**Теория**

**Понятие о физической культуре**

**<https://www.youtube.com/watch?v=XOlFi5prvyM&ab_channel=%D0%A1%D0%9F%D0%9E%D0%A0%D0%A2%D0%98%D0%A4%D0%98%D0%97%D0%9A%D0%A3%D0%9B%D0%AC%D0%A2%D0%A3%D0%A0%D0%90%D0%A1.%D0%9F%D0%95%D0%A0%D0%92%D0%9E%D0%9C%D0%90%D0%99%D0%A1%D0%9A%D0%98%D0%99>**

**Место физической культуры в жизни общества**

[**https://www.youtube.com/watch?v=v1JQSFGmHj4&ab\_channel=ridik**](https://www.youtube.com/watch?v=v1JQSFGmHj4&ab_channel=ridik)