

In today's environment, when the country is facing numerous social and economic challenges, the issue of developing a healthy nation and fostering social and moral values in young people is of particular importance. One of the key elements of this process is physical education, which should not only help to improve the physical health of students, but also develop their social skills, ability to interact effectively with others, and form moral guidelines and team spirit. Approaches to physical education in the Ukrainian education system are undergoing significant changes due to the reform of the educational process within the New Ukrainian School (NUS). The importance of physical education and its impact on the overall development of students has been the subject of numerous studies that emphasise the importance of an integrated approach to this issue.

One of the main aspects of the modern approach to physical education is the emphasis on health and comprehensive development of the individual. This includes not only physical activity, but also the development of healthy lifestyle skills, proper nutrition, psycho-emotional stability, and self-esteem. Modern methods of physical education are focused on individualising the approach to each student, taking into account their physical abilities and needs. This allows us to create conditions for the development of not only physical abilities, but also social and moral qualities of students, which contributes to their harmonious development as individuals.

Scholars are actively discussing the latest approaches to physical education, in particular in the context of adapting educational programmes to the needs of modern youth. It is known that the educational reform in Ukraine sets a task for teachers not only to improve the level of physical fitness of students, but also to promote their comprehensive development. This includes not only traditional sports exercises, but also activities that promote the development of moral values, teamwork, and the formation of students' skills in group interaction, conflict resolution, and the ability to support others and cooperate. This is of great importance for the development of students as socially active and emotionally stable individuals.

Within the framework of the NUS, physical education has become an organic part of the overall educational process, which involves the integration of physical exercises with other academic disciplines. This approach allows children to see the practical results of theoretical knowledge, which increases their motivation to learn and actively participate in physical activities. For example, students can learn physical laws through sports exercises or outdoor games, which allows them to test their theoretical knowledge in practice. This not only contributes to the development of physical skills, but also develops critical thinking, the ability to analyse and solve life problems.

An important aspect of modern physical education is also its individualisation. Each student has their own level of physical fitness, interests and needs, so physical

education programmes should be adapted to these features. This allows children to choose the types of physical activity that best suit their hobbies and abilities, which increases their motivation to exercise. Instead of one-size-fits-all approaches that do not always take into account the individual characteristics of students, modern physical education provides personalised programmes that may include various sports, dance, yoga, or even outdoor activities.

The NUS concept also pays great attention to health promotion, disease prevention and the development of social skills through physical activity. It is known that regular physical activity not only improves the physical condition of students, but also reduces the risk of developing psychological and emotional disorders such as stress or depression. Physical activity helps to improve the overall psycho-emotional state, promotes the development of stress resistance, and develops children's ability to overcome difficulties, work in a team and be responsible for their health. This is a prerequisite for the development of socially adapted individuals capable of living an independent and healthy life.

It is equally important to use a variety of methods and technologies to improve the effectiveness of physical education. Physical education teachers should use the latest technologies to engage students in an active lifestyle and help them develop not only physical but also social skills. Game methods, team competitions and project activities encourage students to actively participate in the learning process, contribute to the development of such indispensable qualities as communication skills, cooperation, leadership and organisational skills.

Motivation to engage in physical education plays a special role in the formation of active and healthy youth. Teachers should use a variety of methods to stimulate interest in physical activity, not just traditional sports competitions. These can include sports festivals, interactive classes, and activities that meet the interests of students. Such activities help to create a positive atmosphere in the classroom, where students support each other and teachers contribute to the development of everyone, regardless of their physical abilities.

In general, the NUS conceptual approaches to physical education are aimed at creating an environment that ensures not only physical but also emotional and social development of students. This allows for the formation of healthy, socially mature and responsible young people capable of an active lifestyle, a healthy attitude to their body and mental state. In this context, the role of physical education teachers is important, as they should not only have a good command of teaching methods, but also be able to create support and motivation for each student.

It is physical education in the New Ukrainian School that is an important part of education, contributing to the development of harmonious, physically healthy, morally stable and socially adapted individuals. The successful implementation of modern approaches to physical education requires continuous improvement of

methodological principles, integration of the latest technologies and effective cooperation between teachers, students, parents, and the community.