



“Role Of Physical Education Programme For School Children”

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ABSTRACT

The importance of physical education and its healthy impact on human life, the governing boards of school education had made, physical education and sports as an integral part of the curriculum in schools. For all round development of children “Health is Wealth” was important for every individual, who strived to succeed in life. Each individual is blessed with a body, which involved not just physical but psychological, intellectual and emotional functions and processes. All those functions put together determined the character of an individual. A healthy body stimulate the effectiveness of physical functions and encourage and self-confidence. Research has established that students who took part in regular physical activities were more attentive in the class, abled to concentrate for longer period of time and had increased self-esteem. All those factors leads to an improved academic performance. Students who participated in daily outdoor exercise had better academic gains, fewer disciplinary problems and increased attention in class room as compared to their peers. Increased neuroscience research demonstrate positively altered brain actively and improved attention and mood.

Keywords: Physical education, curriculum, healthy body and academic results.

INTRODUCTION

Physical education is not just a numbers of physical movements or exercise as it is the commonly belief but it is a vast process to develop the overall personality of an individual. It involves the developments of neuro-muscular co-ordination, strength, endurance, psychological and social development and healthy habits. Physical education and sports in education create an inculcating values much as devotion, discipline and responsibility in an individual. It has proved that children who actively participate in sports have high self-confidence which is very important for the development of a person’s character. Physical Education involved the desire to participate, enjoy victory and to take defeat positively. And also the children who participate in daily outdoor exercise had better academic gains, fewer disciplinary problems and increase attention in the class room compared to their peers. Because neuro science research demonstrate positively altered brain actively and improved attention and mood.

Overall view from health and knowledge benefit is that the children regularly engaged in sports and physical education used to learn how to relax and relieve themselves from stress and anxiety, learned the importance of health and hygiene in their early period of age. Due to the importance of physical education and its healthy impact on human life style, nowadays physical education programme is compulsory for school children and physical education and sports has become an integral part of the school curriculum in school for all round development of children.

PURPOSE OF THE STUDY

The purpose of the study was to bring the requirement physical and psychological strength among the school children which enhances the self-confidence and improve life skill.

OBJECTIVE OF THE STUDY

The objective of the study was to assist the schools in achieving their physical fitness and sports goals by offering an appropriate age and systematic curriculum lead by physical education and sports programme.

ROLE OF THE SCHOOL ADMINISTRATORS IN PHYSICAL EDUCATION PROGRAMME IN SCHOOL.

1. To introduced structural physical education programme in the routine.
2. To create a habit of exercising and psychologically develops the concept of remaining physically fit at the early stage of ages.
3. Systematically introduce the children to various fitness activities and game leading them to the exposure of various programmes thereby boosting the interest for sports from an early age.
4. To assist the children to explore to various sports initiating the sense of team work, sportsmanship and co-operations.
5. Neatly integrated physical exercises for children assist the body to handle stress better and make them physically active by reducing their anxiety and depression.
6. Organised systematic physical activities complemented with required sufficient play equipments, impart gross and fine motor skill development, enhances the relaxation and build up hand to eye and foot to eye co-ordination so that a physically fit body could boost the confidence to handle any task independently.

BENEFITS OF SCHOOL PHYSICAL EDUCATION PROGRAMME FOR CHILDREN

1. Develop strength, speed, muscular endurance and flexibility through engaging in a wide variety of activities.
2. To develop agility, alertness, control, balance and co-ordination through movements.
3. To develop personal competence in the game skill.
4. To create positive participation attitude with team spirit opportunity for accepting challenges.
5. Learn the appropriate game rules and regulations, tactics and strategies of various games.
6. Evaluate, understand and enjoy playing various games.
7. Through various activities and keep good healthy body and healthy life style.
8. Adopt self-practice in all physical activities.
9. Develop qualities of self-esteem, confidence and leadership.

SUCCESSFUL PHYSICAL EDUCATION PROGRAMME IN SCHOOL

1. Planning entire physical education and sports programme by providing setting up the desired sports infrastructure and its optimum utilisation.
2. School administrator keeping in mind that physical education curriculum is compulsory.
3. Children to teach and practice under the supervision and guidance of expert and training physical education instructors and qualified coaches.
4. To provide equal opportunities to participate individual and group activities with an aim to develop team skills, social skills and life skills.
5. To organised various sports competition according to age of the children to expose their talent with good competition.
6. The sports specific training to be conduct within the school time table and after the school.
7. Instructors, trainers to effectively deliver the planned activities and sessions with sufficient sports equipment.
8. To provide adequate awareness, experienced coaches and opportunities for the participants to compete in local, regional, state, national and international tournaments.
9. To provide the required boost and motivation to excel future in the game.

ROLE OF PHYSICAL EDUCATION TEACHER FOR SUCCESSFUL PHYSICAL EDUCATION PROGRAMME IN SCHOOL.

1. The fitness session plan and game learning skill session were carefully designed in line with the age and relevant play equipment.
2. Safe, secure and effective training for skill development.
3. Choose the children in a particular event for the successful execution of the planned activity and effectiveness of the programme.
4. Planned and designed safe, sequential and effective practices, meaningful training plans, desired fitness exercises, warming up and cooling down sessions, sports skill and other important lessons in the right way.
5. To organised sessions both on field practical and class room theories on various topic for better knowledge.

EVALUATION OF THE CHILD FITNESS

Assessment of health is the important part of school physical education programme. It assist in knowing the children physical state of health and required improvements in the fitness structure to achieve the fitness. It is analysed the mental and physical fitness of a child.

BENEFIT OF FITNESS

1. Knowing the strength and weakness helps in developing the weaker areas and boosting the strength.
2. Periodical assessment to check on the fitness components and to structure the future activities of developments.
3. Assessment workout as an essential tool to spot and boost to find out potential talented children.
4. To provide healthy and appropriate nutrition to promote a fit life of the children.
5. Fitness can help the individual for longer period of work or training without muscular tiredness.

SUGGESTIONS FOR PHYSICAL EDUCATION PROGRAMME IN SCHOOL CHILDREN

1. A systematic and appropriate age of fitness activities in progressive manner.
2. Safe, caring and secure environment in the campus.
3. Motor fitness development, game awareness and play in fun.
4. Neatly integrates sequential effectiveness of the programme.
5. The instructors and trainers to conduct a series of sequential activity with play equipment.
6. To motivate the participated children to develop the desired fondness for the sports of their choice.
7. To inspire and motivate the children and to provide them equal opportunity to perform the physical exercise in fun, enjoy and recreational manner in group and individual forms.
8. To create social interaction skills, team skills i.e. life skill in a child at the early age.
9. To provide necessary equipment for motivating the children.
10. To create mass participation with enough play field.

CONCLUSION

Physical education and sports programme play an important role in improving physical and physiological wellbeing of an individual and it contribute higher level of self-esteem, motivation and leadership qualities. In school physical education programme provide to encourage and inspire each and every child to be physically fit. The programme of physical education curriculum designed to bring the required physical and psychological strength among the school children which enhances the self-confidence and improves their life skills. Introducing systematically structured physical education programme in the daily school time table creates a habit of exercising and psychological development of the children at the early age. In present scenario school physical education programme emphasizes that physical activities is important to development and maintenance of good health for school children. Students who participated in daily outdoor exercise had better academic gains, fewer disciplinary problems and increased attention in class room as compared to their peers. Increased neuroscience research demonstrate positively altered brain actively and improved attention and mood.

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