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**Abstract**

Physical education programs and sport activities are essential in promoting physical fitness, enhancing mental well-being, and fostering social skills among students. This study aimed to investigate the effectiveness of different instructional methods in preparing students for physical education and sport activities. The research methodology involved a mixed-methods approach, combining quantitative and qualitative data collection techniques.

**Keywords:** physical education, sport activities, instructional methods, student performance.

The results indicated that a combination of traditional and innovative instructional methods positively impacted student engagement and performance in physical education and sport activities. Traditional methods, such as demonstrations and guided practice, were effective in reinforcing basic skills, whereas innovative methods, like gamification and peer teaching, enhanced motivation and critical thinking.

**Conclusion**

The findings suggest that a balanced approach to instructional methods can optimize student learning outcomes in physical education and sport. Schools and teachers should consider integrating a variety of methods to cater to diverse learning styles and promote comprehensive skill development.