



Sports and Physical Education in Schools of Andhra Pradesh

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Abstract

Despite recognition of the positive impact of sports on education and child development, physical education is being increasingly challenged within education system across the world. This included 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 to deliver physical education in schools. As the schools are read factories, which produces the future sportsman and where the potentialities can be identified and moulded. Means physical education in schools effects young adolescents mentally, physically and emotionally. Choosing to live a physically active lifestyle is important to health and wellness. Physical Education system across the world are vastly different, a recent study conducted in 130 countries indicated that the marginalization of physical education is near universal. Young people in developing countries – like India face an uncertain future given the latest reports on school enrolment. Net secondary schools enrolment is 52% for boys and 44% girls, compared to 90% enrolment rate for both boys and girls in developed countries.

Keywords: Sports, Physical Education, School.

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Introduction

Despite recognition of the positive impact of sports on education and child development, physical education is being increasingly challenged within education system across the world. This included 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 to deliver physical education in schools. As the schools are read factories, which produces the future sportsman and where the potentialities can be identified and moulded. Means physical education in schools effects young adolescents mentally, physically and emotionally. Choosing to live a physically active lifestyle is important to health and wellness. Physical Education system across the world are vastly different, a recent study conducted in 130 countries indicated that the marginalization of physical education is near universal. Young people in developing countries – like India face an uncertain future given the latest reports on school enrolment. Net secondary schools enrolment is 52% for boys and 44% girls, compared to 90% enrolment rate for both boys and girls in developed countries.

Sports and Physical Education in Schools

Though sports in India are tremendously popular, it does not take a high priority in schools. Sports activities and facilities are not supported adequately by the State Government and hence many kids lack regular and fun exercises that stimulate their motor functions and their ability to be part of a team. Not only that even they lack teachers who can present them for other kind of sports function as role models and be their coach. Since ancient time, people in India believed that the human body is indeed an instrument of dharma – *shareeramadhyam khalu dharmasadhanam*. Hence the body is to be properly nourished, and maintained. Village schools were usually situated in the temple premises or in the courtyard of mathas or less compact area where 3 or 4 rooms are there and where children play after day light lessons or not allowed to play. Besides this every village had one or two play grounds where sporting events and games will be held during the annual fair of the village deity. In Rural area especially girls will not be encouraged or they have to suffer a lot in sports field – they are not provided good quality grounds, proper guidance, coaching and also do not have support of their parents.

Now a day's many preaches about the importance of games and sports but lack in extending their hands and hearts to bring them in to practicals both in and outside the educational institutions. For that sports department should be encouraged to prepare a workable ground for basic needs of sports field and everyone

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should be very supportive to give them necessary guidance and support if they have any social problems and inspire them to step forward in sports field.

Physical Education and Sports are so Important – Why

Sports serve as vital social and cultural functions, the importance which can hardly be exaggerated, Daily quality physical education program and a means of positively affecting life-long health and well being. Ultimately improved coordinated schools health programs of which physical education is a central component, will augment other prevention efforts and health to reverse the growing epidemic of childhood obesity which threatens to undo decades of progress in the fight against cardiovascular and other diseases. Effective efforts made now will help children to avoid a lifetime chronic disease and disability. Current recommendations are for children to engage in at least 60 minutes of physical activity each day. Children spend over half of their day in school. So, it is reasonable to require that they should get at least 45 minutes that time in school. Physical education should be an important part of that requirement and does more than provide some minutes of moderate vigorous activity; it also teaches how to integrate exercise into their lives in order to establish a lifetime of healthy living.

Unfortunately in A.P. only 3% of high schools are providing daily physical education or its equalling for the entire school year. Whereas coming to primary and upper primary schools not even 1% of schools are not providing any sort of physical activity for the students. 50% of the schools do not require students to take any physical education at all. Though many experts says that physical education should be part of a school curriculum for all students from KG to 12. In a systematic review of physical education programs that increased the amount of time that students were physically active, student's aerobic and physical fitness increased.

In abroad and in India many studies had done in this area. Evidence from the search childhood longitudinal study showed that physical programs do have an impact in combating childhood obesity in young overweight girls. Just an extra hour or exercise a week lessened obesity in this group. A growing body of evidence demonstrates the benefits of physical education beyond fitness. Several large scale studies found improvements in student's academic performance and cognitive ability with increased time spent physical education. Recent studies have found a strong correlation between aerobic fitness and academic performance as measured by grades in core subjects and standardized test scores. Additionally children who spent time in physically education in place of a classroom activity performed no worse academically than students not enrolled in physical education.

Recommendations

1. Physical education should be made compulsory from primary to P.U.C.
2. Actions and plans should be made from root level.
3. Trained persons should be appointed for proper guidance.
4. As per UNESCO charter "Physical Education is right of every one" and it should be made compulsory and forcefully like education.
5. As per the attendance in Physical Education classes should be followed for promotion to higher classes strictly.
6. Higher level participation of student should be awarded and recognized.

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