

## The Help of Modern Technology and Applications for the Better Quality of Lessons and Greater Students' Motivation

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### Abstract

*Without modern information and communication technology (ICT), schools cannot be imagined today. ICT is embedded in all walks of life and with prudent use it can be used as a motivational tool in teaching, since it is close to young people. Schools are already well equipped with modern ICT gadgets. Different types of computers, tablets, interactive tables, etc. enable modern teaching. Even in physical education, ICT can help to increase adolescents' awareness of the importance of a healthy lifestyle, to greater motivation and proper performance. This contributes to faster learning and more interesting lessons. Repeatable video displays allow students to watch the exercises as many times as needed to be mastered. Heart rate monitors get them to exercise more effectively. Smart watches direct/encourage them to move regularly. The fact that young people spend more and more time with modern devices can be used as a motivating factor by linking it to quality applications. The use of modern ICT applications that promote step counting, drinking water, etc. bring students to a healthy lifestyle, in the way that is closest to them. This will make it easier to achieve the long-term goal – health and exercise. Experience shows that it is best to start using ICT right at the beginning of school year and to regularly use it, as well as to check on their activity/use, as this is how we create habits for young people for life.*

**Keywords:** Modern technology, ICT, applications, lessons, health, exercise