

Physical Education, Yoga and Sports: Exploring the Possibilities of Bilateral Cooperation

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Introduction:-

- Change and challenge are two words that affect every aspect of the Indian way of life. Change is taking place all round us and because of change new challenges present themselves. Since the time immemorial the observation revealed that physical movement had been the natural necessities of human beings and even that of lower forms of animals. During early times the physical movements were mandatory to survive and for procuring food stuff but as civilization progressed, humans recognized and realized the worth of physical movements to keep themselves fit and healthy.

Curriculum for Health and Physical Education:-

- Health and physical education programme should aim to develop desirable understanding, attitude and practices with regard to nutrition, health & sanitation and fitness so as to improve health status of oneself, family and the community.
- With a view of promoting healthful living and overcoming major health problems, the general education of first ten years must strive to develop a system which promotes an integral development of body, mind and spirit. Children at this stage should be exposed to the variety of school experiences suitable for different age groups of learners taking into account their needs and requirements and matching to their level of growth and maturity. The total approach should emphasize mass participation and learning ways of healthful living.


Summary of the stipulations made in the National Curriculum Framework 2005 on H,PE &Yoga

- The precondition for all development is healthy physical growth of all children. Participation of all children in free play, informal and formal games, yoga and sports activities is essential for their physical and psycho-social development.
- Adoption of holistic definition of health within which physical education and yoga contribute to the physical, social, emotional and mental development of a child.
- The entire group (H,PE &Yoga) must be taken together as a comprehensive health and physical education curriculum, replacing the fragmentary approach current in schools today.

- H,PE &Yoga must continue to be a compulsory subject from the primary to the secondary stages and as an optional subject at higher secondary stage.
- In order to transact the curriculum effectively, it is essential to ensure that the minimum essential physical space and equipments are available in every school. Teacher preparation for this area needs well planned and concerted efforts.
- Yoga could be introduced from the primary level onwards in informal ways, but formal introduction of yogic exercises should begin only from class sixth onwards.

Strategies:

Given the multidimensional nature of health, there are many opportunities for cross-curricular learning and integration. Activities such as the National Service Scheme, Bharat Scouts and Guides, and the National Cadets Corps are some such areas.



Teacher preparation for this area needs well-planned and concerted efforts. This subject area, consisting of health education, physical education and yoga, must be suitably integrated into the elementary and secondary pre-service teacher education courses. The potential of the existing physical education training institutes should be reviewed and utilized adequately.

Teacher Preparation in Physical Education:-


- Despite being an integral component of education physical education is yet to achieve its due place in education.
- It is necessary to plan and reorganize the teacher training programme in physical education so that their professional as well as academic qualifications can be cope-up with the requirements of the curriculum.

Primary Level-:

The classroom teachers should be able toHandle physical education sports and yoga classes. The colleges of education training primary teachers must provide physical education as a compulsory paper.

Secondary Level:-

Special attention need to be payed to preparation of physical education teacher for secondary and senior secondary schools. Not much deviation is needed in the objectives, curriculum, pedagogy and process of evaluation in the programme of teacher preparation.

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- In short the teacher education programme must be properly geared to integrate, health & physical education into the system of general education and must develop our educational centers where study, life and play are blended together in mutually advantageous achievements.
 - It must help to nurture properly the talent in sports, games and Yoga.




The country offers the under mentioned courses of teacher education in the areas of Physical Education.

- Diploma in Physical Education (D.P.Ed.).
- Bachelor of Physical Education (B.P.E.) four years degree course.
- Bachelor of Physical Education programme (B.P.Ed.) two years degree course.
- Master of Physical Education Programme (M.P.Ed.) two years programme.
- M.Phil in Physical Education (two years full time programme).
- Full time Doctoral Programme in Physical Education.

Recommendations for Implementing H,PE & Yoga -

- Time allocated for games and yoga must not be reduced or taken away under any circumstances.
- HPE must continue to be a compulsory subject from the primary, to the secondary stages, and as an optional subject at the higher secondary stage.
- It needs to be given equal status with other subjects, a status is not being given at present.
- Ensure that minimum essential physical space and equipments are available in every school, and that doctors and medical personnel visit school regularly.
- Teacher preparation, consisting of health education, physical education and yoga, must be suitably integrated into the elementary and secondary pre-service teacher education programme.

- The potential of the existing physical education training institutes should be reviewed and utilized adequately. Their appropriate syllabi and teacher training for transaction of yoga in schools need to be reviewed and reformulated. It is also essential to ensure that these concerns are integrated into the activities of National Service Scheme, Bharat Scouts and Guides, National Cadet Corps.
- The 'need based approach' could guide the physical, psychological and mental aspects that need to be included at different levels of schooling. Several national health programmes like Reproductive and Child Health, HIV/AIDS, Tuberculosis and Mental Health have been targeting children as focus group with prevention in view. These demands on children need to be integrated into existing curricular activities rather than adding these on.

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- Yoga may be introduced from the primary level onwards in informal ways, but formal introduction of yogic exercises should begin only from class VI onwards.
 - There may be more emphasis on the inclusion of sports and games from the local area.
 - School space should be utilized for special sports programmes both before school hours and after school hours to enable children with special talents for sports to come here for special training and during vacation periods.

NCERT Contributions in the area of H,PE& Yoga-

- Health physical education and yoga has been treated comprehensively, replacing the fragmentary approach.
- The curriculum for H,PE &Yoga for primary, elementary and secondary levels has been developed .
- Developments of teacher guide has been undertaken.
- Promotion of yoga in schools through centrally sponsored scheme is being implemented.
- Working to evolve assessment and evaluation strategies in H,PE & Yoga.
- Organized yoga Olympiad-2016

Areas for Collaboration-:

- Strengthening infrastructural facilities pertaining to H,PE&Yoga .
- Empowering teachers of physical education in the area of fitness and pedagogy of physical education.
- Launching a model teacher education programme in physical education at RIEs, NCERT.
- Supplementing the nutritional status of School going children.
- Designing and implementing adapted physical education programme for CSN.
- Supporting mass participation (Intramural) programme for school going children.
- Introducing and promoting Yoga at different stages of education.
- Supporting special training for talented students in physical education and sports.