being an educational discipline, physical education simultaneously acts as a factor that improves the quality of life of a student. In elementary school, the foundation is laid for regular exercise, the use of physical culture as a means of creating a healthy lifestyle. A competent teacher strives to ensure that physical education classes contribute to improving schoolchildren's health.

One of the ways to ensure the possibility of preserving the health of younger schoolchildren, forming their necessary knowledge, skills in a healthy lifestyle is to conduct sports and gaming events.

The sports and game direction (holidays and in-school competitions, tournaments, companions) is inextricably linked with the educational process and is a continuation of existing curricula in physical education.

A sports and sports festival is one of the forms of children's active leisure time, represented by various types of physical exercises.

One of the events that have a positive effect on the health of schoolchildren in grades 1-4 is the sports and gaming festival "Marine Regatta".

It includes 12 relay races (for example, relay races “The Sun”, “Archery” etc.) and a dance.

The purpose of the event is the formation of the need for a healthy lifestyle among primary schoolchildren, involvement in active leisure activities.

During the sports and gaming holidays “Marine Regatta” we set ourselves the task of promoting a healthy lifestyle; to develop physical qualities, creative imagination of students through adapted means; to reveal the individual abilities of each child and to form the moral-volitional qualities of students.

To organize and conduct the holiday, the following inventory is required: 2 cardboard suns; 9 rays for each sun; 2 plastic cups; 2 tablespoons; 2 tennis balls; 2 cook caps made of paper; 2 pirate eyes with an elastic band; 2 pirate cardboard knives; 4 pagons made of coloured cardboard; 2 brooms; 6 pieces of paper; 2 sets of colourful crayons; 2 sheets of rhyme; 2 pencils; 10 cardboard fish; 10 mushrooms from cardboard; phonogram of the song “Bull’s-eye”; 2 ropes; 2 relay sticks; 2 boxes of bananas; 2 paper balls, music accompaniment.

According to the results of the diagnostic study, there is a positive dynamics in the level of physical fitness of students of primary school age, the employment of children in an active way of life after school hours.

In the academic year 2018/2019, on the basis of the State Educational Institution “Secondary School No. 21 of Vitebsk,” we held 11 sports and gaming events “Marine Regatta”. Teachers of physical culture and health can use this sports and gaming holiday when organizing children’s leisure time on the 6th school day, the vacation period at school and country camps, at preschool educational institutions and, of course, at physical education and health training classes.

Conclusion. The formation of a value attitude to health is a long process that includes a set of measures aimed at creating an active health-saving life position, reinforced by behaviour that contributes to maintaining and strengthening health.

The most important result of holding sports and gaming holidays using improvised means and recitatives “Marine Regatta” is the joy of students from participation, victory, communication and joint activities. Such events contribute to the harmonious physical development of the child, the formation of applied skills, dexterity, speed, coordination of movements, the education of the most important moral-volitional and communicative qualities.

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