



FUTURE OF PHYSICAL EDUCATION AND SPORTS

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ABSTRACT:

Future of physical education and sports is definitely bright because of the current scenario of sports in India as well as Government Policy of Khelo India and also Medals won by Indians in recent Olympic Games as well. Current situation of sports is beneficial for the bright future of physical education and sports. The aim of this paper is to identify the current trends as well as challenges in physical education and sports. Physical Education and Sports is two sides a coin. These are activities for the fitness point of view. Physical education always gives us an opportunity to build future. As per the physical education point of view, it can be useful for the mental fitness and also to improve concentration. The future challenges to make this field interesting involves an adequate curriculum, sufficient funds, all these issues have been discussed in the present study.

Key words: - *Physical Education, future of Sports and Technology.*

INTRODUCTION :

When the Covid-19 Pandemic hit and the country was put on lockdown, teaching as we knew it had changed. Face to face teaching changed to screen to screen. Online learning became the order of the day. There were concerns that the lockdown would lead to a more sedentary period for school pupils across the country. It was a huge task: how could we still teach physical education from our gardens and living rooms? Not knowing what kind of access pupils had to PE equipment, domestic household products and online videos were used to develop physical and skills challenges for pupils to take part in at home.

Sports is always essential for all human beings. It can be possible for all to be free from all types of diseases. During pandemic time, most of the people in India tried to be fit and used various remedies like indoor sports as well as individual sports. Future of physical education and sports is definitely bright because of the current scenario of sports in India as well as Government Policy of Khelo India and also Medals won by Indians in recent Olympic Games as well. Current situation of sports is

beneficial for the bright future of physical education and sports. Today the physical dimensions no longer neglected. Ninety millions men and woman's twice the number of 15 year ago engage regularly in some forms of physical activity. Academicians now recognize that motor activity is related to behavior that includes the higher thought processes.

BENEFITS :

- Physical improves our stamina
- It develops our capacity to play for a long time
- One can handle all sorts of situation
- Physical Education teaches us how to tackle critical situation.
- After losing any match, one can try for the forthcoming match with optimistic way.
- Sports always teaches us sportsman spirit and it can be possible to compete against all types of situation.
- Improve your memory and brain function (all age groups).
- Aid in weight management.
- Lower blood pressure and improve heart health.
- Improve your quality of sleep.

- Reduce feelings of anxiety and depression.
- Combat cancer-related fatigue.

OBJECTIVES :

Physical Education can develop the society for fitness. It is an opportunity for players to improve their sports talent because now in India central government is providing platforms in all levels of the sports. COVID-19 has created an exciting time in Education to pause and reassess the positives and negatives of our now PE Curriculum.

FUTURE OF PHYSICAL EDUCATION :

Many pupils do thrive off of team games, however, whilst the immediate future of PE may look slightly different, it is a great opportunity for Physical Educators to challenge themselves to think creativity about how they can best continue to embed the "Education" into PE whilst encouraging pupils to re-focus on having a healthy body, which will, inevitably, lead to a healthier mind. Therefore future physical education and sports in India is definitely bright.

CHALLENGES IN PHYSICAL EDUCATION AND SPORTS :

There are many challenges before us as lack of timing for the players , parents not supporting their kids for the games .As everyone of us are running towards career. And also most important thing is that role of politics in spots sectors. There is no guarantee about the job in this field.

FINDINGS :

Future of Physical Education and sports is bright but there may be some corrections which must be apply in the sports policies. We knew that politics is playing a major role in dominating all sectors in the world. So for the benefit of Physical Education and Sports , it is essential to free this sector as well. Physical and health educators are challenged to become more responsive to a technology-driven environment that provides enhanced opportunities for

learners well beyond the walls of the traditional classroom setting. Now a days our sports is empowering after the medals won by Indians in recent Olympic , And also there are other policies about Khelo India , and these policies reached directly on the ground level. That's why before pandemic, football tournaments were organized by the central government on behalf of Swami Vivekanand Birth Ceremony. It means that we can change the situation but these policies must implement forcefully by the government as well.

CONCLUSION :

The current practices and present curriculum should be modified to generate interest of students in physical education and sports activities as well. The future challenges must be solved by taking support for funds from various sectors . Therefor many players can only focus on their game without worrying about the funds and can try the best . The technology will also play an important role in expanding and creating the interest in physical activities. New techniques are also useful to develop he games and sports as well. The importance of physical education and sports activities are being identified in today's world and efforts are being made to improve the situations so that more and more talent can be recognized. The future challenges to make this field interesting involves an adequate curriculum, sufficient funds, allotment for holding various competitions and role of technology to create awareness about the importance of physical education activities and sports in our daily life.

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