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PHYSICAL EDUCATION IN SCHOOLS-A STUDY

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ABSTRACT

This article draws from the Survey of the Situation of Physical Education in Schools. Providing Physical Education both inside and outside of Schools is crucial in helping young people to learn and develop life skills. Physical education or gymnastics is a course taken during primary and Secondary Education that encourages Psychomotor learning in a play or movement exploration setting. The term Physical Educationist commonly used to denote they have participated in the subject area rather than studied it. The primary aims of physical education have varied, based on the needs of the time and place. Most modern Schools 'goal is to provide students with knowledge and the enthusiasm to maintain a healthy lifestyle into adulthood. Activities included in the program are designed to promote physical fitness, to instill knowledge and understanding of rules, concepts, and strategies. Students learn to either work as individuals, in a wide variety of competitive activities. Having Physical Education in Schools, effects young adolescents mentally, physically, and emotionally. It is important for students to participate in a Physical Education class because it builds a foundation for participation in activities later in life.

Keywords: Physical Education, Schools, physical fitness and physical activities.

Introduction:

Providing Physical Education both inside and outside of Schools is crucial in helping young people to learn and develop life skills. Physical education or gymnastics is a course taken during primary and Secondary Education that encourages Psychomotor learning in a play or movement exploration setting. The term Physical Education is commonly used to denote they have participated in the subject area rather than studied it. The primary aims of physical education have varied, based on the needs of the time and place. Most modern Schools' goal is to provide students with knowledge, and the enthusiasm to maintain a healthy lifestyle into adulthood. Activities included in the program are designed to promote physical fitness, to

instill knowledge and understanding of rules, concepts, and strategies. Students learn to either work as individuals, in a wide variety of competitive activities.

Physical fitness is important for people of all ages. Physical fitness is especially important for young adolescents ages twelve to twenty-one. One way for young adolescents to obtain a vigorous activity is through school. Having physical education in schools affects young adolescents mentally, physically, and emotionally. It is important for students to participate in a physical education class because it builds a foundation for participation in activities later in life. If the physical education teacher teaches age appropriate development skills, the child is able to perform at his best. A lot of these skills lend themselves to a child being able to perform at his best in the classroom. Physical education programs can involve students in activities that challenge the mind of the students. Activities such as archery and golf involve math skills as well as concentration skills. The opportunity to participate in a physical activity on a regular basis in schools may increase the chances that a physically active lifestyle will be adopted. Choosing to live a physically active lifestyle is important to health and wellness. A school's physical education department has the responsibility to help students be involved in and adopt a personal lifestyle of regular physical activity. Physical activity is important to a child's life because of their changing bodies. Physical activity can contribute to a child's wellness by keeping them fit and healthy. Physical Education in Schools helps young adolescents emotionally. Schools often tie physical education and health classes together. Therefore the physical education teacher can help a child make important decisions in life. Many decisions made during childhood makes a tremendous difference in one's emotional health.

In all states in the United States, physical education is offered to students from grades K through 12. Most states do require physical education from 6th through 9th grades and offer "elective" physical education classes from 10th through 12th grades. Physical Education trends have developed recently to incorporate more activities into P.E. Introducing students to lifetime activities like bowling, walking/hiking, or Frisbee at an early age can help students develop good activity habits that will carry over into adulthood. Some teachers have even begun to incorporate stress-reduction techniques such as yoga and deep-breathing. Teaching non-traditional sports to students may also provide the necessary motivation for students to increase their activity, and can help students learn about different cultures. For example, while teaching a unit about Lacrosse (in say Arizona), students can also learn a little bit about the Native American cultures of the Northeast and Eastern Canada, where Lacrosse originated. Teaching non-traditional (or non-native) sports provides a great opportunity to integrate academic concepts from other subjects as well (social studies from the example above), which is required of every P.E. teacher these days.

There are also many different models that have been created as of late that changes the face of P.E. One example of this is the Health Club Model. Teaching with this model is very different from the "Organized Recess" of 20 or 30 years ago. Spun off the boom in the health club industry, a P.E. class provides many of the same "classes" that are found at a health club. Monday a student could be doing kickboxing, the next day is yoga; Wednesday the student is doing Spinning. This type of program provides a great variety of activity for students, a lot a high intensity exercise, and helps introduce these activities for

use later in life. The Sports Education model is another example of a new model where the class is run like a sports league, with students taking the role of coaches, scorers, referees, and reporters as well as players. Using this model, students practice management skills, mathematic skills, and writing skill all while learning sports skills and being active.

Another trend is the incorporation of Health and Nutrition to the physical education curriculum. The Child Nutrition and WIC Reauthorization Act of 2004 required that all school districts with a federally funded school meal program develop wellness policies that address nutrition and physical activity. While teaching students sports and movement skills, P.E. teachers are now incorporating short health and nutrition lessons into the curriculum. This is more prevalent at the elementary school level, where students do not have a specific Health class.

Today many states require Physical Education teachers to be certified to teach Health also. Many colleges and Universities offer both Physical Education and Health as one certification. This push towards Health education is beginning in the intermediate level, including lessons on bullying, self-esteem and stress and anger management.

Physical Education in Schools:

Nearly 10 million children and adolescents in the United States ages 6–19 are considered overweight. Over the last three decades the prevalence of overweight in adolescents has quadrupled from 4 percent in 1971-74 to 17 percent in 2003-06. One important way to prevent obesity is to increase physical activity. Schools can play a critical role in increasing physical activity by offering quality, daily physical education and other opportunities to recreate. Physical education not only gives children an opportunity to be active but it teaches them the skills they need to be active throughout their lifetime. Thus, investing in quality physical education in all schools for all grades is a logical and important step toward improving the health of the next generation.

Unfortunately, very few states require daily physical education in grades K-12. In an era when increasing obesity and rising healthcare costs are threatening our competitive advantage and national security, we are cutting the very programs that could help reverse this trend. That's why the American Heart Association is working in every state and at the federal level to require that quality physical education be offered in all grades. We recommend a minimum standard for elementary students of 150 minutes a week and for middle schools of 225 minutes per week. We also recommend that successfully completing physical education be a requirement for high school graduation. Schools should develop standards for student learning in physical education that reflect national and state standards and should require that physical education be taught by certified/licensed physical education teachers.

School policies and programs, including physical education, are generally decided and funded at the state and local level. However, the federal government has both direct and indirect effects on what is offered via funding opportunities and Department of Education regulations. The AHA advocates for increased funding for programs that encourage physical education such as The Carol M. White Physical Education for Progress (PEP) grant program and the Center for Disease Control and Prevention's Division of Adolescent

and School Health Coordinated School Health grants. It also advocates for improvements in legislation that can influence access to quality physical education such as changes to the No Child Left behind Act when it is reauthorized in 2007.

Physical education in the school system:

A number of crucial components to the delivery of quality education have been identified by UNICEF. These include sport and opportunities for play, consistent with the rights of the child to optimum development.

Despite recognition of the positive impact sport has on education and child development, physical education is being increasingly challenged within education systems across the world. Challenges include a decrease in:

- the amount of time allocated to physical education,
- the number of trained staff,
- The amount of training provided for physical education teachers, and spending on resources required delivering physical education in schools.

Girls and young people with disabilities face additional barriers, which limit (and in many cases prevent) participation in physical education and sport in many countries.

Whilst physical education systems are vastly different across the world, a recent study conducted in 126 countries indicated that the marginalization of physical education is near universal.

A large number of researchers are focusing on comparative studies in physical education and there have been examples of good practice, however, the situation in developing countries and regions has changed little in the past decade. This has serious implications for access to holistic and quality education for young people, particularly those living in developing countries.

Opportunities in community sport programmes:

It is important to note that in some countries where physical education is minimal or non-existent within the school system, children and young people may access sport and physical activity through community programmes.

These may be introduced by community clubs, a range of other organizations, or through unstructured or casual games and play. Given the very poor rates of school attendance, opportunities for physical education and sport outside of schools can also provide educational advantages to children and young people.

Challenges with enrolment in school:

For the period 2005 to 2006, UNICEF estimated that 90 million children were not enrolled in school. Net secondary school enrolment is only 52 percent for boys and 44 percent for girls, compared to 90 percent enrolment rate for both boys and girls in developed countries. Young people in developing countries therefore face an uncertain future given these reports on school enrolment.

Reasons Why Physical Education is Important in School:

Are you looking for information about the importance of physical education in schools and why it should be maintained and emphasized? Do you want a healthy active lifestyle for your kids? Then this article can help you convince your kids that exercising and participation especially in school PE classes is important.

Physical education plays a vital role in the students' development and growth. According to recent medical studies, physical wellbeing of a student is directly related to his or her performance whether in class or in the office. The article will give you reasons to agree.

➤ **It's a link to good health.**

The value of physical fitness can never be overstated. It's only in physical educational classrooms that students learn the value of taking care of themselves thru proper grooming, healthy eating and regular exercise.

➤ **It's a preventive measure against disease.**

Many doctors today agree that obesity is a serious health risk. Without any form of diet management and control with the numerous processed food students intake every day compounded by a sedentary lifestyle, a student's health can easily be at risk to many diseases like chronic heart disease, hypertension and diabetes. Physical education in school is a preventive measure to teach students the value of regular exercise.

➤ **It's a program for muscle strength and fitness.**

Physical education develops the students' motor skills and hand-eye coordination. It also develops the upper body muscles through activities like doing pushups as well the lower body muscles through stationary jumping jacks, 3min running and jumping exercises. Programs usually have core training exercises also like doing abdominal crunches.

➤ **It promotes academic learning.**

Physical health allows students to function even better in classrooms. A good cardiovascular system developed from regular exercise promotes excellent blood and oxygen circulation. This means more nutrients circulate throughout the body which includes the brain. This circulation produces longer attention span during classes allowing longer concentration and absorption.

➤ **It builds self-esteem.**

Students who are active in physical activities like basketball, volleyball, martial arts and running just to name a few are more confident with themselves according to most social school studies. It's probably because of the self-discipline and dedication to excel in a sport that brings out the best in students. In school, the physical education program introduces these sport activities to students allowing them to make choices to which sport areas they want to get involved in.

➤ **It develops cooperation, teamwork and sportsmanship skill.**

Most physical education programs are holistic. The program allows student to interact together to a common goal and that is to win and excel physically. It brings out the competitive sides of students working both body and mind but also promotes sportsmanship.

➤ **It promotes a physically active lifestyle.**

The purpose of physical education is to instill in students, at an early age, the value of self-preservation and choosing a lifestyle that is good for both the mind and body.

Conclusion:

Most modern Schools' is to provide students with knowledge, and the enthusiasm to maintain a healthy lifestyle into adulthood. Activities included in the program are designed to promote physical fitness, to instill knowledge and understanding of rules, concepts, and strategies. Students learn to either work as individuals, in a wide variety of competitive activities. A school's physical education department has the responsibility to help students be involved in and adopt a personal lifestyle of regular physical activity.

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