



# A COMPARATIVE STUDY ON PHYSICAL EDUCATION OF SECONDARY AND HIGHER SECONDARY LEVEL UNDER BILHA BLOCK BILASPUR DISTRICT

JAYANTA SAHU

ASST. TEACHER

MAHANADI HIGH SCHOOL, HANDAPA  
SCHOOL AND MASS EDUCATION , ODISHA

**Abstract :** All education and no play make the teaching learning process dull and monotonous. That is why in school curriculum health and physical education has been introduced to make the child free to practice and active his physical organs.

The chief aim of our education is to all round and complete development of the child. In this all round development child's physical, mental, social, emotional, aspects are included. The pre-condition for all development is healthy physical growth of all children (NCF, 2005, 2.3.1). Physical development supports mental and cognitive development especially in young children the capacity to think, reason, make sense of the self and the problem solving skills depends upon physical education.

According to Aristotle " Education is the creation of a sound mind in a sound body" (Nayak, 2013). Analyzing his definition we can say that physical development is the first step to proceed other development. For this reason NCF2005 (3.6) Recommended Health and Physical education must continue to be a compulsory subject from the Primary to Secondary stages and as an optional subject at the Higher Secondary stage.

Keywords: Physical Education, School Education.

## INTRODUCTION

In school curriculum health and physical education has been introduced to make the child free to practice and active his physical organs. The chief aim of education is to make all round development of child's physical, mental, social and emotional aspects. NCF, 2005 (2.3.1) the pre-condition for all development is healthy physical growth of all children. According to Aristotle "Education is the creation of a sound mind in a sound body" (Nayak, 2013). NCF,2005 (3.6) Recommended Health and Physical education must continue to be a compulsory subject from the primary to secondary stages and as an optional subject at the higher secondary stage. Various Commission and Committees have also recommended for Health and Physical education at each level of schooling. Wardha scheme of education (1937) suggested that about 10 minute a day should be devoted for physical education. For the development of physical health and ability, physical education should be imparted as an integral part of school curriculum (Recommended Kothari Commission 1964-66). NPE 1986 also emphasized on physical education as an important aspect of our school curriculum at all level of education system. NCTE has also recommended for inclusion of physical education in the Teacher Education programs. NCTE Norm 2009 and 2014 both emphasizes on Physical Education with Yoga facilities to enable the prospective teachers in this field.

### Research Questions:

The researcher after studying and viewing the recommendation of so many commission and committees for implementing physical education in the school, the following questions strike on researcher mind :-

1. How is Physical Education going on at different levels of school education?
2. Are there any differences in Physical Education given to the students in Private and Government schools in terms of curriculum, infrastructure facility, modes of evaluation, Teachers' profile and finance?
3. Whether the schools have necessary resources for Physical education?
4. How much time is allotted for Physical Education in school curriculum?

### Rationale of the study:

Society is becoming ultra-modern day by day. And in this hustle and bustle society man is trying to live a luxurious life. But he is suffering from many diseases like Sugar, Diabetes, Obesity, Anemia, Blood pressure etc. If we analyze the problems of such diseases there is lack of any physical activities due to which all these type of diseases come to the man's body. But in this busy society man is unable to do practice of physical exercises & activities for his health. Such types of problems are also being faced by students & children of different age group. So to make the child fit for education he has to be fit healthy both in physical and mental aspect. That is why, school provides physical education to make the child physically fit to enjoy his life and learn in a better condition. Schools are the important settings for the promotion of children's physical activity. All India Council of Physical Education was constituted by the Department of Youth Affairs & sports ministry of MHRD, to ensure development of physical education all over the country. But in present condition also in

real sense physical education is there in only school curriculum. No importance is given to it. Therefore the researcher is interested to study & make comparison of physical education at secondary and higher secondary level of school education.

### **Objectives of the study:**

This study has following objective to arrive at the possible solutions of the stated problem.

- i. To analyze the curricular aspect of Physical Education of the schools.
- ii. To study the infrastructure facilities available for Physical Education in secondary and higher secondary schools of Bilha Block.
- iii. To study the methods of instruction followed in Physical Education in secondary and higher secondary schools of Bilha Block.
- iv. To identify the mode and process of evaluation of students in Physical Education in secondary and higher secondary schools of Bilha Block.
- v. To compare the infrastructure facilities for Physical Education available in Government and Private secondary and higher secondary schools of Bilha Block.
- vi. To compare the evaluation pattern for Physical Education in Government and Private secondary and higher secondary schools of Bilha Block.

### **Sample and Sampling Procedure:**

The researcher selected sample on the basis of purposive Quota sampling and selected 2 private secondary & higher secondary schools and 2 government secondary and higher secondary schools.

**Method of the study:** In this study interview method has been used according to the qualitative nature of the variables.

### **Tools used:**

- 1.) An interview schedule for physical education teachers of secondary and higher secondary level.
- 2.) An interview schedule for students for secondary and higher secondary schools.
- 3.) An observation schedule or field notes

### **Major Findings:**

On the basis of analysis and interpretation of collected data in the present study, the main findings yields as under-

- 1) Teachers of private schools affiliated to CBSE board are well qualified but less experienced and less professional programmes attended. But the government school teachers are having equal degree, but more experienced and attended professional programme too. It may be one reason that private school might not allow their teacher to go outside and do academic loss of their students. But government school may permit the teacher to learn new technique and updates to bring newness in physical education.

- 2) In private schools CBSE prescribed curriculum is followed in physical education for higher secondary level. But in secondary level there is no prescribed syllabus, so the teacher teaches according to his own convenient. Both theory and practical classes are going at higher secondary level consisting of 12 for theory and 6 for practical. But in secondary level only 4 periods are given for practice of physical education for class 9<sup>th</sup> and 10<sup>th</sup>. method of teaching is same for both secondary and higher secondary level that is lecture method, demonstration method, activity method and project method.  
In the same way in government schools there is no prescribed syllabus for physical education at higher secondary and secondary level. 3 practical classes goes to each for secondary and higher secondary level. Methods of teaching are more or less same like private schools consisting of lecture, demonstration and activity method.
- 3) In private and government schools evaluation of physical education is not done as other subjects. But, for higher secondary level there is system of evaluation in theory and practical subjects consists of 70:30 ratio conducted in private schools. There is a monthly test also conducted 3 times in a year. On the contrary, there is no evaluation of physical education in government higher secondary schools.
- 4) Infrastructure facility of private school is somehow good in comparison to government schools. The private school there is playground with facility for games and sports like Basket ball, Cricket, Foot ball and other athletic programmes. Students from these schools participate in state and inter-state level competitions in games like Badminton and volley ball. But, in Government schools there is lack of good playground, Office rooms, lack of space for practicing games and sports. Still students from government schools are going to play national level games in Floor ball, Kabbadi and Karate. Both type of school are distinctive from their special feature and doing excellence.
- 5) From the analysis of teachers and students personal opinion about physical education, most of them are of the opinion that physical education is a good subject and it should be started from primary level. Because, in that period body remain flexible and many things can be practice.

### **Educational Implications:**

On the basis of analysis, interpretation and findings, the study shows following educational implications.

This study has analysed the general profile of physical education teachers of both private and government secondary and higher secondary schools and found that although private and government teacher are well qualified, the private schools physical education teachers of sampled schools are less experienced and attended few professional programmes. So, the schools should allow the teachers to participate in professional enrichment programme to enhance the ability of teachers. This study shows that there is less time periods allotted for physical education in Private secondary schools, Government secondary and higher secondary level of sampled schools. Therefore, more time should be allotted for the practice of physical education. The teachers and students are of the opinion that more time should be given for this physical education classes. As there is lack of proper infrastructure facilities like Swimming Pool, Gym in Private schools and teacher and students felt necessity of those facility the management should try to make available in the schools for better

health and physical development of students. And Government should give due importance to physical education at secondary and higher secondary level and make provision of supervision for the development of students in sports and games and inspire them to progress in physical education.

### **Limitations:**

In this study some limitations are as follows:

- 1) The sample size is very small due to some practical constrains
- 2) This study is a qualitative one focusing on physical education curricular aspects like time allocations, mode of evaluation, infrastructure facility only.
- 3) The analysis of the data is in qualitative way, it could be a quantitative study also. This is a limitation of this study.

### **Suggestions for Further Study/ Research:**

Research is a never ending process, but product may be achieved through the research in time to time. One research provide base for conducting further research on the basis of the findings and limitations found in that research. So also from the experienced and knowledge gained in this research, the researcher also suggests some possible problems in which researches can be done in this area are the followings:

- The growing participation of women in physical education.
- Trend of growth in physical education in private and government school.
- Attitude of teachers and students towards physical education of school level.
- Compare parents' opinion about physical education of their children.
- Comparative research can be done at Primary and Secondary level.

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