

*Применение  
здоровьесберегающих  
образовательных технологий  
на уроках английского языка  
в начальной школе.*



Выполнила: студентка группы  
НК-011/19  
Мелкова Софья.

One of the main tasks of the FGOS DOE:  
strengthening the physical and spiritual health of students.

Health-saving technologies are methods that are aimed at educating students of a culture of health, personal qualities that contribute to its preservation and strengthening, forming an idea of health as a value, motivation to lead a healthy lifestyle.

It should be taken into account:

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- ❑ the physiological and psychological characteristics of children of primary school age;
- ❑ include physical training minutes, exercises, dynamic pauses, games in the lesson;
- ❑ try to conduct the lesson at ease, with a mood and only positive emotions.

To form a healthy lifestyle, knowledge on the following topics is used in practice:

- "The ratio of work and rest for the proper organization of the daily routine";
- "Sports and a healthy lifestyle";
- - "Healthy nutrition and its impact on health"; "Disease prevention";

- The purpose of relaxation is to relieve mental stress, give children a little rest, cause positive emotions.
- Exercises using songs, movements;
- outdoor games and games related to the topic of the lesson;
- finger games;
- eye exercises;
- breathing exercises.

## ▣ **Gym Minutes:**

Touch your shoulders,  
Touch your knees.

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Raise your arms, then shake them, please. Bend to the left.

Lean to the right.

Stand up straight! It's all right!

**Mobile Game:** «Touch the colour»

### **For the eyes:**

Look to the left, look to the right.

Look up, look down,

Look around.

Look at you, Nace.

Look at this rose.

Close your eyes, one, two, three!

Open your eyes, you can see!!!



**Thanks for your  
attention!**