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IDEAS OF K. D. USHINSKIY ABOUT HUMAN PHYSICAL EDUCATION

According to the National Doctrine of Education Development physical education is an integral part of upbringing, which is aimed to provide each person with the necessary scientifically based knowledge about health and the means of its strengthening [1]. That's why developing the ways of implementation an effective system of physical education it is necessary not only to take into account international experience, but also to study domestic pedagogical heritage. Particularly important in this context is the pedagogical heritage of outstanding national teacher Konstantin Dmitrievich Ushinskiy, namely the ideas of physical education.

His pedagogical outlook and educational ideas are important, because we use them now, and even reopen his works and literature about him.

A.M. Okopnyy, a researcher of the national history of physical education, assumes that pedagogical principles of Ushinskiy significantly influenced the theory of physical education. No doubt, he can be considered the founder of the Ukrainian pedagogical theory of physical education [2, p. 16].

In the works "Educational program for special female classes", "Pedagogical tour through Switzerland", "Pedagogical notes about Switzerland," "Something about the first lessons at school", "Work in its psychological and educational meaning" K.D. Ushinskiy described the international experience of physical education, its values in the harmonious development of personality, defined effective forms and means of physical education.

In the preface to the work "Man as the subject of education" K.D. Ushinskiy determined the system of educational means. Nature, family, society, nation, religion and language are considered the most important means of education [3, p. 560]

In his writing "Work in its mental and educational significance" K.D. Ushinskiy outlined the main aspects of physical education and defined a system of physical education consisting of physical exercise (gymnastics, children's games), natural factors (sun, air, water), hygiene factors (hygiene of clothing, food, work, rest, sleep).

K.D. Ushinskiy investigated the problem of pupils' nutrition as a pedagogical one. In the book "Children's World" he included the information about nutrition, the importance of different food for the body, its amount, food timeliness,

pedagogical rules about the quantity and quality of food [5, p. 618]. A necessary condition for rational schedule of the pupils' day is sleep. He rightly notes that "lack of sleep weakens the body and makes a person languid and lazy" [4, p. 520].

Analysis of Ushinskiy's papers leads to the conclusion that integrated use of a variety of means of physical education will assist to preserve health. Creative use of Ushinskiy's pedagogical ideas will help teachers to organize and implement the process of physical education in modern conditions.

LITERATURE

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