



ROLE OF PHYSICAL EDUCATION IN SCHOOL

Pawar B.S.

H.O.D, J.M. Patel College, Bhandara (M.S) India
 Email: younusak2016@gmail.com

Abstract:Physical education is an integral part of the total education of every child in Kindergarten through Grade 12. Educational systems all over the world have incorporated Physical Education in the curriculum. This is where instructors allow students to learn psychomotor activities and physically involving them in various sports. Schools that provide physical education from an early age have understood the importance of all round growth. Physical education 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. Children who are enrolled in some form of sport or the other reap the benefits in the long run. Quality physical education programs are needed to increase the physical competence, health-related fitness, self-responsibility and enjoyment of physical activity for all students so that they can be physically active for a lifetime. Physical education programs can only provide these benefits if they are well-planned and well-implemented. In conclusion, children are becoming overweight due to the fact that they do not participate in physical activity or know the importance of physical education. Since, children are becoming overweight parents need to have their children participating in physical activity from birth because physical education will be taught to their children when they start attending school. Teachers that teach physical education will teach students how to take care of themselves properly. This is important because when someone is educated about the importance of their health then it will cause them to live a healthy lifestyle. With that being said, parents, teachers, and other adults need to emphasize the importance of education in schools.

Introduction:

“Physical literacy can be described as the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.”

It is no secret that 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. Educators can control the amount of exercise a child gets at home no more than they can control his eating habits or his family situation, and according to numerous studies, many children are neither active at home nor at school. Consequently, it is vital that schools provide physical education programs to ensure that each child stays active.

Having many objectives that vary in every institutions system, physical education is based on the location and time. It can often vary but the aim is to simply let

students acquire knowledge and skills and other things such as values and enthusiasm to maintain a healthy lifestyle up to their old age.

While the majority of people would agree that Physical education programs are the primary means to promote weight loss, this is evident with lessons on physical fitness. It is important to develop skills and at the same time, impart proper knowledge of the concept, techniques and strategies of sports.

The physical education curriculum is one of the most crucial programs in early schooling as they can promote good health, giving students a new way to make them fit and learn their lessons at the same time.

I. WHY CHILDREN NEED PHYSICAL EDUCATION:

Improved Physical Fitness: Improves children's muscular strength, flexibility, muscular endurance, body composition and cardiovascular endurance.

Skill Development: Develops motor skills, which allow for safe, successful and

satisfying participation in physical activities.

Regular, Healthful Physical Activity: Provides a wide-range of developmentally appropriate activities for all children.

Support of Other Subject Areas: Reinforces knowledge learned across the curriculum. Serves as a lab for application of content in science, math and social studies.

Self Discipline: Facilitates development of student responsibility for health and fitness.

Improved Judgment: Quality physical education can influence moral development. Students have the opportunity to assume leadership, cooperate with others; question actions and regulations and accept responsibility for their own behavior.

Stress Reduction: Physical activity becomes an outlet for releasing tension and anxiety, and facilitates emotional stability and resilience.

Strengthened Peer Relationships: Physical education can be a major force in helping children socialize with others successfully and provides opportunities to learn positive people skills. Especially during late childhood and adolescence, being able to participate in dances, games and sports is an important part of peer culture.

Improved Self-confidence and Self-esteem: Physical education instills a stronger sense of self-worth in children based on their mastery of skills and concepts in physical activity. They can become more confident, assertive, independent and self-controlled.

Experience Setting Goals: Physical education provides children the opportunity to set and strive for personal, achievable goals.

II. NEED AND IMPORTANCE OF PHYSICAL EDUCATION:

The Need of Physical education

Physical education forms an important part of modern education. Almost every school can boast of a playground, and one or two teams. In every modern school and colleges, after class work, students join various sports and games. The students generally take to all kinds of physical activities and show a great deal of interest in them.

Various kinds of sports and games

Various kinds of games, sports, and physical exercises are taught in schools as part of physical education program. Some of them are outdoor, others indoor. The outdoor games include football, hockey, cricket, tennis, badminton, volleyball, and so on. Sports include popular pastimes like swimming, boating, athletic activities like pole jump, long jump, racing, and javelin throwing. Students are also taught physical exercises to improve and maintain good health.

Importance physical education to students

Physical Education is of special importance to students.

1. They are great sources of pleasure to them.
2. They build the body and refresh their 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 honorably 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.

Physical education aims at bringing the best in the students.

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 of 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 teach 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 thus acquires qualities of leadership.

Thus, Physical education is of great value.

Conclusion:

Sufficient playground and sports facilities, more effective management and training of school physical educators and improved students discipline would contribute significantly to improved physical activity levels during school physical education classes. Enhancing the coordination of school management by combining physical education, health education, health service, teacher and staff's training on health issues would contribute to improved healthy lifestyles among children.

Recommendations:

The school is seen as a critical venue in which to establish and develop behavioral patterns in children that include an appreciation for health and a sense of physical and psychological well-being. We recommend that:

- 1) Government educational policies should encourage school environments that provide student with the knowledge, skills, and attitudes that lead to enjoyable, lifelong physical activity. Governmental education policies should require daily physical education classes for children of all ages.
- 2) Educational programs in all schools should provide all children the opportunity to exercise at a level that is conducive to establishing life-long healthy lifestyle. Schools should provide health and physical education programs that promote health. School counsellors and physical teachers can play an active role in the development of lifelong fitness for children by implementing more creative classes in the schools, for example, by institutionalizing aerobic

exercises in physical education programs to enhance health-related physical fitness.

3) Schools cannot promote children's health alone. They need the support of their communities, which should stress more lifelong physical activities in their recreational policies and design playgrounds, sports facilities, and programs so as to attract more children and adolescents.

4) Schools also need the support of families, which can provide their children with a healthy diet and encourage their children exercise regularly.

References:

- 1) <https://www.physical-literacy.org.uk/?gclid=CIGfnteypdICFdMTaAodTMkEeQ>
- 2) <http://ericae.net/physical-education.html>
- 3) <https://www.urbanpro.com/a/physical-education-india-the-importance-of-physical-education-in-schools>
- 4) <http://www.importantindia.com/22037/need-and-importance-of-physical-education/>
- 5) <http://www.shakopee.k12.mn.us/Page/964>
- 6) <http://importanceofphysicaledinschools.weebly.com/conclusion.html>
- 7) <https://repositorium.sdum.uminho.pt/bitstream/1822/909/8/6-Conclusion.pdf>
