



## IMPORTANCE OF PHYSICAL EDUCATION IN SCHOOLS

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**Abstract:** Any type of physical activity is natural to a human being. Physical activities are necessary for human growth and development. As such physical education has been a part of human being since time immemorial. As time passed on, human life and their activities become more complicated, and the physical activities which were found to be beneficial for different purposes for human beings were selected. In fact walking, running, jumping, throwing physical education has been developed on these basic movement. Physical education is basically a movement skills. In this context the main purposes of teaching physical education is to make an individual physically fit, mentally alert, emotionally stable, socially hermonious and adjustable. So, these days more emphasis is being given to the physical activities by different countries. A country needs not just citizens but citizens with sound mind with a sound physique. Quality physical education programs are needed to increase the physical competence, 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. Every student in our nation's schools, from PK-12, should have the opportunity to participate in quality physical education. Why is quality physical education important? Quality physical education programs help all students develop health-related fitness, physical competence, cognitive understanding, and positive attitudes about physical activity, so that they can adopt healthy and physically active lifestyles. Quality physical education programs provide learning experiences that improve mental alertness, academic performance, and readiness and enthusiasm for learning in our nations' youth.

**Keywords:** Physical Education, Importance, School

### Introduction:

Any type of physical activity is natural to a human being. Physical activities are necessary for human growth and development. As such physical education has been a part of human being since time immemorial. As time passed on, human life and their activities become more complicated, and the physical activities which were found to be beneficial for different purposes for human beings were selected. In fact walking, running, jumping, throwing physical education has been developed on these basic movement. Physical education is basically a movement skills. In this context the main purposes of teaching physical education is to make an individual physically fit, mentally alert, emotionally stable, socially hermonious and adjustable. So, these days more emphasis is being given to the physical activities by different countries. A country needs not just citizens but citizens with sound mind with a sound physique.

### Need and Importance of Physical Education

Physical education refers to the process of imparting systematic instructions in physical exercise, sports, games, and hygiene. The term is generally used for the physical education programs at school and colleges.

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.

The brain of students gets tired after schoolwork. His mind refuses to work. Therefore, for diversion and refreshment of mind, he requires some organized forms of physical and mental work.

Physical education forms an important part of modern education. Almost every school can boast of a playground, and one or two teams. In every modern school and colleges, after class work, students join various sports and games. The students generally take to all kinds of physical activities and show a great deal of interest in them.

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 pastimes 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.

#### **Importance 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 virtues.
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 honorably and to keep the rules of the game.
6. They learn to be fair to their opponents.
7. They develop pluck and patience.
8. School sports teach them to take a defeat in a good spirit.

#### **The Importance of Physical Education and Recreation in Schools**

Quality physical education programs are needed to increase the physical competence, 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.

#### **Improved Physical Fitness**

Improves children's muscular strength, flexibility, muscular endurance, body composition and cardiovascular endurance

#### **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**

Facilitates development of student responsibility for health and fitness

#### **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 behavior.

#### **Stress Reduction**

Physical activity becomes an outlet for releasing tension and anxiety, and facilitates emotional stability and resilience.

#### **Strengthened Peer Relationships**

Physical education can be a major force in helping children socialize with others successfully and provides opportunities to learn positive people skills. Especially during late childhood and adolescence, being able to participate in dances, games and sports is an important part of peer culture.

#### **Improved Self-Confidence and Self-Esteem**

Physical education instills a stronger sense of self-worth in children based on their mastery of skills and concepts in physical activity. They can become more confident, assertive, independent and self-controlled.

#### **Experience Setting Goals**

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

#### **Quality Physical Education**

Every student in our nation's schools, from PK-12, should have the opportunity to participate in quality physical education. Why is quality physical education important? Quality physical education programs help all students develop health-related fitness, physical competence, cognitive understanding, and positive

attitudes about physical activity, so that they can adopt healthy and physically active lifestyles. Quality physical education programs provide learning experiences that improve mental alertness, academic performance, and readiness and enthusiasm for learning in our nations' youth.

**Conclusion:**

Quality physical education programs are needed to increase the physical competence, 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.

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