



## Elementary physical education in India - New challenges in the digital world

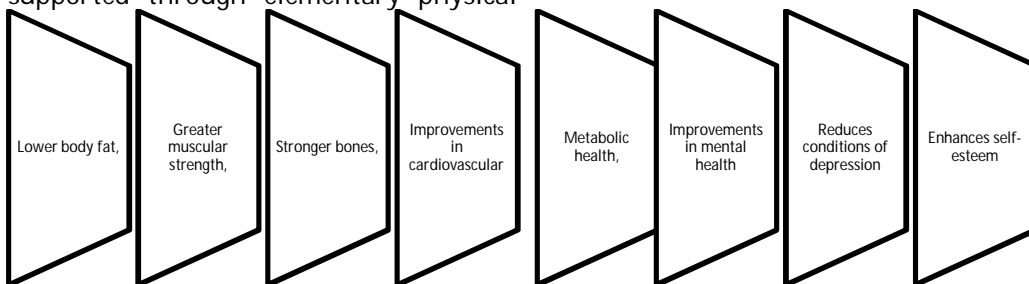
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**Abstract :** Schools traditionally have used physical education as their primary means of promoting physical activity. But they face challenges in continuing to deliver it both equitably and effectively. Elementary physical education is needed for cardiovascular fitness, strength and bone density. The children are to be trained in elementary physical education so that they can imbibe a good & healthy habit tender age. 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. 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.

**Key words:** Elementary physical education, benefits to school children challenges of digital era

**Introduction :** 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 ). As shown in this chart (1)



Intensive physical activity helps in

1. Lower body fat,
2. Greater muscular strength,
3. Stronger bones,
4. Improvements in cardiovascular
5. Metabolic health,
6. Improvements in mental health
7. Reduces conditions of depression
8. Enhances self-esteem

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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). 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).

#### **Reduction in risk of health failure**

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).

1. These symptoms of these 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).
2. 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. Still researcher is being done on this subject ( Rajeev Kumar - Dimensions of Physical education 2010). & ( Ram Mohum Majumdar Basics of Physical

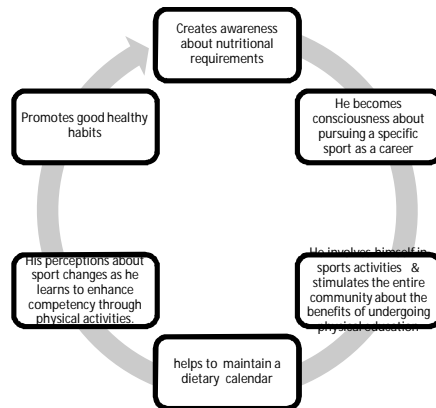
education & sports 2009). Children have evidence greater structural advancement through involvement in physical activity.

3. 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).
4. 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).
5. 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).
6. 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).



7. 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).
8. 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).

**support to school children** – when the child grows up with this positive tendency he becomes understandable about his health & fitness priorities. Besides involvement in physical activity supports him in various ways. As shown in this chart there have been several advantages (As shown in chart -2) All 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 education2010).

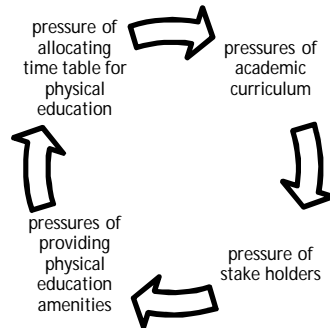


1. involvement in creates awareness about nutritional requirements
2. creates consciousness about pursuing a specific sport as a career in future
3. provided insights about involving himself in sports activities consistently
4. stimulates the entire community about the benefits of physical education
5. helps to maintain a dietary calendar on physical education activities
6. creates opportunities to enhance competency through physical education activities.



7. Promotes good healthy habits & this helps to creation of a conscious community

**Challenges-** Safety concerns associated with allowing children to play pose barriers. (As shown in chart -3)



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).

Thus there is a need to create awareness about nutritional requirements. Children & youth have to be clear consciousness about pursuing a specific sport as a career in future. They have to be provided insights about involving himself in sports activities consistently . A proper stimulation towards the entire community about the benefits of physical education is needed. ( Augustine Boucher – management of Physical education & sports 2012 ). 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). Schools & colleges have to maintain a dietary calendar on physical education activities. A drive towards creation of opportunities to enhance competency through physical education activities through promotion of good healthy habits & this helps to creation of a conscious community .



Thus there is a need to create awareness about nutritional requirements. Children & youth have to be clear consciousness about pursuing a specific sport as a career in future. They have to be provided insights about involving himself in sports activities consistently. A proper stimulation towards the entire community about the benefits of physical education is needed. (Augustine Boucher – management of Physical education & sports 2012). 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). Schools & colleges have to maintain a dietary calendar on physical education activities. A drive towards creation of opportunities to enhance competency through physical education activities through promotion of good healthy habits & this helps to creation of a conscious community.

**Conclusion-** Thus elementary physical education has been proved as a great supplement to good health & academic performances. School children who are burdened with classroom learning have to be made to support their academic learning with consistent performance. All stake holders should understand & identify multiple benefits for physical, mental, and cognitive health through sporting. School sports along with physical education activities 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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