

GLOBAL PHYSICAL EDUCATION INNOVATIONS TRENDS: INTERNATIONALIZATION, PHYSICAL LITERACY AND HOLISTIC EDUCATIONAL STRATEGIES

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Abstract: Global innovation in physical education (PE) is marked by a shift towards a more holistic, inclusive, quality and technologically integrated approach, moving beyond traditional competitive sports to prioritize lifelong health, mental well-being, and personalized learning. As global PE innovations trends against sedentary lifestyle and physical inactivity of children and youth we can consider: 1. Supporting Internationalization of PE; 2. Building Active Schools; 3. Focusing on Quality Physical Education; 4. Developing Physical Literacy in PE; 5. Accepting Inclusion in PE; 6. Using New Technologies and Artificial Intelligence in PE; 7. Implementation of Holistic Educational Strategies in PE In my presentation I would like to be focused only on these three selected trends: Internalization of PE International organizations made many global projects focused on international monitoring of quality PE. One of the newest is project Global Observatory of PE – GoPE! prepared by University of Lisboa and its partners. GoPE! is a global network of physical education and physical activity researchers, policymakers, and practitioners, founded in 2023, GoPE! produces and analyses reliable, high-quality, and up-to-date global data on physical education and school based physical activity policy, surveillance, and research. Physical Literacy Physical Literacy is described by International Physical Literacy Association (IPLA) as the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life. Holistic Educational Strategies One of the most important strategies is Project Based Learning. Project Based Learning is a teaching method in which students gain knowledge and skills by working for an extended period of time to investigate and respond to an authentic, engaging, and complex question, problem, or challenge. As a result, students develop deep content knowledge as well as critical thinking, collaboration, creativity, and communication skills.

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