

DEVELOPMENT OF MOVEMENT SKILLS AND COMPETENCIES IN STUDENTS IN PHYSICAL EDUCATION CLASSES

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ABSTRACT

This article is aimed at developing students' movement skills and abilities by effectively mastering physical exercises in physical education classes. It is intended to increase the knowledge of the students about the process of physical education.

KEYWORDS: *Physical Education, Health, Sports, Education, Skill, Knowledge, Movement Activity Education, Movement Training, Movement Skill, Theoretical Knowledge, Ability To Do, Education, Development.*

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