

## **Problems of valeological education of pupils of primary school**

In the educational system of primary school, due attention isn't paid to the pedagogical impact on the attitude of children to their own health.

In addition to objective factors (social environment, economic situation, material state of the family, etc.) in the preservation of health significant role played by subjective factors (the need to be healthy, the ability to maintain their own health, the willingness to withstand harmful habits). The task of primary school is to form a healthy lifestyle, and for this purpose it is necessary to involve children in diverse activities that contribute to the formation of skills and abilities of a healthy lifestyle, corresponds to the desires of junior schoolchildren, lays the foundation of value orientation, determines the directions of further physical, mental, social and moral health.

The most effective way to solve this problem is to create conditions in an educational institution that allow pupils to maintain and strengthen their health, forming such a need.

The main goal of valeology is to create a stable system of education of a practically healthy person capable of independently support and save their own health on the basis of the acquired valeological worldview and valeopractic. For their development and formation it is necessary to increase the theoretical level of teaching, to fill the general education with universal values, to expand the sphere of activity of pupils of primary school in the study and preservation of health and healthy lifestyle. Therefore, the urgent tasks of the system of valeological education of pupils of primary school include: the dissemination of theoretical knowledge about a healthy lifestyle, the education of positive motivation, the implantation of skills of preservation and strengthening of health, the formation of valeological culture.

The teacher of primary school should consider the deepening of pedagogical knowledge of parents in valeology, achievement of the unity of educational influence on the child in the family and school an important direction of their activity. Only in a close partnership with parents, who should be a model of perfection of spiritual and physical harmony, it is possible to form a valeological worldview of pupils.