

## **DIDACTIC OPPORTUNITIES TO FORM KNOWLEDGE ABOUT HEALTHY LIFESTYLE TO THE STUDENTS IN PHYSICAL EDUCATION CLASSES**

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### **ABSTRACT**

The following article deals with the didactic possibilities of forming healthy lifestyles for students in physical education classes. There is a scientific justification for the formation of healthy lifestyle in students, taking into account their psychological, physical development and age-specific physical activities.

**Keywords:** Physical education, didactics, pedagogy, healthy lifestyle, endurance, wills and psychological factors.