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IMPORTANCE OF PHYSICAL EDUCATION IN SCHOOL CURRICULUM

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ABSTRACT

Educational systems all over the world have incorporated Physical Education in the curriculum. This can be alternatively called physical training or Gym class. This is where instructors allow students to learn psychomotor activities and physically involving them in various sports. 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.

Keywords: Curriculum, hygiene, taught, obedience, improve, fitness, obesity, self-discipline, stress.

INTRODUCTION

A common phrase used by the general public is that “a healthy body leads to a healthy mind.” One of the major health issues facing the United States is obesity, not only in adults, but many children as well. It is important that people strive for a healthy lifestyle to combat being overweight or obese. There are many benefits physical education provides today’s students and society. Within a school setting, a physical education program can serve

society in many ways if implemented and utilized appropriately. There are many areas physical education can serve and positively affect students and society. One is overall physical fitness. For example, physical education helps students and society improve skill-related components such as speed, nimbleness, reaction time, balance, coordination, and basic movement patterns. Physical education helps students and society improve upon are strength, fortitude, flexibility, and circulatory/respiratory activities.

What Is Physical Education

Physical education (PE) refers to practical and theoretical training that is given, especially at schools, for the overall well-being of body and mind. Physical education is formally given on regular basis according to well-ordered organized plan, and it can be of various forms:

- exercises and activities such as aerobics, gymnastics, aquarobics, running, jogging, callisthenics, etc., carried out for supporting and enhancing the fitness of the physical body,
- physical activities aimed at augmenting mental skills,
- outdoor sports that aims better health and bodily fitness,
- activities that increases tractability of the body,
- knowledge of precautions to be taken to avoid diseases,
- knowledge relating to the importance of proper nutrition and healthy food,
- Knowledge to maintain hygiene, sanitation, etc.

Education aims at the training of the body, mind, and conduct of a student. To keep a healthy mind within a healthy body, a student needs regular physical exercise.¹

Why do our students need Physical Education

"The higher your energy level the more efficient your body. The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results."

Anthony Robbins

A quality physical education program will help children....

- Improve self-esteem, self-confidence, and interpersonal skills.
- Gain a sense of belonging through teamwork.

¹<https://www.importantindia.com/22037/need-and-importance-of-physical-education/>

- Prepare to embrace cooperation and competition.
- Handle adversity through winning and losing.
- Develop social skills.
- Learn discipline.
- Improve problem solving skills and increase creativity.
- Develop an understanding of the role of physical activity in promoting health.
- Reduce their inclination to risk behaviours such as use of drugs, alcohol, and tobacco, missing or dropping out of school, and getting pregnant.
- Enhance social and cognitive development and academic achievement.²

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 activities 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.³

IMPORTANCE OF 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 qualities.
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 honourably and to keep the rules of the game.
6. They learn to be fair to their opponents.
7. They develop courage and patience.
8. School sports teach them to take a defeat in a good spirit.

²<http://www.sasd.k12.pa.us/WhydoourstudentsneedPhysicalEducation>

³<https://www.importantindia.com/22037/need-and-importance-of-physical-education/>

Physical education aims at bringing the best in the students.

VALUE OF PHYSICAL EDUCATION

Physical education is an integral part of the total education of every child in kindergarten through high school. Quality physical education programs are needed to increase the physical capability, 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. Here's what quality physical education programs can do for students, according to the National Association for Sport and 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 exhausted. In outdoor games in the afternoon, they gasp fresh air and feel animated. 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 methodical instructions in physical educational 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 tolerate defeat calmly and to respect the winners. They also promote a spirit of good will and sportsmanship.

Forms character: Physical education teaches us fortitude 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 obtains qualities of leadership.

Thus, Physical education is of great value.⁴

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 resistant system strong

⁴<https://www.importantindia.com/22037/need-and-importance-of-physical-education/>

and improves upon a child's stamina. This increases the fitness levels and keeps various diseases and health conditions in check.⁵

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

Enables development of student responsibility for health and fitness⁶

Stress-Management

Often times, students, particularly in their adolescent years, face various kinds of pressure and experience stress and concern. Participation in physical activities can act as a stress buster for them. Researchers 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 inactive lifestyles. Due to these very reasons, the productivity of such students in various spheres of life, including their studies, improves considerably.

⁵<https://eduzenith.com/importance-of-physical-education-in-schools>

⁶<http://www.veanea.org/home/1000.htm>

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.

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 behaviour.

Experience setting goals

Gives children the opportunity to set and struggle for personal, achievable goals.

CONCLUSION

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.

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