

ROLE OF PHYSICAL EDUCATION FOR IMPROVING THE QUALITY OF SCHOOL EDUCATION

Sathish Kumar K R.

Physical Education Director, Government First Grade College, Sullai.

Abstract

'Every Child Every opportunity'. Physical Education for children has been linked to positive self-esteem, skill development, skeletal and cardiovascular health, and general healthy development. It is now widely established that childhood is the best time to establish positive attitudes and behaviour relating to physical activity and a healthy lifestyle. Physical Education is an all-encompassing term, including fitness, skills, movement, dance, recreation, health, games and sport plus the appropriate values and knowledge of each. The skills developed through a good physical education programme are critical in ensuring that students have success in many of the sport and leisure activities common to the community. Physical Education has a major role to play in the development of young people. It is an integral part of the total education of any child and is closely linked to other creative and learning experiences and skill acquisition. It makes a significant contribution to the all - round harmonious development of the mind and body. The program also help students develop the competencies and beliefs necessary for incorporating regular physical activities into their lives. Through involvement in a well-taught physical-education program, students can achieve physical and personal benefits.



Scholarly Research Journal's is licensed Based on a work at www.srjis.com

Definitions: Physical Education is an all-encompassing term, including fitness, skills, movement, dance, recreation, health, games and sport plus the appropriate values and knowledge of each. The skills developed through a good physical education programme are critical in ensuring that students have success in many of the sport and leisure activities common to the community. Physical Education has a major role to play in the development of young people. It is an integral part of the total education of any child and is closely linked to other creative and learning experiences and skill acquisition. It makes a significant contribution to the all - round harmonious development of the mind and body. The program also help students develop the competencies and beliefs necessary for incorporating regular physical activities into their lives. Through involvement in a well-taught physical-education program, students can achieve physical and personal benefits. Therefore, the planning and management of the Physical Education Curriculum in Schools should always have children as the focus of attention, with the overall purpose of providing rich and varied experiences.

Physical Education also includes sport education. Physical Education is also the process through which sport, outdoor adventure activities, dance, gymnastics, aquatics and games are used by physical educators to help students learn motor skills and to learn about and achieve physical fitness where this is possible. Physical Education activities also assist the school to develop personal and social skill in students. Physical education promotes fitness, both physical as well as mental. Read on to know in detail the importance of physical education in schools. For the overall development of a child, along with academics, which develop his mind, a child should participate in physical activities such as sports and exercises as well. Although,
Copyright © 2017, Scholarly Research Journal for Interdisciplinary Studies

researches in the field have shown that physical education should be made mandatory in schools as it develops positivity, improves the attitude and fitness of the students, yet, due to various constraints, many schools are not really able to implement this. Lack of funds, increased emphasis on academics to up the scores in order to avail government funding; there are various reasons behind this policy of the schools for not making physical education compulsory. The following Buzzle article will perhaps help such school authorities, to have a fresh look at this topic. Physical education is an important part of every school curriculum and a class every pupil awaits. Physical education is that segment of the daily timetable that every student eagerly waits to attend, as it is the only official time when the students can be on the grounds, engaged in their favourite sports. One of the main objectives of physical education is to bring in this element of joy to the academic orientation of schools. Physical education aims at dedicating a daily time for some physical activity for the students.

The physical training class, as it is also called, involves sports, games, exercise and most importantly, a break from the sedentary learning indoors. One of the other important objectives of physical education is to instil in students the values and skills of maintaining a healthy lifestyle. Daily physical activity promotes an awareness of health and well-being among students. It boosts them to engage in physical activities on a daily basis. It promotes them to lead a healthy life in adulthood. Physical education classes constitute programs to promote physical fitness in students, train them in sports, help them understand rules and strategies in playing and teach them to work as a team. A very vital factor in physical education is to develop interpersonal skills in children. Sports aim at making them team players, developing a sportsman spirit in them and enhancing their competitive spirit. Sports that form a part of physical education classes help the students invest time in fruitful and competitive activities. Physical education is intended to inculcate in the minds of students, the importance of personal hygiene and cleanliness. Physical education classes aim at teaching the students, the habits of personal cleanliness and the importance of the maintenance of personal hygiene in life. They are also used to impart sex-education to students, help them clarify their doubts and find answers to all the questions that occur to them.

Importance of Physical Education:

Fitness: Obesity is a very common problem faced by numerous American kids, which if not taken care of in time, can lead to many lifestyle diseases such as heart disease, cancer and diabetes in the long run. Engaging in physical activities help to burn calories and lose fat. Regular exercising builds muscles, makes the immune system strong and improves upon a child's stamina. This increases the fitness levels and keeps various diseases and health conditions in check.

Self-esteem: Physical activities help to keep a child active and focused. When a student participates in physical activities, he becomes fit and attractive, which helps to boost his self-esteem. After all everyone wants to look their best, regardless of age, isn't it?

Life Lessons: By participating in various sports, a student gets to learn so many things about life. A student wins some games and loses some, this makes him understand that winning and losing are a part of life and should be accepted with grace. When a student participates in team games, he learns that co-operating with others is very important if goals are to be achieved. Likewise, sports can teach so many life lessons to students and thus, help them evolve mentally.

Healthy Eating: During the theoretical physical education classes, a student is taught the importance of healthy eating. He gets to know how harmful some of his favourite foods such as pizzas, burgers, cakes and aerated drinks can be. A student is also made to understand that if he does not make healthy food choices, he can face many health problems in the future. Equipped with this knowledge, many students inculcate healthy eating habits, by giving up high sugar and fast foods and replacing them with healthy foods like fruits, vegetables and nuts.

Hygiene: Physical education classes lay great emphasis on maintaining hygiene. They teach students how to remain clean and germ-free at all times. Sex education is sometimes part of this curriculum too. The safe practices taught in these classes, if followed by the students throughout their life, will save them from many diseases.

Stress Management: Often times, students, particularly in their adolescent years, face various kinds of pressure and experience stress and anxiety. Participation in physical activities can act as a stress buster for them. Researches have shown that when a person exercises, the levels of cortisol, a stress hormone, get reduced. Moreover, a person who exercises every day, is able to sleep better, thus giving enough time to his body to repair and restore. This proves that by making an exercise routine, a student can remain stress-free, relaxed and concentrate more on his studies and other important things.

Productivity: Researches show that students who participate in physical activities have high energy levels and are more alert than those who led sedentary lifestyles. Due to these very reasons, the productivity of such students in various spheres of life, including their studies, improves considerably.

As can be seen, physical education contributes so much towards making a child grow into a healthy, intelligent, confident and level-headed adult. It can be rightly said that it's not just for individual growth, but for the improvement of the whole society, physical education should be made an important part of the school curriculum.

Conclusion:

The very important objective of physical education is to encourage the upcoming sportsmen and women of the crowd. Physical education gives the budding sportspersons a platform to exhibit their talent. Those with a flair for sports get an opportunity to display their talent. Their small steps on the school playground can eventually turn into a huge leap in the field of sports. Moreover, sports refresh the students' minds. Physical education class becomes enjoyable for the kids while proving to be helpful for their overall growth and development. Physical education is indeed one of the most fruitful activities of a school schedule

References

- Deepak jain, Physical education Hand book – 2011*
Nikkhile bole, health and muscle magazine, December 2004
Dr. Anil Sharma, Encyclopaedia of physical education and sports Scientific - 2011
Dr. O.P. Aneja, Professional Preparation & Career Development in Physical Education - 2011
Dr Basvaraj Vasthrad, Physical Education – 2009