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## **THE IMPACT OF SPORTS AND HEALTH-PROMOTING ACTIVITIES WITH FOOTBALL ELEMENTS ON THE HEALTH STATUS OF PRIMARY SCHOOL STUDENTS**

The health of the younger generation is a cornerstone of the well-being and progressive development of society. Consequently, its preservation has consistently occupied a leading position in both theoretical and methodological research, as well as in practical activities within the fields of education, healthcare, and social child protection. At the current stage of Ukrainian society's development, there is a steady trend toward the deterioration of children's health status due to military actions, environmental challenges, declining standards of living, and increasing psychological and emotional stress. Therefore, particular importance is placed on the organization of physical culture and health-promoting activities as a vital factor in child development within families and educational institutions, creating conditions for recovery and ensuring physical and intellectual well-being.

In the works of contemporary researchers, significant emphasis is placed on identifying effective means of sports and health-oriented work with primary school students. Yu. Holod, A. Ohnystyi, V. Pasichnyk, O. Leshchak, and I. Tsap highlight the expediency of implementing various types and forms of physical activity into the primary school educational process. The impact of youth football sessions on the health status and psychophysical development of younger schoolchildren is addressed in the publications of O. Arkhypov, O. Kovtunenکو, S. Sobotiuk, and others. Furthermore, the methodology of organizing football sessions for children of primary school age in extracurricular activities has been

analyzed by such scholars as A. P. Veselovskyi, V. M. Kopach, and S. V. Samoilyk. These researchers emphasize the necessity of considering the age-related anatomical and physiological characteristics of primary school students when selecting methods and tools for football instruction.

The results of contemporary studies by both domestic and foreign scholars prove that human health depends on lifestyle by 50%, while the functioning of the healthcare system accounts for only 7–8%. Experts assert that 75% of human health problems originate in childhood; therefore, there is an urgent need to create a health-preserving environment for child development, a vital component of which is physical culture and health-promoting work.

The concept of health is defined as "a dynamic state of the organism characterized by high energy potential and optimal adaptive reactions to environmental changes, ensuring harmonious physical, psycho-emotional, and social development of the individual, their active longevity, a fulfilling life, and effective resistance to diseases." Within the context of defining the essence of human health, it is legitimate to consider the significance of a healthy lifestyle, which includes the organization of a daily routine: nutrition, sleep, systematic exposure to fresh air, and adherence to a physical activity regimen. It also encompasses meaningful leisure activities that positively influence the personality, shape a culture of interpersonal interaction, and promote self-affirmation and self-organization at various stages of life, including primary school age.

A key component of ensuring a healthy lifestyle is physical culture and health-oriented work, which, alongside other types of physical activity, involves organizing youth football sessions for primary school students. The relevance of these sessions is emphasized by the fact that, compared to the preschool period, children's physical activity in primary school decreases not only quantitatively but also qualitatively in terms of daily physical intensity during lessons and even in extracurricular time. Medical examination results indicate a significant increase in morbidity rates among younger schoolchildren. Specifically, 63% of primary school children suffer from various diseases and physical development disorders,

including: 25% with gastrointestinal diseases; 13% with postural disorders or scoliosis; 9% with broncho-pulmonary and cardiovascular pathologies; 8% with visual impairments; 5% with clubfoot; 3% with obesity.

Given these problematic aspects of the physical condition of younger schoolchildren, the professional activity of a physical education teacher must prioritize engaging students in physical activity according to their individual psychomotor needs. Football lessons in primary school address the tasks of preserving and strengthening health, promoting physical development in accordance with age-related norms, and ensuring an optimal physical activity regimen.

It has been scientifically argued and practically proven that youth football lessons compensate for the physical activity deficit resulting from the academic workload of younger schoolchildren. These lessons provide students with conditions characterized by a high level of motor density, which, in turn, fully offsets the sedentary nature of their studies. Thanks to the football program for children aged 6–8 developed and implemented by R. Yaryi, the expediency of introducing a third additional weekly lesson in this sport has been demonstrated to activate cognitive processes and enhance the socialization of younger students.

The application of a specialized methodology for youth football in physical culture and health-promoting work involves a phased mastery of a system of exercise blocks. These include: Exercises for developing a "ball feel"; Instruction in kicking techniques; Ball control (stopping, passing, and dribbling); Combined tasks designed to consolidate fundamental football skills.

In conclusion, the organization of physical culture and health-promoting activities plays a crucial role in creating a health-preserving environment within educational institutions, thereby ensuring the physical development and improved health status of students. The comprehensive integration of both curricular and extracurricular youth football sessions into the primary school educational process has a positive impact on preserving and strengthening children's psychophysical condition. These activities are aimed at disease prevention, the development of the

musculoskeletal system, and the maintenance of muscle tone, thus contributing to the physical and mental health of the entire student group.

Further research may focus on the theoretical and methodological substantiation of various types of sports and health-oriented activities, specifically in establishing cooperation with the parents of primary school students.