



## Relevance of Sports Education in Schools

**Author**

**Dr. Somappa Badiger,**

College Director Of Physical Education & Sports Science

Govt.First Grade College, Mariammanahalli,

Hosapete Tq. Ballari Dt. Karnataka

### **Abstract:**

Globally, a sport as an industry has a unifying appeal. The sports industry boasts of a dynamic appeal that many other, even bigger industries look at with envy. It has the power to define nations as a whole. Sports offer a perfect opportunity to explore scientific concepts such as force, motion, potential energy, velocity, and torque. For many students school-organised sports play an important role in their academic and social experiences. Every school has sports embedded in their curriculum as they understand the importance of physical health and activity. However, the importance given to sports ends there as this inclusion is just for the sake of a formality.

Whether it be high performance sports at the Olympics or the development of sports locally, sports education is becoming increasingly important in the modern world. Even though there is a growing awareness of including sports education as a compulsory subject in Indian schools, there lie some endemic obstacles which are preventing its growth trajectory. Roselin Kiro of Elets News Network (ENN) finds out the scenario of sports education in schools in India.

India For Sports (IFS) was set up with a vision to provide a same level playing field to the Indian athletes when they compete at international events.<sup>[3]</sup> The organization tries to solve the basic issue of funding for the deserving athletes. It also provides the athletes visibility by covering their stories, hardships, achievements and activities. The organization also connects the athletes to corporate sponsors and other sports aiding organization to provide facilities such as dietitians, nutritionists, psychologists etc.

India For Sports was a crowd funding platform for Indian athletes. It was incepted in June, 2014 to help Indian athletes with funding. It is running 6 fund raising campaigns <sup>[2]</sup> for athletes in individual sports disciplines such as athletics, table tennis and wrestling.

**Key words:** Relevance, Sports, Education, Schools, Concepts.

## Introduction:

India is a land of talent where one sees many budding sport stars in the narrow lanes of small towns. These talents need to be nurtured and encouraged. `1,219 crore was allocated to the Ministry of Youth Affairs and Sports in the 2013-14 general budget. The budget can be helpful only if the funds are properly utilised at the grass root level. According to **Carl Laurie**, Principal, Christ School, Mumbai, “One of the main reasons is we don’t have private partnership and depend on the government entirely. We also lack proper sports infrastructure, so we see the children and youth playing on the roads, in the alleys, in car parks. The facility to provide sports infrastructure in India, which is the responsibility and prerogative of the government, is not happening. At the same time the private parties are not coming forward”

The basis of sports education or physical education starts in school. Sports education is a curriculum and instruction model designed to impart physical education programmes at the upper elementary, middle and high school level. It aims to provide children and youth with authentic and enjoyable sports experience. Sports education always complements academic learning as it develops the overall personality of the students greatly. A good sportsman is the one who learns to obey the rules of the game. Sports inculcate qualities like leadership, discipline, sharing, team work, honesty, team spirit, tolerance and many more among the students. With the passage of time, we see most of the schools are aware that education is not just academics, but extends to a holistic development of a child, and sports plays a vital role in it. Steps are taken to employ professional coaches in schools. Specific time is allotted to sports education and parents have also started getting involved by encouraging their children take up sports apart from studies.

## The Importance of Sports in Education:



Gone are the days when the life of a student used to be stress free and the only worry involved was to perform better in exams which would judge the learning parameters of the student. More importance was given to the exam grades and very less to skill development or extra-curricular activities. But the concept of education has changed drastically over a period of time where more focus is given now towards a holistic development of students. These days schools are equally focusing on extra-curricular activities and sports apart from academics to make students all-rounders.

Sports plays an important role in educating students as it teaches them to become strong from inside and also develop a fit and sound body. Combining sports in education can help students to develop a self-motivating spirit to do things on their own and having ownership of these. Being actively involved in sports can help

students relax from their daily routine of learning course syllabus and lessen the exam stress as well. It is a great medium to keep the mind, body and soul in sync and maintain a balance between work and play. Day to day practice in sports can help students imbibe leadership skills. Qualities like tolerance, patience and tips to handle pressure is well taught by sports. It also teaches the value of team spirit and proficiency to share victory and defeat.

Sports education has direct impact on maintaining the child's health and increasing their physical stamina. One of the most important thing that is required in sports is the discipline, which has been derived from the word disciple – follower of a learned teacher. Having coaching in sports helps develop obedience, self-confidence and the ability to determine winning or losing with extreme will power.

Educating students in sports increases the power of reasoning and develops mental growth through constant focus on the current set of activities. Teachers should constantly motivate and appreciate students for their efforts.

Note that a good academic background is an important aspect towards pursuing a career in sports as the education qualification will serve as a supporting pillar in the long run. In sports there can be hits and misses but a good educational backup will help maintain a good lifestyle beside continuing sports. Students should give equal importance to both education and sports and maintain a proper balance to excel in both the areas.

### **Why is sports important in schools?:**

We should encourage sports in all kinds of schools as it is also a part of education called as “PHYSICAL EDUCATION”.

The positive points to encourage sports activities in schools are:

1. Any physical activity will make the students very active in both physically as well as mentally.
2. Students will be very active, if they engaged in any sports activities.
3. They will be a multi talented children.
4. They learn lots of things from sports like discipline, team playing, team management.
5. Sports activities make a kid to be engaged and also tend to be a great encouragement.
6. If a kid not doing well in their academics, they can easily shine in extra curricular activities like sports.
7. It will helps us to maintain our health and to be fit physically always.
8. There mind will always be focused.

There are lots of positivity in encouraging the sports in schools. The only thing is the schools need to build or improve the facilities of the sports utilities and the play area space.

## Need Of Sports In School Curriculum:

There is no doubt about the importance of regular physical activity in a person's life that not only helps them to stay healthy but also improves their emotional fitness. Including such activities right from the childhood is a good idea as it helps them to make it a part of their routine with ease. That is why having sports in school curriculum is considered a good thought.

A student should be physically and emotionally healthy and stay focused to perform well in their academics. Including sports activities in the curriculum can help them to achieve this to a great extent.

Making sports an indispensable element in school days comes with a lot of other benefits than you think. Here we are discussing a few among the most important benefits of making sports a part of the school curriculum.

**1. Can stay healthy:** Regular physical activity in the form of sports can help students to stay healthy and avoid unwanted illness. One of the most important benefits is reduced risk of obesity which is otherwise a common problem among today's kids. Students can benefit from increased cardiovascular fitness and increased bone density reduces the risk of osteoporosis. Also sports activities reduce chronic muscular tension, strengthen lungs, reduce blood sugar levels and regulate blood pressure. Students involved in sports grow up as more energetic individuals.

**2. Maintain good fitness level:** Being involved in sports activities help students to avoid formation of excess fat deposits and thus stay fit and slim. The training activities for the sports help them to develop a good posture which is an important factor of staying fit. Also they can improve their hand-eye and foot-eye coordination and attain a better balance. The interest in outdoor sports also avoids or minimizes their sedentary activities such as playing video games and watching television.

**3. Boost in self esteem:** Several research studies have noted that playing sports can enhance a child's self-esteem and self-confidence. Even small gestures such as a handshake from the coach, a pat on the back from their team mate, a high-five from an opponent or praise of words from parents and friends can boost their self esteem as a student. They will learn to welcome constructive criticism and work on their weakness till they see improvement or success.

**4. Enhanced leadership skills:** Sports activities not only demand the role of a team player but, a leader at times. Knowing how to lead a team in the school days will boost up their **leadership quality** which enables them to be good decision makers. Being a good leader not only demands them to lead from front but also need to boost their team with a winning spirit. This also teaches them to manage team emotions and improve team discipline.

**5. Undergoes positive mentoring:** Sports persons will have to undergo a lot of mentoring from their coaches and support staff before they achieve success. This positive mentoring can be an asset for them in all phases of life in one form or the other. They will learn how to manage emotions well and perform better which helps them to develop a **positive mindset** early in their childhood. Respecting authorities' decisions and accept failures just like success is important in certain spheres of life.

**6. Improved emotional fitness:** The physical stimulation through sports improves their feeling of well being and creates happiness in them. Release of happiness hormones reduces mental depression and helps them to stay emotionally fit and cheerful. If they can change the love for the game and follow it as a passion, they can even form a career out of it. When they stay focused and work towards achieving their dream, it is always a pleasure.

**7. Be more social:** Being a part of sports team helps them to interact well with people of all ages. Making friends and respecting diversities with a more open mindset becomes easier. Mingling sessions with coaches and senior students gives them broad exposure to the life happenings and the ability to face everything with a smile. It gives them the courage and confidence to come forward in all circumstances and never stay back for an opportunity.

**8. Enhanced discipline:** Being a sports person teaches them important qualities of discipline which can act as a self boost in many aspects of life. Involving in any sports activity teaches them mental, physical as well as tactical discipline. They learn it in the form of following rules, practicing restraint or obeying the coach and respecting decisions. This enables students to accomplish their full potential and realize their goals, which are critical factors in attaining success.

**9. Perform better in academics:** Studies have shown a positive connection between sports activities and improved memory and cognitive functions of the brain. This means that students can perform better in academics if sports are made a part of their routine. Also a disciplined student can plan their lessons smart and score well in tests. Being physically active helps them to stay focused in their studies. Also the skills such as coordination, multitasking and situational awareness enhances their academic skills.

**10. Improved teamwork and cooperation:** Sports competitions and matches needs a very good coordination, teamwork and cooperation. These skills will help students when they grow up as tomorrow's individuals. In addition to participating in individuals sports, team sports improves their role as a team player which helps them a lot when it comes to group projects both in academics and future career. They will learn how to cooperate with others to win as a team which enables them to respect others' views.

**11. Efficient time management:** This is another important skill gained by a student who is part of sports activities. Discipline on the clock is very important when it comes to any sport and this skill is an asset for students for life time. Their passion for sports will help them to efficiently divide the available time for games, practice as well as academics. Knowing how to manage the available time can be a great factor in their success journey.

**12. Develop a success mindset:** Being a sports person enables students to grow up with a success mindset which is really advantageous. In addition to strong focus and concentration development, they learn when to take risks and not. They will develop internal skills for handling pressure and will be dedicated to finding creative ways to improve. Critical thinking skills and coping skills gained during the phase prepares them to smartly deal with adversities.

**13. Better patience and perseverance:** These are two important elements they gain during their involvement with sports-Patience and perseverance. Athletes will easily learn how to keep practicing until they see the results. The perseverance helps them to go through bad times and become more resilient.

**14. Improved sleep:** Just like the improved health and fitness and every other factors, having a peaceful sleep for at least 8 hours a days is important. Research studies have noted a positive link between a better sleep and involvement in sports activities. Getting proper rest to the body just like relaxing your mind can help students to focus better, avoid illness and stay healthy.

**15. Develop good life long habits:** School days are the time when students tend to develop bad habits and start being in wrong relationships. However, keeping themselves busy with sports and academics gives them lesser free time to reckon and walk the disruptive path. The love and passion for sports would help students to develop good food habits and make exercise a part of their routine to stay fit. The discipline they earn during their sports phase helps them to refrain from any bad deeds which help them to grow up as good social beings.

School authorities can plan healthy competitions among students to evaluate where they stand and give away prizes for their achievements to keep them motivated. Let them taste success and failures right from their childhood which enables them to be good individuals with sportsman spirit.

When you say about including sports in school curriculum, it need not always be a supervised and well guided one always. It is better to form a group of students who have passion in certain sports skills and guide them to become good athletes.

However, not every student may like the pressure of being guided in their leisure activities. Let them play sports with minimal guidance just to ensure that they are safe but give them the freedom to form their own team, rules and just play for fun.

### **Conclusion:**

In conclusion, children are becoming overweight due to the fact that they do not participate in physical activity or know the importance of physical education. Since, children are becoming overweight parents need to have their children participating in physical activity from birth because physical education will be taught to their children when they start attending school. Teachers that teach physical education will teach students how to take care of themselves properly. This is important because when someone is educated about the importance of their health then it will cause them to live a healthy lifestyle. With that being said, parents, teachers, and other adults need to emphasize the importance of education in schools.

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Dec 01, 2014 [ParentEdgeBlog](#), [Health and Nutrition](#), [Hobbies and Interests](#) 1

This blog post has been contributed by Jairam Balakrishnan, Director, Pearson Schools, Pearson India

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