

Practical lesson number 1

Topic: Pedagogical competence in children's health

Issues for discussion:

1. Factors affecting the health of children.
2. Psychological and pedagogical foundations of a healthy lifestyle.
3. Basic and subject competence of the teacher.
4. Diagnosis of competence in the field of health.

Tasks to prepare for the lesson:

1. Prepare a message on the topic "Children's Health Groups".
2. Compile a glossary "Healthy Lifestyle".
3. Create a crossword on "Health".
4. Prepare a message on the topic "Health Culture".
5. Prepare rebuses on the theme "Healthy lifestyle".
6. Prepare a message on the topic "Basic competence of teachers in the field of health-saving technologies".
7. Prepare an annotated catalog of publications on the topic of "Pedagogical competence in the field of health preservation".

Practical lesson number 2

Topic: Health-saving activities of educational institutions

Issues for discussion:

1. Regulatory documents governing health-saving activities.
2. Principles of health-saving educational activities.
3. Competence of specialists in the implementation of health-saving technologies.

Tasks to prepare for the lesson:

1. Prepare a message on the topic "School risk factors".
2. Prepare a project "A typical model of the health-saving activity of a modern educational institution".
3. Prepare a project "Perspective model of health-saving activity of a modern educational institution".
4. Prepare a project "Insufficient model of health-saving activities of a modern educational institution".
5. Prepare a project "Healthy School".
6. Prepare a message on the topic "Classification of health-saving technologies."
7. Create a glossary of "Health-saving technologies."

8. Create a crossword on the theme “Healthy lifestyle”. 9. Prepare an annotated catalog of publications on the theme “Health-saving activity of an educational institution”.

Practical lesson number 3

Topic: Prevention of discomfort in children

Issues for discussion:

1. The structure of psychophysiological states and the phase of their development.
2. The concept, causes and signs of somatic discomfort.
3. The concept, causes and signs of physical discomfort.
4. The concept, causes and signs of emotional discomfort.

Tasks to prepare for the lesson:

1. Prepare a message on the topic “Discomfort states”.
2. Prepare a project “Breathing exercises as a means of overcoming emotional stress.”
3. Compile a glossary “Discomfort states”.
4. Prepare an annotated catalog of publications on the topic “Prevention of uncomfortable conditions”.
5. Prepare a project “Games and exercises for the prevention of physical discomfort”.
6. Prepare a project “Games and exercises for the prevention of emotional discomfort”.
7. Prepare a message on the topic “Diagnosis of emotional discomfort.”
8. Prepare recommendations for parents on the prevention of somatic discomfort among younger students.

Practical lesson number 4

Topic: Prevention of Fatigue and Overwork Conditions in Children

Issues for discussion:

1. The concept, causes and signs of fatigue.
2. The concept, causes and signs of overwork.
3. Mode of study, its individualization.
4. Dosages of visual, auditory and physical activity.

Tasks to prepare for the lesson:

1. Prepare a message on the topic “Subjective signs of fatigue.”
2. Prepare a message on the topic “Objective signs of fatigue.”
3. Prepare a project “Prevention of static fatigue.”
4. Prepare a project “Warning of sensory fatigue.”

5. Prepare a project “Warning mental fatigue.”
6. Prepare a project “Visual exercises.”
7. Prepare recommendations for parents to prevent fatigue and overwork in younger students.

Practical lesson number 5

Topic: Organization of a health-saving educational environment

Issues for discussion:

1. The concept of a health-saving educational environment.
2. Components of a health-saving educational environment.
3. Basic requirements for the organization of a health-saving educational environment.

Tasks to prepare for the lesson:

1. Prepare a project “Layout of educational institutions.”
2. To prepare the project “Microclimate of educational premises”.
3. Prepare a message on the topic “Light regime of classrooms”.
4. Prepare a message on the topic “Ergonomic requirements for school furniture.”
5. Prepare a message on the topic “Rules for the selection of school furniture.”
6. Prepare a message on the topic “Features of seating children”.
7. Prepare a project “Sports ground in an educational institution”.
8. Prepare a project “School territory - the territory of health”.
9. Prepare recommendations for parents on the organization of the workplace of the younger student.

Practical lesson number 6

Topic: Organization of health-saving educational process

Issues for discussion:

1. Principles of health-saving organization of the educational process.
2. Study load and its distribution during the day, week, year.
3. Health saving lesson: density, types of activities and their alternation.

Tasks to prepare for the lesson:

1. Prepare a project “Organization of pupils' motional activity in an educational institution”.
2. Prepare a project “Pedagogical empathy and its use in the classroom.”
3. Prepare a message on the topic “Analysis of the lesson from the position of health preservation”.

4. Prepare a message on the topic “The rational organization of class schedules.”
5. Prepare the project “Thematic physical mini-minutes” (lesson “Mathematics”).
6. Prepare a project “Thematic physical mini-minutes” (lesson “Man and the World”).
7. Prepare recommendations for teachers on the organization of physical activity of younger students.

Practical lesson number 7

Topic: Teaching children to take care of their health: educational programs. Professional activity and health of the teacher

Issues for discussion:

1. Modern educational programs for the protection and improvement of children's health.
2. The concept of professional health teacher.
3. Modern technologies to strengthen and restore professional health of the teacher.

Tasks to prepare for the lesson:

1. Prepare a message on the topic “Risk factors in professional activity”.
2. Prepare a message on the topic “Professional diseases of teachers”.
3. Prepare a message on the topic “Professional burnout and teacher's health”.
4. Prepare a message on the topic “Professional deformation of the personality of the teacher.”
5. Prepare a draft “Alternative program for the protection of children's health”.