

THE OUTCOME OF PHYSICAL EDUCATION FOR SCHOOL CHILDREN

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ABSTRACT

A student's comprehensive, well-rounded education curriculum should include quality, everyday physical education as a way to both improve their long-term health and wellbeing. The ideal physical education curriculum will encourage a lifelong dedication to exercise as a component of a healthy lifestyle. In the end, enhanced coordinated school health initiatives, of which physical education is a key component, will support other prevention initiatives and aid in the reversal of the growing epidemic of childhood obesity that threatens to undo decades of advancement in the fight against cardiovascular disease. Children who receive effective interventions today will be spared a lifetime of chronic illness and incapacity. The children's motor abilities and hand-eye coordination are developed through physical education. Students that are physically well perform even better in the classroom.

During class, this circulation results in a longer attention span, enabling more concentration and assimilation. Students perform at their highest levels because they have the self-control and commitment necessary to succeed in sports. Students are introduced to various sports activities in the physical education curriculum at school, giving them the option to decide which sports they want to participate in. This essay attempts to shed light on the advantages of physical education programmes for students enrolled in educational institutions. Additionally, it offers suggestions for new laws or regulations aimed at raising the standard of physical education.

Keywords: *physical education, school, students, active living, health, program, education, and strategies*

INTRODUCTION

There have been many requests to increase, extend, and improve physical activity (PA) opportunities for children and youth in an era of pervasive childhood inactivity and obesity (Beets, Okely, Weaver et al. 2016). According to the World Health Organization (WHO, 2020), children and adolescents should engage in at least three days per week in vigorous aerobic and muscle- and bone-strengthening activities, and should engage in an average of 60 minutes per day of aerobic moderate-to-vigorous physical activity (MVPA). Young children are living more sedentary lives, with screen time, online browsing, and video games regularly replacing physical activity (Myers, Strikmiller, Webber, & Berenson, 1996). Given the significant increase in childhood obesity over the past ten years, there is a lot of concern about this lifestyle change (World Health Organization, 2000). In the educational setting, adding physical activity or fitness training is probably the best way to boost students' cognitive performance as well as their physical health (Haskell, 1994). Regrettably, Indian public school authorities have been cutting back on the time allotted for physical education in order to provide key subject areas more time for direct instruction. Additionally, group physical activity is not necessarily the focus of physical education sessions. Last but not least, experts have even asserted that physical education classes do not give kids access to environments that allow for intense, sustained physical activity. In the educational setting, adding physical activity or fitness training is probably the best way to boost students'

cognitive performance as well as their physical health (Haskell, 1994). Regrettably, Indian public school authorities have been cutting back on the time allotted for physical education in order to provide key subject areas more time for direct instruction. Additionally, group physical activity is not necessarily the focus of physical education sessions. Last but not least, experts have even asserted that physical education classes do not give kids access to environments that allow for intense, sustained physical activity.

Adding physical exercise within the educational setting

. Children in India now engage in a greater variety of non-educational activities than in the past few years. Children are spending less time taking care of their health as a result of increased affluence, the expansion of fast food restaurants, and the accessibility of extracurricular activities. You can see why kids are less interested in health today when you consider the widespread use of mobile devices, TV, and computers. Physical education, which is very important in India for keeping kids active and fit, is the answer to this. The development of pupils' confidence and competence is aided by physical education. They benefit from being able to participate in a variety of physical activities that are important to their life both inside and outside of school.

All kids in India who participate in a high-quality physical education programme can enjoy and be successful in a variety of physical activities. The significance of physical education programmes is to aid kids in the development of a variety of talents and to provide them with the knowledge and skills necessary to succeed both at home and at school.

Use of Physical Education to Promote Active Living

The use of physical education as a tool for healthy living in a school context involves the whole person.

Physically: by exerting high levels of effort in carefully chosen tasks, mentally: by focusing intently while learning new ideas and skills, emotionally: by the assurance that comes from enjoying one's existing abilities, socially: by interacting with others, and

Spiritually: through feelings of fulfilment, contentment, and inner peace. Active living enhances personal wellness through the natural "experience of the moment" and is sustained over time through the acquisition of information, skills, and feelings of improved wellness and self-worth. Physical activity is appreciated and incorporated into daily life in an active lifestyle. Three fundamental axioms that support active life serve as the foundation for the guiding principles of physical education in schools:

Active Living is more than Personal Well-being

In an interdependent environment, learners are recognised as multidimensional people by an active living philosophy. A rationale for physical education must be constructed in a way that begins with a holistic perspective of learners within a societal and ecological context and is grounded in the axioms of active living. This idea must recognise the connections between individual health, society health, and ecological or environmental health. Physical education

can encourage individual responsibility and control for leading active lifestyles as a health and wellness agent. However, it is equally crucial that physical education direct students' attention toward understanding the societal issues that can prevent them and others from leading active lifestyles.

The challenge for physical education is to engage learners in experiences which require them to take personal responsibility for active and healthy lifestyles, while critically examining how society and the environment influences individual health in both positive and negative ways. As examples, provision for outdoor play space in a school yard provides opportunities for active living, while offering rhythmic activities to females only in a school prolongs stereotyping and restricts male access to valuable movement experiences. School personnel, as well as students, need to critically examine the social and environmental factors within their specific school-community settings that both facilitate and impede student participation in physical activity.

The goal for physical education is to involve students in activities that compel them to accept personal responsibility for leading active and healthy lifestyles while critically assessing the good and bad effects that society and the environment have on individual health. As an illustration, providing an outdoor play area in a school yard encourages active living, whereas restricting male students to rhythmic activities in a school perpetuates stereotypes and denies them beneficial movement possibilities. Kids and school staff alike need to conduct a critical analysis of the social and environmental aspects of their particular school-community settings that both support and restrict students' participation in physical activity.

Benefits of Schools having Physical Education

Physical Education in India Teaches Ethical Traits

The first advantage of physical education is that it instils in kids the moral qualities they need to succeed in today's cutthroat society. Perseverance and work ethics are the key ethical lessons that they pick up from physical education. Disputes frequently occur in sports and physical education, and only the participants' endurance and moral character may make them less frequent.

physical condition

The essential component of a healthy lifestyle is physical fitness. For this reason, physical education is a crucial component in the majority of schools. Students maintain their physical fitness and health when frequent fitness activities are a regular component of their daily routine. Daily physical activity improves the body's ability to absorb nutrients, while also enhancing cardiovascular health and building stronger muscles. Performance Academically Improving. The fact that physical education boosts pupils' intellectual performance is one of its benefits. The majority of physical activities that students engage in at school are linked to

improved behaviour and increased levels of concentration. Sports and physical fitness activities support the enhancement of classroom learning.

Social Engagement

The only other setting besides the classroom where pupils can engage with one another is during physical education. It helps them become more socially adept. They gain a sense of identity from each other as well as the team during physical education class by participating in a variety of group activities that teach them how to cooperate. These social activities still have a significant impact on a student's development into a better professional. One of the finest ways to teach people teamwork, leadership, and management skills is through sports, for instance.

Lessens Stress

These days, youngsters are under a lot of academic pressure. Core courses are prioritised in the majority of schools, and students are under intense pressure to perform better in these disciplines. They still have homework to complete at home even after spending several hours in class, which leaves them little free time. And because they devote so much time to their studies, kids are under a lot of mental and physical stress. Stress and anxiety can be reduced to some extent through physical activity. In India, receiving a physical education also promotes emotional stability and resilience.
Breaks Monotony, Helps to Focus

Everyone is aware of what occurs when we don't take breaks. We become distracted from our task as a result. This monotony can be boring for children as well. If they are entirely focused on their academics, they need more than one break every day. Herein is the role that physical education plays. When children engage in physical activity at school, they can break the monotony and expend any surplus energy that is causing them to get restless and fidget in class or otherwise struggle to concentrate..

Learn The Importance of Staying Healthy

Everyone can learn from watching others. Children can pick up knowledge by seeing our acts and behaviours. They require a mentor who can encourage them to begin exercising so they can stay in shape. One of the best ways to impart the fundamentals of exercise is through physical education. We all know that students are introduced to exercises in physical education, and that if they enjoy them, they will keep doing them for the rest of their life. One of the finest ways for children in India to learn about the various sports and physical activities they can participate in is through physical education.

Nutritional benefits of physical education in India

There is no doubting that one of the key components of physical education is nutrition. During physical education sessions, kids learn the value of nutrition. They also learn about important dietary principles.
Learn Positive Behaviors

According to an old English proverb, "An idle brain is the devil's workshop," and that holds true for students who sit idle. Both classroom education and physical education keep them engaged and prevent them from going astray. And when they are engaged with physical



activities, they get to work as a team. When engaged in physical education, students will also learn to value education.

Conclusion

Many CBSE schools have made physical education in India an essential part of their education program because they know that physical education plays a key role in the development of a student's life. This is because of the fact students who participate in physical activities are always happier and healthier than those students that spend all their time studying. It has been known physical activities help in providing more oxygen to the heart and brain and allows the body to maintain a balance between physical and mental health.

Schools should consider several factors in the development of physical activities and one of those is the age of the student. Schools need to have age-appropriate physical education programs for students. At Orchids The International School, we are aware of the importance of physical education and have a healthy mix of academic, non-academic, and physical education activities for the holistic growth of the children.

Using physical activity as a way to inform, open students' minds, and engage them is what is meant by authentic physical education. Students who feel confident with their bodies typically display an increase in self-esteem and quickly develop a greater willingness to take risks in other facets of school life, such as their academic academics. Students become active agents in re-creating or modifying the social conditions in their life on a personal and global level through the process of personal development. In the growth and development of the pupils, physical education is crucial. Recent medical research have shown a direct correlation between a student's physical health and success in both the classroom and the workplace. 50 percent or more of class time should be spent in moderate to vigorous physical activity.

To sum up, policymakers will optimise children's potential for a lifetime of physical activity, health, and wellness by addressing the quality, amount, and intensity of physical education across the nation (the educational as well as the activity component). Physical education is a social construct, a product of culture, with attitudes regarding suitable missions, aims, and objectives that are both explicit and implicit.

Suggested Strategies

Every child's physical, mental, and social/emotional development is improved by a high-quality physical education curriculum, which also integrates fitness teaching and assessment to help kids understand, increase, and/or maintain their physical wellness. The following legislative and/or regulatory tactics can be suggested in this case:

- For at least 50% of class time, pupils engage in moderate-intense physical activity; impose the creation and implementation of a planned, sequential physical education curriculum in accordance with regional, national, and state requirements;

- Add specifications for fitness, cognitive, and affective assessments in physical education that are based on student development and knowledge gain; Appoint a physical education coordinator at the state level to offer resources and support to school districts throughout the state; Add requirements for fitness, cognitive, and affective assessment in physical education that are based on student improvement and knowledge gain;
- Assure that programs have appropriate equipment and adequate indoor and outdoor facilities;

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