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ATTITUDE TO PHYSICALLY ACTIVE LIFESTYLE: PE CURRICULUM FOR ADOLESCENTS

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This article is connected with the topic – New tendencies in the development of PE curricula in element. Aim of quality PE is to evoke in adolescent and children interest in different kind of physical activities in order to promote physically active lifestyle. It is easy to adopt active lifestyle during childhood than change it later. We obtained enough evidence about deterioration of the level of physical activity in youth. PA in girls is more decreasing than in boys and with age organised PA declines in both genders. We suggest some ideas for changes in the concept of PE curriculum.