

В контрольных испытаниях по тесту «челночный бег 3x10»: у экспериментальной группы рост уровня развития ловкости произошел на 7,8 %, а у контрольной группы – лишь на 1,8 %. По тесту «Бросок набивного мяча»: у экспериментальной группы рост уровня развития скоростно-силовых способностей произошел на 30 %, а у контрольной группы – лишь на 10 %. По тесту «Метание мешочка»: у экспериментальной группы рост уровня развития ловкости произошел на 12,3 %, а у контрольной группы – лишь на 5,6 %. По тесту «Прыжок в длину с места»: у экспериментальной группы рост уровня развития скоростно-силовых способностей произошел на 25,6 %, а у контрольной группы – лишь на 9,8 %. По тесту «Бег на 10 метров»: у экспериментальной группы рост уровня развития быстроты произошел на 17,9 %, а у контрольной группы – лишь на 6,3 %.

Заключение. Таким образом, анализ результатов исследования позволил выявить динамику роста показателей физической подготовленности у детей экспериментальной группы, по сравнению с контрольной группой (используемой общеобразовательную программу дошкольного воспитания).

По итоговым данным проведенного исследования используемая система упражнений с использованием нестандартного оборудования и тренажеров как средства повышения физической подготовленности у старших дошкольников, показала свою результативность и эффективность по сравнению с общеобразовательной программой.

Данный вывод, в свою очередь, позволил подтвердить положение о том, что нестандартное оборудование в процессе физического воспитания в дошкольных учреждениях, является также эффективным средством, способствующим повышению интереса к занятиям.

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HEALTHY LIFESTYLE OF YOUNG PEOPLE AS AN ACTUAL PROBLEM OF SOCIALIZATION

The article is devoted to the problem of a healthy lifestyle. The conceptual framework is analyzed and the results of the study are presented.

Keywords: health, healthy lifestyle, youth.

ЗДОРОВЫЙ ОБРАЗ ЖИЗНИ МОЛОДЕЖИ КАК АКТУАЛЬНАЯ ПРОБЛЕМА СОЦИАЛИЗАЦИИ

Статья посвящена проблеме здорового образа жизни. Проанализирована концептуальная основа и представлены результаты исследования.

Ключевые слова: здоровье, здоровый образ жизни, молодежь.

Introduction. According to the conclusion of WHO experts, if we take the level of health as 100%, then the state of health depends only 10% on the health care system, 20% – on hereditary factors, 20% – on the environment. And the remaining 50% depends on the person himself, on the lifestyle he leads.

A way of life is a type of people's life activity, conditioned by the peculiarities of socio-economic formation. The main parameters of a way of life are work (studies for the younger generation), everyday life, socio-political and cultural activity of people, as well as various behavioral habits and manifestations. If their organization and content contribute to health promotion, then there is a reason to speak about the realization of a healthy way of life, which can be considered as a combination of types of activity that provides optimal interaction of an individual with the environment.

In the dictionary of S.I. Ozhegov the word «health» is defined as the correct, normal activity of the body. Scientist S.P. Botkin laid the foundations of modern valeology – the science of healthy lifestyles. So, S.P. Botkin defined human health primarily as a way of adaptation and evolution, the function of reproduction, continuation of the race, as well as a guarantee of healthy offspring. He considered the violation, insufficiency of this function as the most important basis of pathology [1].

In his turn, the famous scientist V.M. Bekhterev put a lot of effort into the struggle for the recovery of society. He connected the prospect of development of an individual in particular and society as a whole with protection of health of the inhabitants of the country, improvement of their living conditions, increase in their well-being, growth of the general level of culture. He paid special attention to the preservation and strengthening of the children's health. V.M. Bekhterev considered the problem of human physical and mental health in the context of his anti-alcohol campaign.

The problem of the health of the younger generation was also of interest to many educators. For example, V.A. Sukhomlinsky argued that care for the health of a growing child is a set of hygiene standards and rules, rather than a set of requirements for regimen, nutrition, work and rest. Health care, according to the scientist, is care in all the harmonious fullness of all physical and spiritual forces, and the result of this harmony is the joy of creativity [2, p. 115].

A way of life is a way of experiencing life situations, and living conditions are the activities of people in a certain environment, in which one can distinguish the environmental situation, educational qualifications, psychological situation in the mini- and macro environment, everyday life and the arrangement of one's home. As a rule, a way of life is interconnected with the way of life, the level, quality and style of life.

Material and methods. General scientific (analysis, interpretation, synthesis, systematization of data); logical (deduction, induction); empirical (questionnaire survey), methods of mathematical data processing.

Results and their discussion. In order to study the attitude of high school students to health and a healthy lifestyle, we conducted a survey on the following topics: «Smoking», «Alcohol», «Drug addiction» among high school students. We chose this topic for the survey because it is a pressing problem for adolescents and high school students. 102 high school students participated in the survey.

In the study on «Tobacco Smoking» in which high school students of 11th and 10th grades participated showed the following results. Respondents answered differently to the question what a healthy lifestyle means to you, 30% of teenagers said exercise, 40% said

walking outdoors, 25% said eating a healthy diet and 5% of high school students answered not to have bad habits.

Among the surveyed teenagers, the majority were smokers – 80%. Only 20% of high school students do not smoke.

the same time, adolescents indicate the age when they first tried smoking between 15-16 years old. In most cases, the initiative came from themselves. The primary motivators for teens to try smoking for the first time are: 60% were interest and a desire to appear more mature than they really are, 30% were for pleasure, and 10% responded that they needed to be like everyone else in the given company.

Responses to the question of whether or not high school students smoke frequently were as follows: 23% of the teens surveyed do not smoke at all, 47% of the teens smoke infrequently, and 30% of the respondents indicated that they smoke fairly frequently and regularly without needing the company of their peers or friends.

Among reasons for the popularity of smoking among youth, teens consider the influence of friends, company who smoke – this is 35%, 30% – the example of adults who smoke in the presence of their children or in public places. 15% of youth indicated that the pictures in magazines, advertisements, videos, movies and even cartoons in which young people smoke looks quite appealing and 20% indicate a lack of willpower, an inability to resist the offer to smoke. To a certain extent, this appealing image makes the teenagers want to start smoking in order to increase their own attractiveness in the view of themselves and their peers, friends, and classmates.

Among the activities held at school to prevent nicotine addiction, adolescents name class hours, meetings with law enforcement agencies or medical workers, anti-smoking actions held as part of school events. The class teacher, social pedagogue and educational psychologist are most often active in this area.

In the survey on the topic «Alcohol», which was investigated, which was attended by high school students in 11th grade, including 18 high school students in 11th «B» class and 12 students in 11th «A» class, when processing the results, the following results were obtained. Respondents answered differently to the question what a healthy lifestyle means to you, with 35% of respondents saying to eat right, 45% saying to do sports and 20% saying to go for a walk in the fresh air.

the ages at which adolescents started drinking alcohol averaged 16 years for all of them. Among the surveyed adolescents, there were 60% who used alcohol and 40% of adolescents who did not use alcohol.

In most cases, the initiative came from peers or friends in whose company the adolescents were, as well as on their own initiative. When asked what alcoholic beverages do you consume, the following answers were given: 30% consume low alcoholic beverages, 10% of adolescents consume strong alcoholic beverages, and 60% do not consume at all.

The same time, none of the methods given in the questionnaire is considered by teenagers to be effective and sufficiently effective. Among school-based interventions to prevent alcohol abuse, 35% mentioned homeroom hours, 25% mentioned meetings with law enforcement, 30% mentioned meetings with medical professionals, and 10% mentioned anti-drinking activities carried out as part of school events.

Conversations with the school administration, information on the stand about alcohol addiction, even discussions at meetings of the Commission on Minors' Affairs are not important enough for teenagers to make them quit drinking. Some of the teenagers noted that fining their parents is a weighty factor, but not so that they don't use alcohol, but so that the school administration doesn't see it.

The classroom teacher, social pedagogue, and educational psychologist are most often active in this area.

As for the questionnaire on the problem of «Drugs», which was conducted among high school students of 10 «B» class, the results of the methodology were as follows. To the question if you have ever tried a drug the result unanimously showed that no, none of the 22 students of the class have never tried a drug, also to the question if you were offered a drug – all the seniors answered negative. When asked if acquaintances, friends, relatives told you that they ever tried a drug, 30% answered that they had, and 70% answered that they hadn't.

Also, in the question of whether students know where to buy drugs, 40% answered that they do, while 60% of high school students answered negatively.

At the same time, adolescents point out that drugs cause incurable diseases and can lead to sudden death, that people who try drugs give birth to sick and ugly children – 39% respond that they know, but if they try a drug they can always quit taking it, 33% say that this will not happen to them because they will never try it and 28% respond that they do not know.

Among the prevention of drug use among young people, high school students have different opinions: 55% responded with truthful and reliable information about drugs and the consequences of their use, 35% found it difficult to answer this question, and 10% each of high school students responded with prohibition by parents and stricter laws in the country.

Thus, the results of the conducted questionnaire on the topics: «Smoking» and «Alcohol» showed that, yes, the problem of healthy lifestyle prevention among high school students is a problem of paramount importance. In this regard, within the framework of this study a plan of prevention of bad habits was developed, and the program of formation of a healthy lifestyle in the booklets «Know how to say NO!»

The results of the questionnaire on the topic: «Drug addiction» show that the problem of drugs among high school students is not of paramount importance, as in the results of data processing unanimously the answer was negative on the question whether you have tried a drug.

Conclusion. Health is the greatest social value. Good health is a basic condition for a person to perform his biological and social functions, the foundation of personal fulfillment. The health of a growing man is not only a social problem, but also a moral one. The child himself must be able not only to be healthy, but also to bring up healthy children in the future. Health is a state of complete physical, mental, and social well-being.

A healthy lifestyle refers to habituated behaviors that are beneficial to health. Must adapt to the society, people should also be in harmony with the environment, to have a healthy outlook on life and world view, the core of healthy lifestyle management is to develop good living habits. For a long time, people have formulated a series of health plans by themselves, which are carried out consciously by the executor through perseverance. Because they are boring and difficult to adhere to, most people usually give up halfway. With the rise of the mobile Internet, healthy lifestyle management methods have also changed. A series of mobile Internet health management tools provide a lot of convenience for people, making the formation of a lifestyle more interesting, and people are more active. Healthy lifestyle management is the most important strategy in the newly emerging personal health management.

A healthy way of life of the young generation is the key to the health of the nation as a whole. A way of life is a type of people's life activity conditioned by the peculiarities of socio-economic formation. The World Health Organization has adopted the following formulation of the concept of health – a person's ability to perform his biosocial functions in a changing environment, with overloads and without losses, provided there are no diseases and defects.

The main component of health is a healthy lifestyle, which in turn is characterized as – a way of life aimed at the preservation of health, its prevention of disease and strengthening the human body as a whole.

A total of 102 high school students took part in the study. The study was conducted using the method of anonymous questioning. Questionnaires were drawn up for high school

teenagers and were given to them to fill in. According to the results of the anonymous questionnaire I made cards with the results of the questionnaire on each of the topics.

The results of the questionnaire on the topics: «Smoking» and «Alcohol» showed that, yes, the problem of prevention of healthy lifestyle of high school students is a problem of paramount importance, as the data of the survey on the topics: «Smoking and Alcohol» showed the following results. Among the surveyed teenagers the majority turned out to be smokers – 80%. Only 20% of high school students do not smoke. Among the surveyed teenagers, 60% were found to drink alcohol (consumption of low-alcohol beverages), and 40% of the teenagers do not drink alcohol.

The results of the questionnaire on the topic: «Drug addiction» show that the problem of drugs among high school students is not of paramount importance, as in the results of data processing unanimously the answer was negative on the question whether you have tried a drug.

In this regard, as part of this study we developed a plan for the prevention of bad habits, and a program for shaping a healthy lifestyle «Know how to say NO!» in booklets. The goal of the program is to prepare children to form and consciously choose a healthy lifestyle and take responsibility for their choices by reducing the consumption of tobacco products. The participants in the program are the students of the school; the school staff, including administration and technical staff (security guards, canteen staff, cleaners, etc.); and the parents of the students.

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KSZTAŁCENIE MATEMATYCZNE I JEGO INTEGRACJA Z POZOSTAŁYMI ŚCIEŻKAMI KSZTAŁCENIA WCZESNOSZKOLNEGO – W ASPEKTCIE KOMUNIKATÓW DYDAKTYCZNYCH

MATHEMATICAL EDUCATION AND ITS INTEGRATION WITH OTHER SUBJECTS OF EARLY CHILDHOOD EDUCATION – IN TERMS OF LINGUISTIC DIDACTIC MESSAGES

The article presents the linguistic properties of didactic messages: questions and instructions in early mathematical education. Their structures and functions were compared with questions and instructions for other subjects in early childhood education. Aspects of their integration in early school education are presented. Sample questions and instructions can be used for educational purposes. Namely, they can be used to develop proper communication habits in students who are to become teachers.

Keywords: early school education, mathematical education, other subjects of education, integration, linguistic didactic messages: instructions and questions

Istota komunikatów dydaktycznych: pytań i poleceń

Analizując proces kształcenia z punktu widzenia najważniejszych elementów w warstwie językowej tego procesu natrafiamy na pytania i polecenia stawiane uczniom przez nauczycieli [1, s. 125]. Język zwykło się uważać „(...) za narzędzie w komunikowaniu się