



Discussion

CHANGING CONTOURS OF PHYSICAL EDUCATION AND YOGA: AN EDUCATION CONTINUUM

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ABSTRACT

The National Education Policy 2020 was approved by the Union Cabinet in July. It seeks to reform the education system of India and overarches the structural issues in the present Education System. The National Education Policy 2020 strongly emphasizes including sports and physical education as a part of the curriculum. It is recognized as a subject to be taught and the physical aspects are limited to physical education sessions. The idea is not much different from what already exists. The policy merely makes it mandatory what was otherwise an option in many schools. The present article throws light on the significance of physical education and sports across the levels of education-pre-primary, primary, secondary, higher secondary, and higher education. The views provide an array of pertinence in the realm of all-round development of an individual. Health is wealth-goes the old saying. The head, heart and soul reside in a body and physical education and yoga provides a sound health of all these. The position of physical education, yoga and sports in all levels of educational curricula can sign a positive and confident youth, who could contribute to the development of the nation. The NEP 2020, thus envisaged the inclusion of physical education, sports, yoga and mental health in the educational contours, augmenting their existing position in the respective curricula.

Overture:

The word 'Education' is derived from the Latin word 'Educatum', which means to bring out. The meaning of education is 'to bring out the best qualities of the individual'. Education is the process of facilitating learning or the acquisition of knowledge, skills, values, morals, beliefs and habits. According to Swami Vivekananda, Education is the manifestation of the perfection already in humans. It is a well-established scientific fact that Physical inactivity is a key determinant of health across the lifespan. Physical education and a variety of sports are essential for the mental and physical development of the students. Sports help in better

development of children and side by side it helps in character building and psychological training of students. Sports and Physical education build the personality and develops many life skills for children. Team sports or individual games, be it indoor or outdoor- contribute largely to this multi-faceted development. At present a child is being entirely deprived of this experience- and this seriously impact his/her personality.

The Revelation:

Physical Education is a very wide subject in which biological, psychological, physical, health and functional aspects of sports and body are studied. It is noteworthy

that it is such a subject with the help of which human body both internally and externally can be kept healthy. Students will definitely be able to discharge duties towards themselves and society through this subject. Under this subject, the students can demonstrate excellently their skills and perfection particularly in sports ability, management, leadership, health plan, event management, sports budgeting, physiology, teaching methods, sports psychology and research along with getting information regarding to the importance of Physical Education for DIVYANG-adapted physical education and sports.

We have to prepare the citizens of 21st Century equipped with Critical Thinking, Problem Solving, Analytic Reasoning, Cognitive Skills, and Self-Directed Learning etc. Under the new system, sports will become a part-and-parcel of the school education system. The sports curriculum will be designed, depending on the infrastructure in the school campus and may also be shared from the neighboring campuses.

In his address to the nation during the 75th Independence Day, Prime Minister Narendra Modi ji emphasized the need to have sports education in schools. He articulated, “You will soon see policy changes that make sports an integral part of school education”.

The Pedagogical tenets:

The main goals in teaching modern physical education are (NCBI, 2013):

- To expose children and teens to a wide variety of exercise and healthy activities.
- To teach skills to maintain a lifetime of fitness as well as health.
- To encourage self-reporting and monitoring of exercise.
- To individualize duration, intensity, and type of activity.
- To focus feedback on the work, rather than the result.
- To provide active role models.

It is critical for physical educators to foster and strengthen developing motor skills and to provide children and teens with a basic skill set that builds their movement repertoire, which allows students to engage in various forms of games, sports, and other physical activities throughout their lifetime.

These goals can be achieved in a variety of ways. National, state, and local guidelines often dictate which standards must be taught in regards to physical education. These standards determine what content is covered, the qualifications educators must meet, and the textbooks and materials which must be used. These various

standards include teaching sports education, or the use of sports as exercise; fitness education, relating to overall health and fitness; and movement education, which deals with movement in a non-sport context (Kun, 2003).

The Necessity:

Extrapolating the words of Swami Ji, the paradigms of Physical Education, Sports and Yoga are integrated under the National Education Policy (NEP) 2020. Physical Education, Sports and Yoga professionals, will contribute in bringing Health and Wellness at every aspect of one's personality. Thus, developing and proposing the syllabus framework for Physical Education, Sports and Yoga is a precedence of all levels of educational institutions. In this context, the Physical Education, Sports and Yoga professionals, will contribute in bringing Health and Wellness at every aspect of an individual's personality. The following are some of the visible reasons why a student/individual must involve in physical education/yoga (<https://glentreeacademy.com/importance-of-physical-education/>):

- It improves the learning aptitude of the students.
- Improves cardiovascular endurance, muscular strength, flexibility, mobility, and body consumption.
- Improves power, agility, reaction, time, balance, speed and coordination by use of all senses.
- It develops the skills of the children. Children learn and practice motor skills in a safe environment. This allows for satisfying and successful participation in physical activities like an individual and team sports.
- Regular physical activity helps to release tension and anxiety. It also helps to build resilience and emotional stability.
- As children master skills they become more confident in their abilities. When children are successful in a safe learning environment, they become more confident, assertive, self-controlled, and independent.

From times immemorial, a variety of sports, yoga and healthy activities are being conducted in schools in order to make children healthy and to put them on a path to achieving the desired goals. Researches show that healthy children perform better in education. Therefore, there is a need to emphasize on physical education and sports in schools.

It is frequently heard that children are suffering from physical ailments. The reasons are mostly their lifestyle and habits. Owing to tremendous study engagements children/students hardly find time to indulge in games and sports. This seriously affect their physical as well as

mental health. But the fact is that children are fast in learning than in sports but no student can get a good education unless he/she is physically fit. Exercise is very important to keep the body fit and that is why in a country where playgrounds are inhabited, their hospitals will be deserted and in a country where playgrounds are deserted, their hospitals will be inhabited (<https://thekashmirimages.com/2022/05/19/nep-2020-and-the-significance-of-physical-education/>).

NEP contouring the Education scenario:

The vision of India's new education system has accordingly been crafted to ensure that it touches the life of each and every citizen. The new National Education Policy has brought vicissitudes in this regard. At this juncture when the health, happiness and immunity of children are becoming increasingly important due to the covid pandemic, NEP has been a sunup for all education seekers. The new NEP-2020 includes several key points that are instrumental for the holistic development of a child. By eliminating the rigid separation between curricular and extra-curricular activities, the NEP-2020 acknowledges sports to be equally important as any other subject like English or Science, thereby increasing the Fun and Engagement that children desperately seek in a school. Another reform on Vocational Education is also a great step towards all-round development of children. Physical Activity and Sports will be offered as a Vocational subject. The students will be encouraged to choose these vocational subjects.

It is noticed that every child enjoys a certain type of sports or have hobbies of games and or any particular physical activity. It is undeniably witnessed that children/students tend to perform better in subjects or curriculum they love to do. The policy views this notion and now it is up to the policy to be translated into more playful, fun and engaging school environment for children while meeting the adult goals of learning outcomes. A robust change in mindset has come into forth. It is the time to incorporate the recommended reforms. Academicians and education administrators are the hardest to convince. There are too many players in the game and to motivate them in a particular direction is indeed a stupendous task.

The Prospects of Sports Education:

Sports education builds the personality and develops many life skills for children. Team sports or individual games, be it indoor or outdoor- contribute largely to this multi-faceted development. Now imagine, a child being entirely deprived of this experience- how does it impact one's personality? Best sports schools in West Bengal recognize this gap and hence have developed a sports-

centric flexible curriculum. Here, academics and sports are equally prioritized and extraordinary talents are recognized and nurtured from an early stage.

Being a part of a sports school, children get the scope to find out their calling in specific types of sports while trying out different options. At the same time, their academics do not get neglected. But more than anything, the child has an overall physical and mental development that brings out the best in them as an adult later in life. The comprehensive academics and sports training for future athletes at sports schools are also gaining popularity with parents who are recognizing the advantages. So even with the conceptual gap in NEP regarding sports, concerned parents still can get a solution when they look for true holistic development of their child.

End thoughts:

The value of embracing a physically active lifestyle has been well documented since long and is highly pronounced in recent times. But it is noted that despite of this knowledge, physical activity levels remain exorbitantly low in children and youth-one is the precursor, whilst the other is the nation builder. Habit formation in youth is a key indicator of engagement in physical activity as an adult; therefore, maximising opportunities to develop motivation in young people is indispensably imperative to escalate the likelihood of maintaining physical activity habits as an adult. A key factor for the development of motivation is school-based physical education (Wintle, 2022). This article portrays the contours of physical education, sports and yoga as a media for physical activity promotion, and suggests that a change of approach that moves with the motion of NEP 2020 across curricula in education continuum. A socially, culturally and academically appropriate curricula is needed to usher enjoyment through a meaningful experiences approach, which is viable for the all-round development of an individual-Child-youth.

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