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THE FORMATION OF THE CORRECT POSTURE OF ELEMENTARY SCHOOL STUDENTS DURING ONLINE EDUCATION

Relevance. Our current realityrequires new demands for modern life.Coronavirus pandemic forces pupils to study remotely. Due to new computer-based education, a child's posture begins to change, which has a detrimental effect on normal functioning of locomotion system and the internal organs [2, 3].This impact has majorly affectedelementarystudents. According to the scientistsF. Fuaddi, T. Kuffner, T. Tomoliyus, P. Sukoco, S. Nopembri, B. Shiyan and L. Shuba – elementary school age is an important period of child development, in which the following processes begin: formation of character, the expansion of world outlook, foundation of health for further life[1, 4, 5]. Consequently, development of scientifically grounded methodology of use of exercises for formation of the correct posture during online education for children from elementary school is extremely relevant.

Objective –to experimentally examine the methodology of use of exercisesin formation of the correct posture during online education ofelementary school students.

Materials and methods. There were 71 boys of 7-8 years old (experimental group – 36, control group – 35) who participated in this experiment and belonged to the main medical health group fromZaporozhzhia Collegium "Elint", city Zaporizhzhia. In order to determine the problematicposture's condition, we used visual and measurement methods in chosen experimental group. During our primary examination, we measured height of centerlines of shoulderpositioning, the lower angles of shoulder blade and a retardation of them from a thorax, a shape of air gaps which were created by inner surfaces of arms and legs. In our research we mainly focused on calculation of shoulders' index for accurate evaluation of the posture. The measurements were conducted monthly. This specific test has been chosen to allow parents to take measurements and record the figures of their children's health personally, taking into consideration an unprecedented situation in the country(March-May 2021 – implemented online education and limited communication). Also, our goal was to bring to their attention positive impactof usage of these

simple, but effective exercises for the formation of the correct body posture. In addition,we evaluated the mass-heightQuetelet index, which helped usto estimate the level of children's physical development.

Main results. The developed methodology consisted of four complexes which were conducted in a game simulated form with child's favorite music.The complexes have changed every three weeks. Similarly, we prepared the theoretical part, where we told the child interesting facts about every exercise. This contributed to stimulation of student motivation and attention during exercising. We encouraged students to perform these complexes every day of the week, so that it will become a positive habit which will enrich their life. While analyzing obtained data of the experimental and control groups we noted respectively: March – 90,2% and 90,3%; April – 93,6% and 91,1%; May – 95,8% and 91,2% we can enlighten that all these results are conformed to the norm by the index of the "correct" body posture (the rate is – 90-100% the value of shoulders index), but the experimental group significantly improved its results, which will contribute to more proficient work of locomotion system and internal organs. The data analysisof mass-heightQuetelet index helped to discover that all groups had a low level of this criteria before the experiment. After the experiment data of the index increased in average in both groups respectively: 16,72% and 8,51%. Nonetheless, the experimental group had higher indicators owing to the usage of the created methodology.

Conclusion. The outlined problem of examined question allowed us to create the methodology of correct body posture formation for elementary school students during online education. To analyze above-mentionedindicators, we can point out that the created methodology in fact has a positive influence, easy to use and can be utilized by all representatives of the society.

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