



## IMPORTANCE AND BENEFITS OF PHYSICAL EDUCATION IN SCHOOLS

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**Abstract:**Physical activity is necessary to a person's well-being because children are continuously developing physically and emotionally, they are especially affected by the benefits of activity- and inversely, the negative effects of inactivity. 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. It is vital that schools provide physical education programs to ensure that each child stays active. Some of the benefits of having a physical education are physical health, academic performance, social assimilation, mental health, stress relief and confidence building. School physical education programs offer students the opportunity to not only be physically active today but the opportunity to teach skills and behaviors conducive to maintaining physical activity for a lifetime.

### Introduction:

Physical activity is necessary to a person's well-being because children are continuously developing physically and emotionally. School Physical education programs offer students the opportunity to not only be physically active today but the opportunity to teach skills and behaviors conducive to maintaining physical activity for a life time. Students spend over half of their day in school. Physical education should teach them how to integrate physical activity in to their day both now and later in life.

According to the National Association of Sports and Physical Education (NASPE) who looks at school-age sport and physical education reminds us "Opportunities to accumulate physical activity during the school day include time spent in physical education class, Classroom- based movement, recess, walking or biking to school and other recreational sport and play that occurs before, during and after school".

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. Consequently, it is vital that schools provide physical education programs to ensure child stays active.

### Some of the benefits of having a Physical education in schools are:

#### • Physical Health

Physical education programs in schools directly benefit student's physical health. Schools that provide Physical education from an early age have understood the importance of all round growth physical helps in development of muscles and bones and children kept fit from an early age. Obesity is a problem among many children and this can be partly solved by stressing on physical education. Obesity can lead to many problems such as diabetes, heart problems and imbalances in hormones in children. Encouraging physical education in schools will help to contain the problem of obesity to an extent. In addition to participating in physical activity, students learn the fundamentals of the healthful lifestyle, the building blocks upon which they can develop in to healthy, knowledgeable adults.

#### • Academic Performance.

Though a lack of attention on physical education is often justified as an opportunity to spend more time in the classroom, studies show that physical activity contributes to improve academic performance. Regular activity during the school day is strongly associated with higher concentration levels as well as more directed, composed behavior. A surly of

school representatives reported that the most recognizable benefit of the mandate was "improved academic focus"

- **Mental Health**

The benefits of physical education to a child's mental health are both complex and comprehensive. Improved Physical health, academic and social interactions all contribute to good mental health. Physical activity sets the stage for a good night's sleep, while obesity, caused in part by inactivity, is link to sleep apnea. Sleep deprivation negatively affects the body's immune function, aids in memory consolidation and, may cause irritability and impatience. Regular Physical activity, in addition to adequate sleep, Provide more energy to participate in hobbies and interact with others.

- **Growing future sportsmen**

Some children show signs of interest in sports from an early age and these prodigies should be encouraged and giving the proper amount of guidance in schools. In India Several Children are restricted from playing sports, despite showing signs of early excellence. With proper support and system in place children will be able to bring out the best in themselves. Thus, encouraging physical education is important and school must realize the potential benefits that can be achieved from just a few hours of activity every day.

- **Stress Relief**

Children have to cope with different types of pressure in a classroom and also among their friends, and engaging in some form of physical activity can be a good way to relieve some of this stress. After a stressful day at school, playing some form of sport is a good way to release some steam.

- **Confidence building**

Excellence in some form of sport or physical activity will provide children with confidence. Introverted children will be able to express themselves through sports and this is one of the main aspects of physical education. Children, who are allowed to take part in Inter school games and sporting events, meet new people and this builds confidence and also builds a sense of companionship and camaraderie. Children

who take part in team sports will be able to visualize themselves as being a part of a group and this will be beneficial when they are a part of work groups in the future.

- **Escape From Routine**

Physical education also serves to distract the children from a set routine and provides an escape from the tedious hours in a classroom. Short periods of Physical activity can be a good way to relieve some of the pressure that is bound to build up in a classroom.

- **Social Assimilation**

Activities in physical education help children develop healthful social interactions. From a young age, children learn Co-operation through group activities and form a positive sense of identity as a part of a team. Such Group activities are continually important as children grow older. The international platform on Sport and Development states that " Sport has been used as a practical tool to engage young people in their communities through volunteering, resulting in higher levels of leadership, Community engagement and altruism among young people".

**Conclusion:**

Regular physical activity in childhood and adolescence improve strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-confidence, improve Physical and mental health. Schools can promote physical activity through comprehensive physical education programs including recess, Classroom-based Physical activity, intramural physical activity clubs, interscholastic sports and physical education.

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