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***Abstract:** The goal of Valeology in primary school is to form an internal need among young students for knowledge regarding a healthy way of life, and the development of their motor and intellectual skills. The contemporary structure of physical education activities creates the opportunity for broadening the creative abilities of sports educators. It allows for the diversification of the means and methods for physical activity, rational nutrition, and the use of nature for strengthening health, and more.*

***Keywords:** valeology, health, physical education and sports, healthy way of life*

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