



ROLE OF PHYSICAL EDUCATION IN SCHOOLS

Falke A.M.

Yeshwant Mahavidyalaya, Seloo, Wardha (M.S) India

Abstract:

Introduction:

“Physical literacy can be described as the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activity for life” (Whitehead 2016)

Physical Education in India is often a neglected part of education and many schools across the country do not realize the importance of having Physical Education as a part of the system. There are many benefits that are available from Physical Education and there are few schools that have managed to strike the balance academics and physical fitness. It is the non seriousness at school levels towards sports or perhaps a mix of all these factors. Sports at the grass root level need to be promoted for a positive result ahead. We all know this than why is it that many sportpersons out of sports after school for college. It is just a medium to get admission into good college thorough sports quota. Why don't youngsters plan to take it up professionally? Many schools cannot afford world class facilities due to lack of fund and it affects the performance of their players. For such situation workshop and training by experience players will help players mould their tactics. Whatever it takes school in India need to make extra efforts to permute sports at the grass roots. Competitions and tournament at the grass roots should be conducted often to help students for turning them into professional players.

Emerging challenges in Physical Education in India

- Today when almost all the small and big nations are making their mark in sports our country despite of population for more than 110 crores has not made any mark.
- This is not only the responsibility of the Government. But also the responsibility of all those persons who are linked with Physical Education and Sports directly and indirectly we have never fulfilled duty and responsibility properly but have just completed our formalities due to which are facing such poor performance in Physical Education and Sports.
- Misconception about Physical Education as a rest period or time between academic classes. Anyone can learn Physical Education it does not require professional training, Physical Education classes are free play time. Girls do not participate because the activity can injure the internal organs.
- Lack of proper Physical Education curriculum at primary, secondary school level as well as in the college lack of uniform Physical Education courses in different state.
- Integration of Physical Education and Sports in education and institution of all levels. This has been in the agenda of previous policies but the spectacular progress achieved by countries like Japan, China, Germany and Korea is attributed to their strong commitment to Physical Education Sports oriented education in the institutions all levels.

Why we need physical education in schools?

1) Physical activity helps to enlarge your brain's basal ganglia which controls your ability to focus: We all know how hard it can be to focus at times and we are living in a day and age where a plethora of things are vying for our students' attention. Therefore, any measures we can put in place that will help our students to not just maintain their focus, but also enhance their focus most certainly will pay off when it comes to students learning.

2) Physical activity positively affects several vitally important areas of health: - Steady amounts of physical activity will prevent obesity and will help to maintain proper levels of blood pressure. Additionally, physical activity will ensure student grow up with healthy bone structures as they continue their skeletal development. Finally, cholesterol levels will also be kept in check with daily physical activity. As we all know, students who are physically healthy will be in school more often and absent less and will be better able to focus on their learning.

3) Physical activity helps you sleep and improves your overall sleep quality: - When we get consistent and daily exercise our sleeping experiences become higher quality. Since the physical body needs the nightly recharge more the body is able to fall asleep faster and get into a 'deeper' level of sleep more quickly. Because of this, the quality of sleep goes up drastically and a classroom full of well rested and recharged students will always perform better than a room full of tired and fatigued students.

4) Physical activity is a natural stress reliever: - When we are stressed we are unable to focus as well and we become tired more easily due to struggles with sleeping. Additionally, we are less able to be patient and are much more susceptible to mood swings. When we get physical activity we are able to relieve and diminish these levels of stress which in turn will have several positive effects on our overall mental and physical health. Stressed students don't and can't learn, to let's they have some outlets to keep the stress at a minimum.

5) Physical activity stimulates brain plasticity: - Brain plasticity allows our brains to be more 'fluid' and 'mouldable' so to speak. When this happens, our brains are able to make new connections as well as able to strengthen existing connection. The more and stronger neuronal connections we have the better able we are to learn and retain information. This obviously has huge implications for our students on how and when they learn.

Physical Education is of special importance to students, for:

- 1) They are great sources of pleasure.
- 2) They build the body and refresh the mind.
- 3) They train the mind in many virtues.
- 4) They teach the players discipline and team spirit. In school sports, the players have to obey certain rules. They have to submit to the ruling of the referee or the umpire. Thus, they learn discipline and obedience.
- 5) Physical education creates in students 'the sporting spirit'. The students learn to play fair and honourably and to keep the rules of the game.
- 6) They learn to be fair to their opponents.
- 7) They develop pluck and patience.
- 8) School sports teach them to take a defeat in a good spirit.

Value of Physical education

Benefits to mind and body: Physical education do well both to the body and the mind. After brainwork in schools, students generally feel fatigued. In outdoor games in the afternoon, they inhale fresh air and feel energetic. These games give free play to all the organs of the body. Therefore, their health is improved. Outdoor games are played together.

Develops the sense of discipline: The players are given systematic instructions in physical education programs in schools and other educational institutions. They have to obey the orders of the trainer and the captain. They thus learn obedience and discipline. Outdoor games teach us to bear defeat calmly and to respect the winners.

They also promote a spirit of good will and sportsmanship.

Forms character: Physical education teaches us endurance and presence of mind. They build up character and train us to become useful citizens. A good sportsman generally leads others in sports. He or she thus acquires qualities of leadership. Moreover, Physical education adds the following to the personality.

- Regular fitness Activity
- Buckles self confidence
- Develop motor skill
- Health and Nutrition
- Relieves stress
- Consideration & Self discipline
- Improve self esteem

“The higher your energy level the more efficient your body. The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results” says Anthony Robbins. A quality physical education program will help children in:

- Improve self esteem, self confidence and interpersonal skill
- Gain a sense belonging through teamwork

- Prepare to embrace cooperation and competition.
- Handle adversity through winning and losing.
- Develop social skills
- Learn discipline
- Improve problem solving skills and increases creativity ,,,,,,
- Develop and understanding of the oral of physical activity in promoting health....
- Enhance social and cognitive developments and academic achievement .

To conclude, “[M]ovements is the medicine for creating change in a person’s physical, emotional and mental states” said by Carol Welch, and this is a truth.

References:

- 1) <http://www.justintarte.com/2014/09/5-reasons-why-we-need-more-physical.html>
- 2) <http://www.importantindia.com/date/2016/12/>
- 3) <http://www.sasd.k12.pa.us/Whydoours-tudentsneedPhysicalEducation.aspx>
- 4) <https://www.physical-literacy.org.uk/defining-physical-literacy>
