



## Elementary physical education building –a solid movement foundation

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### **Abstract**

*Children get multiple benefits for physical, mental, and cognitive health through physical activity through elementary physical education. All parents & teachers agree to the fact that Physical activity is related to lower body fat, greater muscular strength, stronger bones, and improvements in cardiovascular and metabolic health, as well as to improvements in mental health by reducing and preventing conditions such as anxiety and depression and enhancing self-esteem. but there are several challenges to adaption of mandatory physical education in schools . This paper examines the collective impact of physical education on community welfare & community sustainability through Elementary physical education building a solid movement foundation.*

**Keywords:** *Elementary physical education, collective impact, community welfare, community sustainability*

### **Introduction**

Physical activity is essential for healthy growth and development of children. Regular physical activity in childhood develops cardiovascular fitness, strength and bone density. Physical activity plays an important role in the health, well-being and quality of life helps to prevent chronic diseases like cancer, Type 2 diabetes and heart disease later in life. Establishing positive habits early in childhood and adolescence can last a lifetime.

### **A National Plan of Action for Children**

The ministry of Human Resource Development has formulated a National Plan of action for children. Promoting the physical fitness

conditions of the children is a primary priority for which government of India is striving. Physical education supports the child's growth in his formative years. ( Report of the National Commission of Child Rights in India 2013).

1. elementary physical education supports positive behavioral tendencies
2. elementary physical education supports balanced intellectual growth
3. elementary physical education supports building a scientific insight
4. elementary physical education supports to generate reason & astuteness



5. elementary physical education supports creativity & inspiration
  6. elementary physical education supports vision towards nation's progress
- Medical support:** Physical activity is essential for healthy growth and development of children.
1. Regular physical activity in childhood develops cardiovascular fitness, strength and bone density. ( Rajeev Kumar - Dimensions of Physical education 2010). If children are supported through elementary physical education they can imbibe good healthy habits at a young age. ( Tahir hussain Research Methodology in sports & physical education 2010 ).
  2. Physical activity plays an important role in the health, well-being and quality of life which helps to prevent chronic diseases like cancer, Type 2 diabetes and heart disease later when children become older. ( Rajeev Kumar - Dimensions of Physical education 2010). & ( Ram Mohum Majumdar Basics of Physical education & sports 2009).
  3. Establishing positive habits early in childhood and adolescence can last a lifetime. Parents & educational institutions should promoted elementary physical education activities to children. ( Rajeev Kumar - Dimensions of Physical education 2010).
  4. Physical activity has been shown to reduce the risk of over 25 chronic conditions, including coronary heart disease, stroke, hypertension, breast cancer, colon cancer, Type 2 diabetes and osteoporosis. Regular physical activity and higher levels of fitness allow daily tasks to be accomplished with greater ease and comfort and with less fatigue. ( Rajeev Kumar - Dimensions of Physical education 2010). & ( Ram Mohum Majumdar Basics of Physical education & sports 2009).
  5. These symptoms of diseases can be kept at a distance if elementary physical education programs are mandatorily infused. ( Rajeev Kumar - Dimensions of Physical education 2010). & ( Ram Mohum Majumdar Basics of Physical education & sports 2009).
  6. An astonishing evidence also suggests that there is a relationship between vigorous and moderate intensity physical activity and the structure and functioning of the brain. ( Rajeev Kumar - Dimensions of Physical education 2010). & ( Ram Mohum Majumdar Basics of Physical education & sports 2009).
  7. Children who are more active show greater attention, have faster cognitive processing speed, and perform better on standardized academic tests than children who are less active. Of



- course, academic performance is influenced by other factors as well, such as parental involvement and socio-economic status. ( Tahir hussain Research Methodology in sports & physical education 2012).
8. Nevertheless, ensuring that children and adolescents achieve at least the recommended amount of vigorous or moderate-intensity physical activity may well improve overall academic performance. elementary physical education supports these traits. ( Rajesh Tripathi – Methods of Physical education 2010).
  9. Schools traditionally have used physical education as their primary means of promoting physical activity. But they face challenges in continuing to deliver it both equitably and effectively ( Rajeev Kumar - Dimensions of Physical education 2010). & ( Ram Mohum Majumdar Basics of Physical education & sports 2009).
  10. Fiscal pressures, resulting in teacher layoffs or reassignments and a lack of equipment and other resources, inhibit the offering of quality physical education in some schools and districts. ( Report of The Sports Authority In India - Ministry Of Youth Affairs & Sports 2013).
  11. Safety concerns associated with allowing children to play sometimes pose barriers. Policy pressures, such as a demand for raising standardized test scores through increased classroom contact time, further challenge schools to spend time providing physical activity for youth. ( Rajeev Kumar - Dimensions of Physical education 2010).
  12. Also, even under the best of circumstances, physical education classes are likely to provide only 10-20 minutes of vigorous or moderate-intensity physical activity per session (Report of The Sports Authority In India - Ministry Of Youth Affairs & Sports 2013).
- ### Benefits to Youth
- when the child grows up with this positive tendency he becomes comprehensible about his health & fitness priorities. Besides involvement in physical activity
1. Promotes good healthy habits
  2. Creates awareness about nutritional requirements
  3. helps to maintain a dietary calendar
  4. He becomes consciousness about pursuing a specific sport as a career
  5. His perceptions about sport changes as he learns to enhance competency through physical activities.
  6. He involves himself in sports activities & stimulates the entire community about the benefits of



undergoing physical education ( Srinivasa raju B. J .- Sports Dynamics 2012).

**Challenges-** Safety concerns associated with allowing children to play pose barriers.

1. Policy pressures, such as a demand for raising standardized test scores through increased classroom contact time, further challenge schools to spend time providing physical activity for youth.
2. physical education classes are likely to provide only 10-20 minutes of vigorous or moderate-intensity physical activity per session. But policy framers should help their best towards allowing physical education activities through competitive schools programs .
3. Children of all age will have multiple benefits for physical, mental, and cognitive health.
4. Physical activity is related to lower body fat, greater muscular strength, stronger bones, and improvements in cardiovascular and metabolic health, as well as to improvements in mental health by reducing and preventing conditions such as anxiety and depression and enhancing self-esteem.(Report of The Sports Authority In India - Ministry Of Youth Affairs & Sports 2013).

**Conclusion-** Youth has to understand & identify multiple benefits for physical, mental, and cognitive health through sporting . School sports programs should aim at combining Physical activity to lower body fat, greater muscular strength, stronger bones, and improvements in cardiovascular and metabolic health, as well as to improvements in mental health by reducing and preventing conditions such as anxiety and depression and enhancing self-esteem among children without any gender bias. Both Primary & secondary schools have traditionally used physical education as their primary means of promoting physical activity. But they face challenges in continuing to deliver it both equitably and effect. These challenges have to be minimized in order to secure a healthy future for children.

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