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THE IMPORTANCE OF PHYSICAL ACTIVITY AND PHYSICAL EDUCATION

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Sport is the perfect school for life. The skills acquired as a result of the game, physical education and sports are the basis for the development of the oligism of youth. Skills such as cooperation and trust are necessary for social cohesion and are realized in adulthood.

Sport actively informs young people about the importance of some key values, such as honesty, fairplay, respect for themselves and others, respect for the rules and respect for their importance. Give them the opportunity to learn to fight with competitors, not only to lose, but even to win.

Sport is a way to build understanding of the value of common relationships. For example, one of the benefits of promoting traditional games is that they highlight the importance of diversity, promote integration, and help people understand their identities and those of others in the global world. Even traditional sports and games are usually cheaper than conventional sports and equipment. Physical education is an important component of quality education, and an integral part of learning remains. The rejection of physical education reduces the quality of education, which affects health and health budgets.

Physical education is the only subject of the curriculum that focuses on the body. At the same time, it helps young people to respect their bodies - both themselves and others - and helps them to respond to many of the problems faced by young people, including the threat of HIV/AIDS and other sexually taken diseases and the dangers of tobacco and drugs. Giving students the opportunity to engage in school sports guarantees them a complete education that touches the body, mind and spirit.

Physical education is an effective way of promoting physical activity among young people. As the level of physical activity decreases from adolescence, it is very important that young people are highly valued athletes to ensure a healthy lifestyle and a healthy lifestyle. Physical education is a great way to reach many of the addresses that are considered necessary for the results of a modern education system, especially for teamwork, cooperation, problem-solving and confidence-building.

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