



ISSN: 2456-0057
IJPNPE 2019; 4(1): 1596-1598
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www.journalofsports.com
Received: 01-11-2018
Accepted: 03-12-2018

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Physical education: An important part of school sports management education

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Abstract

In the education system, the teaching of physical education is considered as an activity rather than a formalized intellectual activity. As a result, the perception of the pedagogical relationship actors in this field it is not always favourable especially in India where physical education still identifying its status. For optimal health, physical activity should be an integral and routine part of daily life. Youth spend a significant amount of time at school yet rarely achieve the recommended 60 min of moderate and vigorous physical activity in physical education (PE) classes or recess. This study assessed the following types of school based opportunities to improve physical activity, curriculum, syllabus etc., to improve the standards of physical education in schools.

Keywords: Physical education, education system, school, students

1. Introduction

PE is associated with health and wellbeing, as a primary site for student engagement in the development of knowledge and understanding of issues related to health. Book alters states that "the aim of physical education is the optimum development of the physically, socially and mentally integrated and adjusted individual through guided instruction and participation in selected total-body sports, rhythmic and gymnastic activities conducted according to social and hygienic standards." Consequently, researchers within the Physical Education Research Forum aim to better understand this position for PE and what it means for teaching, learning and student experience. Importantly, group members also aim to challenge this position for PE, question the extent to which PE and PE teachers should be responsible for developing students' physical health, and the extent to which current practice in PE can improve children and young people's social, emotional and mental health. In doing so, we can make a contribution to improvements in education, schooling, teaching and learning.

Physical education plays an important role in the development of an individual just as a school room education does. Hence, it is important that physical education be incorporated along with a student's curriculum. Physical education is considered a supplement to the learner's growing value system. One of its aims is to expand options for wise use of leisure time. Taking up a regular physical activity is a health-enhancing move.

Individual and team sports, dance, aquatics, gymnastics, and fitness activities designed to develop beginning and intermediate skills are all part of physical education curriculum. Most schools have comprehensive physical education programs. One advantage of such programs is that it instills at a very young age the need for exercise and fitness in life. Young children such as pre-schoolers and first graders can be made to participate in healthy outdoor activities with an element of fun added to the schedule. This makes the experience interesting for both the students and the teacher.

2. Aims of physical education may be summarized as

According to National Plan of Physical Education and Recreation. "The aim of Physical Education must, be to make every child physically, mentally and emotionally fit and also to develop in him such personal and social qualities as will help him to live happily with others and build him up as a good citizen."

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1. It exhibits a physically active lifestyle.
2. It achieves and maintains a health-enhancing level of physical fitness.
3. It demonstrates responsible personal and social behaviour in physical activity settings.
4. It demonstrates competency in many movement forms and proficiency in a few.
5. It applies movement concepts and principles to the learning and development of motor skills.
6. It demonstrates understanding and respect for differences among people in physical activity settings.
7. It understands that physical activity provides opportunities for enjoyment, challenge, self-expression and social interaction.

3. Specific Objectives

1. To help children know and accept individual and collective responsibility for healthy living at home, school and in the community.
2. To help children know their health status, identify health problems and be informed for taking appropriate remedial measures.
3. To create awareness among children about rules of safety in appropriate hazardous situations to avoid accidents and injuries. To acquaint them with first-aid measures about common sickness and injuries.
4. To help children learn correct postural habits in standing, walking, running, sitting and other basic movements so as to avoid postural defects and physical deformities.
5. To help children improve their neuromuscular coordination through participation in a variety of physical activities in order to physical fitness.
6. To help children strive for excellence in games and sports.
7. To help children grow as responsible citizens by inculcating in them certain social and moral values through games, sports, N.C.C., Red Cross, Scouts & Guides etc.
8. To inculcate values and skills in children in order to promote self-control, concentration, peace and relaxation to avoid the ill effects of stress, strain and fatigue of routine everyday life.

4. Need of physical education to be stressed in schools

Participation in physical activities is crucial for the holistic development of young people to nurture their physical, social and emotional health as well as intellectual side. Sports inculcates qualities like leadership, discipline, sharing, team work, honesty, team spirit, tolerance and many more among its participants. However, we cannot vouch and say that every child in a school gets an opportunity to experience this. Realizing its importance many schools have woken up and started taking steps in the direction, with many already working with outsourced professional organizations to help deliver systematic PE & sports programs within the school hours of PE periods. One also notices an interesting shift in the mindset of parents, as now they have become more aware and understand the importance of a physically fit body.

5. What should be the aim of PE curriculum

The PE Curriculum aims to apply knowledge and skills to make informed decisions and judgments, and to initiate, plan, perform and evaluate PE, sports and recreation, and health activities. The basic aim of the curriculum is to enable students to acquire a broad range of integrated knowledge, and

enhance understanding and skills for further education and a future career.

6. Why PE curriculum have some important aspects

The PE Curriculum is designed to address the problems of obesity and lack of physical fitness, by providing students with the knowledge to make an informed choice of lifestyle. This is the framework that will guide the inclusion of physical, psycho-social and mental aspects that need to be addressed at different levels of schooling. Through a combination of theory and practical work, the PE curriculum will foster healthy living and contribute to the development of well-being. The PE Curriculum help to promote the development of a life-long interest in sports participation. At school level, our students in general enjoy participating in physical activities, as a result of the unfailing efforts of schools, parents and various agencies (e.g. sports governing bodies, Hong Kong School Sports Federation and Hong Kong Schools Dance Association). 6. The breadth of the Curriculum, with its variety and flexibility, enables students to advance smoothly to higher education and to possible future careers in human biology, nursing, physiotherapy, occupational therapy, PE, sports and recreation etc. The PE curriculum will contribute to the development of generic skills as well as positive values and attitudes, especially perseverance and sportsmanship. All of this is in line with the appeal from the World Health Organization (WHO), for the building of a long-term capacity for a healthy community.

7. PE Curriculum design

The curriculum design for this area addresses the health and physical fitness needs of children at different levels of schooling with special attention to vulnerable social groups and girl children.

1. It is proposed that the mid-day meal programme and health checkups must be a part of this subject and health and physical education must be related to the needs of the children and also address the age specific concerns at different stages of development.
2. Physical education inclusive of yoga, have to be a regular part of the school's timetable and must be seen as an important contribution for the overall development of the child. This would require flexibility in the school calendar and also in the structuring of school.
3. It has been suggested that it be treated as a core subject and students who wish to opt for it as one of
4. This subject should be offered as an elective subject at the plus two level.
5. The curriculum and syllabus for this subject has to adopt a 'need based' approach to a child's development.
6. The evaluation of this subject needs plurality of strategies, which should be a part of continuous and comprehensive evaluation.

8. Problems with curriculum

The idea of a comprehensive school health programme was conceived of in the 1940's that included six major components viz. medical care, hygienic school environment, and school lunch, health, yoga and physical education. But unfortunately the implementation of this comprehensive approach was extremely weak that resulted in its transaction in a fragmented manner that lacked a holistic or comprehensive approach. As a result the subject of health and physical education is being dealt with separately 2 and the curriculum is being transacted conventionally with little

knowledge that all the three areas are integral to achieving holistic health.

There are several ways in which physical education can be done and would include the recognition of the subject as compulsory in the curriculum, that the required infrastructure and human resources are in place, that there is adequate teacher preparation and also in-service training, that there is interface between the school, health department and the community. Although the subject is compulsory till class X, it is not given its due importance.

9. Recommendations

1. If schools set, a dedicated sports & physical education program so that children are exposed to physical activity from young & tender age, we can ensure that a huge number of children will be able to appreciate and understand the importance of physical education.
2. Given the interdisciplinary nature of this subject there are cross cutting themes across subjects. Therefore there is a need for cross-curricular planning and also integrating it with socially useful productive work, National Service Scheme, Bharat Scouts and Guides.
3. The group strongly recommends that the curricular area must guide the scope and determine the appropriateness of the design, materials and pedagogy that are prescribed by health programmes as interventions in the school curriculum.
4. For effective transaction of this subject, text books, work books and resource books need to be prepared for both children and teachers. For this, there is a need for a creative approach to development of resource materials. The NCERT could consider setting up a resource center for materials development, which can help to create a network of individuals and organizations
5. The answer to every physical education problem starts from a school and it is time that schools wake up to this silent time bomb waiting to explode which may end up creating a generation of unfit future Indian citizens. Can we afford that?
6. The teacher education programmes in Physical Education institutions need consider the inputs suggested in the syllabus.
7. The U.S. Department of Health and Human Services recommends that kids get at least an hour of physical activity every day that should include some muscle and bone-strengthening.
8. Children should start physical activities at the age of 5, 6 and 7 years old. Where in earlier years they don't care if they move more poorly than their peers or look goofy doing something.

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