

DEVELOPMENT OF AN EDUCATIONAL ENVIRONMENT FOR PHYSICAL ACTIVITY OF SCHOOLCHILDREN

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Abstract. *One of the mechanisms for managing the quality of educational services in general education institutions is the effective use of available resources. The resources for managing the quality of education in school settings include directly personnel, methodological, and other types of resources that form a healthy, safe educational environment for participants in the educational process. Today, measures in the education sector to encourage and increase the physical activity of young people are recognized as one of the cost-effective approaches to public health.*

Keywords: *sustainable development, physical activity, educational space, schoolchildren.*

Introduction. Today, modern education, focusing on global development vectors, considers it necessary to create a safe, healthy educational environment to ensure children's rights to education and provide them with quality educational services [3, 4].

It has been determined that the formation of safe, comfortable and healthy conditions for obtaining education in general education institutions will contribute to students' mastering the competencies necessary for a safe and healthy lifestyle.

According to best practices, it is in the education sector that measures to increase the physical activity of young people are recognized as one of the cost-effective approaches to public health [1, 2, 8].

In professional literature and analytical reviews of global recommendations of the World Health Organization, it is noted that regular physical activity can improve the condition of the cardiovascular system, strengthen bones, balance metabolic processes, thereby reducing the spread of obesity in children and adolescents, maintaining and improving health. Physically active children and adolescents have well-established trends toward improved cognitive function, including school performance, mental health, and are less likely to exhibit symptoms of depression and anxiety, and are less likely to be obese [4, 5, 10]. Schools have a unique opportunity to help students achieve the recommended daily 60 or more minutes of moderate-to-vigorous intensity physical activity.

The modern education system focuses students' attention on obtaining more information, theoretical knowledge, and generating relevant competencies.

The model of a modern educational institution is seen in the creation of a pedagogical and health-preserving school space to ensure the optimal functional state of the body and a sustainable level of mental and physical performance of schoolchildren [6, 7].



MODERN EDUCATIONAL SYSTEM AND INNOVATIVE TEACHING SOLUTIONS

Systematicity helps to identify the structure of the educational environment as a dynamic system, helps to study the interaction of its components that ensure its effective functioning.

School as an educational system consists of relevant subsystems and components containing different types of activities of participants. A stable connection between the components and the integrity of the system are ensured by educational policies and procedures, and its stability is ensured by the values and principles on which it is based. The educational system of the school is adaptive, open and capable of self-development. The quality of the educational system of the school should be considered in the context of the quality of its educational activities. A review of best practices made it possible to present six effective, visual, and efficient policies within the framework of school-wide initiatives to encourage physical activity [9].

The World Health Organization has identified the following key school-wide approaches for practical implementation:

- quality physical education;
- active travel to and from school;
- promotion of physical activity in the educational environment of schools;
- effective extracurricular activity programs;
- promotion of physical activity during breaks;
- use of physical activity in other academic activities in the classroom (active classes);
- inclusive approaches to physical activity.

Scientific research into the essence of educational environment design, particularly in the United States, through a synergistic approach makes it possible to define initiatives and practices in terms of its openness, complexity, dynamism and autonomy.

The Centers for Disease Control and Prevention, a leading US scientific organization, has substantiated with appropriate resource provision a comprehensive school physical activity program (Comprehensive school physical activity program) to cover the nationally recommended 60 minutes of physical activity daily, as well as the acquisition of knowledge and applied skills.

This program reflects the close coordination and synergy of all defined components: quality physical education as a foundation, physical activity during and after school, staff participation, family participation, community participation. Physical education is an academic subject and serves as the foundation of the program, and the quality of physical education is based on providing students with opportunities to master the knowledge and skills necessary to implement and maintain a physically active lifestyle in childhood, adolescence and adulthood.

The implementation of these policies to create a safe, comfortable educational environment, the formation of physical activity models for maintaining and strengthening the health of young students will usually have a remote effect, which takes time to achieve.

It should be noted that there are threshold indicators where one can trace a clearly expressed discrepancy between the ideal state of society in maintaining and strengthening

the health of adolescents and the actual state of health-saving education, which is noticeable at the level of the formation of a culture of health and physical literacy of adolescents. A necessary condition is to conduct scientific research of the educational environment to study the state of sedentary behavior and the possibilities of encouraging physical activity of schoolchildren. To determine the level of physical activity of children of secondary school age in schools of different locations and the fullness of the educational environment, the method of determining the integral indicator was used.

The implementation of the National Strategy for the Development of a Safe and Healthy Educational Environment at School is supposed to be carried out in a comprehensive manner by developing physical education and enhancing physical activity - to increase the level of physical activity of students by forming and implementing an integrated approach to physical development in educational institutions, which includes physical education classes, general physical activity of students, and the broad involvement of educational institution employees, parents, and local communities in the culture of physical activity [5].

Participants in the educational process are guaranteed the opportunity to use a modern material and technical base for the implementation of the health-saving component of education, physical activity, safe and harmless conditions (gyms and grounds, swimming pools, changing rooms, showers, modern sports equipment).

Conclusions. The conducted scientific research in the educational environment made it possible to study the issues of sedentary behavior of basic school students. General trends towards an increase in the proportion of students (among boys and girls) with a low and average level and a decrease in the proportion with a high level of physical activity were noted, which requires a search for effective tools and appropriate opportunities to encourage the physical activity of schoolchildren. Focusing on global trends, best practices in the education sector of countries around the world, it is necessary to integrate certain domains to create models of a safe, healthy educational environment, provide quality educational services, popularize physical activity, maintain the health of students and develop healthy lifestyle skills.

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MODERN EDUCATIONAL SYSTEM AND INNOVATIVE TEACHING SOLUTIONS

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