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## A STUDY ON IMPROVEMENTS THAT CAN BE MADE TO THE PHYSICAL EDUCATION CURRICULUM IN SCHOOLS

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**Abstract :** Physical education (PE) is an important aspect of a student's learning, especially at a young age. Whether you're a teacher, a parent, or a student, you can help to improve physical education in schools. By focusing on making physical education fun, encouraging after school activities, and contributing to PE programs, you can help to improve physical education in schools. School sport offers the school community opportunities to build a strong identity and culture of excellence. Traditional values of respect, fairness, responsibility and resilience are developed as part of students' participation. School sport is often a partnership between the school and local community organisations, which work together to develop students' abilities and foster student aspirations for interesting and rewarding lives.

**Keywords:** Community, Organizations, Traditional values, Opportunities, Physical activity

### Introduction

Physical education programs are designed to be more inclusive, active, and fun than traditional PE classes, helping students seek out physical activity and develop a lifetime commitment to wellness. Programs allow students to develop a variety of movement skills and teamwork capabilities so kids feel more comfortable in both group and movement environments, making them more likely to seek out these environments on their own or to be asked by others to participate.

Initiating a program is one of the best things your school can do to improve its PE program. It was proven to work with both physical education specialists and classroom teachers. Today, after lessons learned from more than 20 years of ongoing research and field testing nationwide, PE is one of the best physical education programs in the world – a true solution to our growing problem of overweight and obese children.

The following ten ideas are taken from years of research and field-testing and provide examples of Students can improve your PE program.

1. Focus on lifelong activities rather than team or individual sports. While weight training, running, yoga, aerobics, golf, frisbee, tennis, and softball may all be considered team and/or individual sports, these activities tend to be carried over to adulthood more often than other competitive sports like football, basketball, soccer, and track and field events that kids may participate in during childhood and adolescence only.
2. Implement physical activities that children enjoy and will continue to seek out on their own. Of course we want kids to like PE class, but a better goal is to teach them movement activities they like so much that they want to do them at recess, after school, and at home as well, more than they want to play video games or watch television. Part of the trick is to emphasize "fun" over exercise."
3. Purchase physical activity equipment, including assessment tools. Providing equipment that enhances physical activities gives educators a wider range of choices for lesson plans during PE class. Purchasing assessment tools such as pedometers and heart rate monitors helps educators track student progress, and kids have fun tracking the number of steps or miles they can walk during a given time period.
4. Break down larger classes into smaller groups. Budget cutbacks have left schools with fewer teachers and larger class sizes, making it more difficult to engage students. PE class is one area where it is possible to break the class into smaller groups of four to six children per group, making it easier for kids to work on building their social skills and teamwork. PE class is the perfect place to provide a variety of activities in stations that kids switch up every ten minutes.
5. Provide weight and resistance training classes and equipment. More middle and high schools are offering weight training classes as an alternative to traditional PE classes, teaching a specific area of lifelong movement and exercise that kids often carry with them into adulthood. Elementary schools that are able to purchase some weight and resistance training tools can offer a shorter, four to six week program to give kids a taste of their future physical education class options.

6. Include activities for all students. Some kids are more athletic than others, and some children have developmental issues or physical disabilities that make it harder for them to participate in traditional PE class activities. Physical education programs should focus on providing a variety of movement-based activities that will allow everyone to be involved and even challenge some of the more fitness-inclined kids with activities they are not familiar with.
7. Provide professional development for teachers. Educators that are specifically trained in physical education still need continuing education to keep them up-to-date on everything from new, innovative PE lesson plans to current health and nutrition information. Likewise, other teachers around the school can be trained to integrate physical activity, health, wellness, and lifestyle into traditional classes like reading, writing, arithmetic, and science.
8. Take a holistic approach to wellness and well-being. Creating healthy, happy children with good habits they will carry over into adulthood is not limited to physical education, movement, and activity, although these are excellent places to start. PE classes can broaden the variety of topics they teach with healthy lifestyle approaches, and the entire school can get involved by teaching these same concepts in social studies, science, and even humanities-based classes.
9. Integrate health and nutrition programs into PE classes and classroom-based classes. Health and nutrition are just as important to healthy lifestyles and lifelong wellness and physical activity and movement, so PE classes are a great place to begin teaching kids these concepts as well. Of course, we don't want to take movement time away from kids when it is so limited already, so schools who can integrate separate health and nutrition classes into the curriculum will produce even healthier kids. A four to six week block in a science or social studies class is the perfect place to start.
10. Provide assessment initiatives. Improving PE programs is only part of the battle. Your school will want to find a way to assess and evaluate students' levels of fitness, in order to identify areas in which progress was successful and other areas in which improvements still need to be made.

#### **Power of Physical Education and School Sport for Human Development**

Providing regular opportunities for physical activity and play enhance overall physical fitness and help to alleviate stress. Sport-based projects can contribute to the fulfillment of the right of the child to the enjoyment of the highest attainable standards of health. The opportunity to participate in and enjoy sport and play is a human right that must be promoted, supported and advocated. Sport is a human right as per the article of the Charter of Physical Education and Sport adopted by UNESCO in 1978. The charter states: 'The practice of Physical Education and Sport is a fundamental human right for all'.

#### **Importance of Physical Education (PE) and School Sport**

PE and School Sport can majorly contribute to agendas such as educational achievement, public health, community cohesion and of course sporting performance at the highest level. Sports, physical education, education and health are interlinked and together contribute significantly to holistic human resource development. Within schools, physical education is an essential component of quality education. Not only do physical education and sport programmes promote physical activity, there is evidence that such programmes co-relate to improved academic performance.

Given that rates of physical activity tend to decrease from adolescence, it is imperative that young people in primary schools gain an appreciation of Physical Education and School Sport in order to ensure life long active and healthy living.

#### **Physical Education in Indian schools**

Health and Physical Education, having components of health education, physical education and yoga are an integral part of school curriculum in India. Majority of the schools have Physical Education teachers at the secondary level (Classes 6-10) and hence physical education is not taught at the primary level whereas Sport and Play is one of the most distinctive features of early childhood. Through play, children both enjoy and challenge their current capacities, whether they are playing alone or with others. The value of creative play and exploratory learning is widely recognized in early childhood education.

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