



Physical Education and Sports Programs in Schools

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Abstract

Physical Education is an indispensable of education as it contributes to the health, to the emotional and mental development of an individual. In the modern era we cannot undermine the importance of relationship between general education and physical education. These are complementary and supplementary to each other. Their aims and objectives lead towards common goal—the all-round development of personality, enabling the man to lead enriched, abundant and harmonious life. Therefore, physical education is an integral part of general education and their relationship cannot be ignored. They are inter-related and inter-dependent, and constitute an indivisible whole. Physical Education as an integral part of all educational programs, deserves to be appreciated. The outcomes of these programs extend much beyond the horizons of keeping fit and healthy. They become positive inputs for the development of multiuse proficiencies, neuro-muscular skills, values and attitudes, which have great potential as foundations for success in life. Activities like rhythmic, expressive movements, dance, mass-drill, flag salutation and singing of the National Anthem do in the course of celebrations of national days and other events certainly go a long way in strengthening national integration. It helps students to realize and appreciate the contributions of these activities in physical, mental, moral, social and emotional development.

Key words: physical education and sports etc.

Introduction

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Significance of the Study

The study is to determine the physical education and sports programs in schools is total health system for healthy life style.

The Main Objectives of Physical Education Programmes Are

- ❖ To develop the concept of good health, physical fitness, grace and poise.
- ❖ To develop healthy habits relating to sleep, food exercise and hygiene.
- ❖ To develop neuro-muscular coordination(bodily skills)
- ❖ To develop attitudes and values of cooperation, sports manliness, fair play and team spirit.
- ❖ To develop traits of character such as discipline, courage, self- confidence and a sense of responsibility.
- ❖ To develop the ability for making an enjoyable use of leisure.
- ❖ To promote talent in sports and to achieve international standards.

Free Movements

Movements like walking, running, jumping, throwing are a part of movements education. For free movements and for exploration some improvised gadgets like hoops, old tyres, old boxes, old chairs, obstacles (prepared or existing) could be used. These activities facilitate free exploration, contributes to poise and body coordination and above all provide fund and enjoyment.

Rhythmic

Dance and action songs come under this category. Dance is an excellent medium of free healthful activity through which students can express their emotions. They are – various stimuli for dancing are necessary at this stage. These may be provided by audio-stimuli for dancing are necessary at this stage. These may be provided by audio-stimuli like mouth sounds, clapping, drums and also visual stimuli like demonstration, community songs and some other poems and songs selected from language readers. Examples group dance, action songs, flag drill etc., these activities help develop an agile body, balance and physical poise, graceful movements, a sense of rhythm and above all they yield joy and satisfaction.

Small Area Games

These are simple games played within a small area involving running, chasing, dodging etc., students could play these individually, in pairs or in groups. The interest of children could be sustained for a very long time through them. Lion in the well, follow the leader, thief and the Policeman etc., such games provides exercise to various muscles, help develop physical strength and neuromuscular coordination, foster a sense of cooperation and have fun and enjoyment.

Gymnastics

Physically activities of this type should be so selected that the children, of the age-group in question, are able to perform without any special equipment, rabbit jumping, displaying the postures of standing, sitting lifting bending and stretching, forward, backward roll, monkey walk, cart wheel, wheelbarrow, shoulder roll, balance walk etc., Gymnastic activities help in body control and neuro-muscular coordination skills. They also impart strength, suppleness and balance to the body.

Simple Combative

Simple combative like pushing, pulling, toppling help children in sublimating their aggressive drives and desires. Examples: drake fight, cock fight, lame duck fight, hand wrestle, pushing off the bench or the stool, stepping on toes, knee slap etc. These activities help children to know about their strength in relation to others and help develop courage and self-confidence.

Calisthenics

These are exercise without apparatus. They involve continuous movements of the head, arms, trunk, and legs without any rigid positions being held. These developmental exercises have to be done in a formal prescribed way for a sufficiently long time. These are normally 6 to 8 exercises of 2 to 4 counts for this age-group. Calisthenics help develop coordination of bodily movements leading to the growth and development of the body and better postures.

Athletics

Athletics play an important role in the programme of physical education. Activities in this area involve movements of running, jumping and throwing which are measurable and hence comparable. A healthy competition can be fostered through these activities because achievements can be measured and tested objectively where even an individual can compete with himself. Examples: Short Spirits (25 M), hopping (25-50 M), Endurance (200 M), throwing a cricket ball or football, jumping for distance and height. Athletic activities help develop fundamental motor skills, contribute to physical fitness and open up avenues for competition.

Games

Games though important in their own right, have to be suggested with the full awareness of the fact that, playground faculties and specialist coaches or instructors are not available in many schools. Children may be offered opportunities for playing “lead-up” games leading them finally to major games. Next, they may be encouraged to learn and practice a few fundamental skills and family, to play the games in the modified simple form. An exposure and opportunity is expected to finally enable students to select the games of their choice. Games help children to develop the ability to participate their choice. Games help children to develop the ability to participate in vigorous activities, to learn new skills, to cultivate an interest in games and to drive fun and enjoyment. Relays constitute a commonly practiced form of games. They could be simple relays, zig-zag relays, hop and run, potato race, three legged race, jumping over the stick etc., Lead up games are miniature forms of big games. In lead-up games of football or hockey, for example, there could be a small field with say 5 yr. 5 players. In a lead-up cricket children may play tennis ball cricket etc.,

Yogic Exercises

Yoga is an Indian contribution to the field of Health Education. Yogic asana be performed in a calm atmosphere, produce desirable effects on the body mind and are an excellent carry over activity. It will develop the ability to concentrate, has a carryover effect for it contributes to physical fitness and is now being increasingly used for therapeutic to cure a number of ailments. Asanas, in which students could be trained at this stage, are Swastikasana, Veerasana, Bhujangasana, Ardhsalabhasana, Utkatasana, Tandasana, Vrikshasana Padahastasana and Shavasana.

Drill and Marching

Drill and Marching are to be introduced at this state as a compulsory activity. They develop uniformity in orderly move sense of discipline and enable to formation of a habit for maintaining good posture leading to proper and effecting control of the body.

Swimming

Very few schools have swimming pools. However, whenever, natural facilities like a river, a sea, a pond is available nearby, swimming could be made a core programme Children ought to be encouraged and guided to get over the fear of water through confidence drill consisting (step-by-step) of:

- ❖ Walking in waist deep water.
- ❖ Jumping on the spot, back and forth and opening the eyes in the water.
- ❖ Practice of aquatic breathing with the face above the water level, breath in through the mouth and breathing – out through the nose.

- ❖ Floating with the support of a partner-holding the partner's waist stretched in a horizontal position.
- ❖ Once the floating skill is achieved, an attempt should be made to introduce the free style, breast stroke, and the butterfly stroke.
- ❖ The basic skill to be acquired for all the strokes should be: Body position (horizontal) Leg action Arm action Breathing Coordination Swimming leads to the removal of the fear of water helps develops Confidence, fun and pleasure.

Discussion of the Study

Scientists and doctors have known for years that substantial benefits can be gained from regular physical activity. The expanding and strengthening evidence on the relationship between physical activity and health necessitates the focus of the study brings to this important public health challenge. Although the science of physical activity is a complex and still-developing field, we have today strong evidence to indicate that regular physical education & sports will provide clear and substantial health gains.

We must get serious about improving the health of the nation by affirming our commitment to healthy physical activity on all levels: personal, family, community, organizational, and national. Because physical activity is so directly related to preventing disease and premature death and to maintaining a high quality of life, we must accord it the same level of attention that we give other important public health practices that affect the entire nation. Physical activity thus joins the front ranks of essential health objectives, such as sound nutrition, and the prevention of adverse health effects of tobacco.

The effort to understand how to promote more active lifestyles is of great importance to the health of this nation. Although the study of physical activity & sports determinants and interventions is at an early stage, effective programs to increase physical activity have been carried out in a variety of settings, such as schools, physicians' offices, and worksites. Determining the most effective and cost-effective intervention approaches is a challenge for the future.

Conclusion

Opportunities ought to be provided to the children for learning and practicing the skills and playing the games with suitable modification in the school, as physical education is the integral part of the educational programme. The programme aim at promoting the development of the body and the mind and also develop the qualities in children that are essential for a happy and well adjusted for health and healthy life style in a free and democratic world. Therefore it can conclude that, there activities can develop the total personality of the child, to its fullness and perfection total health system for healthy life style.

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