

EFFECTIVE USE OF INNOVATIVE TECHNOLOGIES IN PHYSICAL EDUCATION LESSONS

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DOI: 10.5958/2278-4853.2022.00285.3

ABSTRACT

The process of physical education is multifaceted. In this process, both education and upbringing are given. In the process of physical education, Education will be aimed at the formation and improvement of motor skills. At the same time, it affects the physical development of those who are engaged. The unity of all types of education, their mutual influence on each other is one of the fundamental pedagogical laws.

Currently, interest in the use of innovative technologies and interactive methods in the educational process is becoming more widespread. The use of such methods increases the efficiency and effectiveness of teaching, increases the motivation of students to learn.

KEYWORDS: *Physical Education, Sports, Sports Training, Theory of Physical Education, Principles of Physical Education, Healthy Lifestyle, and Innovative Technologies.*

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