**MODERN TECHNOLOGIES OF TEACHING CHILDREN SWIMMING**

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**Introduction.** One of the most important ways of physical development and recovery children are swimming. Swimming, games and water activities – one of the most beneficial types of exercise the health of children, strengthening their nervous system. Therefore the earlier to teach a child to water, teach him to swim, the more fully affect the positive impact of swimming on the development of the entire child’s body.

**Objective:** Swimming is seen as a complex skill requiring separate working out of each swimming element: breath holding, immersion, floating, lying, sliding, hand work, foot work, proper breathing . To purchase it, the method repeated swimming exercises in water, representing a combination of learned exercises.

**Presentation of research material.** Components of Success in Qualitative Health Changes and Outcomes Swimming lessons for children are new forms and methods of working with them. Let us dwell on them in more detail. Contrast temperature regime of water in the pool and air. Breathing exercises performed throughout the training program. Exercises on breathing served both as a rest between exercises, and as a method for development of endurance and increase in lung volume [1].

Using exercise to develop motor skills hands аnd it gave positive results, because developing joint mobility in water, where water acted as a kind of simulator, the level of development of fine motor skills increased, which is one of the indicators of the intellectual development of the child (speech and thinking develop well). Swimming preparatory exercises ("Asterisk", "Arrow", lying, sliding) were performed using an auxiliary tool, and namely: the supporting belt - the raft, which allowed to increase the effectiveness of mastering the horizontal position of the body in

water (a wonderful alternative to the traditional methodology, where exercises on the initial stage of mastering the horizontal position of the body in water performed with partner support) . Only through the use of supporting belts, the training process did not lose appeal for children, because: it was a goal and a game: for unsure children – ideal a solution to overcome feelings of fear; for the more prepared – reception the best way to achieve the correct body position in water. Moreover, the use of a belt eliminated uniformity in the process of occupation, and increased interest. Mandatory familiarization with the nature of movements and studies elements in water with support in place (i.e., the study of foot movements during support for the pool side), as the correct movement of the legs. Gives horizontal position of the body and stability in water. But only then they began to practice the correct movement of the legs in the slip. The formation of swimming exercise skills depending on push forces from the pool edge.

**Conclusions.** Naturally, the question immediately arises about the dosage of the exercises since in the presence of an element of competition, children are highly emotional, resulting in over excitation and fatigue. Reception regulation was quite simple: swimming exercises were performed in pairs (in the traditional methodology it is recommended so that all children perform the exercises at the same time).All this gives a good result, namely, children perform swimming movements depending on their abilities (buoyancy, flexibility, strength), an individual approach to each child is carried out, exercises are performed using a variety of means (swimming boards supporting belts) and most importantly goes optimal reception of regulation of load and rest.

# Literature

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