

## THE IMPORTANCE OF PHYSICAL EDUCATION AND RECREATION IN SCHOOLS

**\*DR ROUF AHMAD BHAT & \*\*SHAKEEL AHMAD WANI.**

*\*Research Scholar, School of Studies in Political science, Vikram University, Ujjain-M.P (India)*

*E.mail:roufbhat18@yahoo.com*

*\*\*Department of Physical Education, University of Kashmir (J&K)*

*E.mail:shakeelwani367@gmail.com*

### ABSTRACT

*Physical education is an integral part of the total education of every child in kindergarten through grade 12. Quality physical education programs are needed to increase the physical competence, health-related fitness, self-responsibility, and enjoyment of physical activity for all students so that they can be physically active for a lifetime. Physical education programs can only provide these benefits if they are well-planned and well-implemented. Engaging in acts of physical activity from a young age is very important for both the mental and physical health of a child; the habits learnt in youth tend to continue onto adulthood thus having an effect on the occurrence of obesity and related illnesses in society. Physical education in India is often a neglected part of education and many schools across the country do not realize the importance of having physical education as a part of the system. There are many benefits that are available from physical education and there are a few schools that have managed to strike the balance between academics and physical fitness.*

***Keywords:** Repetition, refinement, impulsive, prematurely, fitness gram, integrate, stroke, wellness, cherished.*

### INTRODUCTION

A balanced physical education program provides each student with an opportunity to develop into a physically-educated person; one who learns skills necessary to perform a variety of physical activities, is physically fit, participates regularly in physical activity, and knows the benefits from involvement in physical activity and its

contributions to a healthy lifestyle. For all students to become physically educated, instruction is designed for all students with special consideration for students who need help the most, less skilled students and students with disabilities. Students who are skilled and blessed with innate ability have many opportunities to learn. All students must feel successful if they are expected to enjoy and value physical activity. Activity is the basis of the program and offers opportunities for repetition and refinement of physical skills. Activities are success oriented so students are motivated to continue.

## **THE BENEFITS OF PHYSICAL ACTIVITY IN SCHOOLS**

A new study suggests that a simple solution for the impetuous child is physical activity. Published in the Obesity Reviews, researchers identified that the brain controls inhibitory control which regulates impulsive behaviour. The research also found a link between neurocognitive functions relating to eating behaviours and exercise. In other words, physical activity in school has a positive influence on impulsive eating and actions. In light of these findings, physical activity has two benefits. schools should be interested in childhood obesity intervention, as well as, a calming effect on impulsive children.

## **PHYSICAL ACTIVITY IS LIKE MEDICINE**

Physical activity is a very powerful tool for both the treatment and prevention of chronic disease, for justifying the harmful effects of obesity, and for let-down mortality rates. In fact, there is a linear relationship between activity level and health status. People who maintain an active and fit way of life live longer, healthier lives. In contrast, physical inactivity has an amazing array of harmful health effects. People who are inactive and unfit very predictably begin to suffer prematurely from chronic disease and die at a younger age. This association between disease and an inactive and unfit way of life exists in every age group: children, adults, and the elderly. The results of studies consistently show that those who are active and fit are healthier. For this reason, many have suggested that physical inactivity is the major public health problem of our time.<sup>1</sup>

## **ACADEMICS AND PHYSICAL ACTIVITY IN SCHOOLS**

Physical activity has academic benefits as well. The California Department of Education looked at students' health fitness scores on the FITNESSGRAM and compared them to the student scores on standardized testing in math and language arts. They found that fit kids "scored twice as well on academic tests as those that were unfit." The second year the CDE controlled for upper and lower income brackets and while upper-income fit students

<sup>1</sup> <https://www.tandfonline.com/doi/full/10.1080/00913847.2015.1001938>

scored higher than lower income students overall, the premise still held true. Students who were more fit performed better academically.<sup>2</sup>

## HEALTHY CHILD DEVELOPMENT AND PHYSICAL ACTIVITY IN SCHOOLS

Children need to be active every day to promote their healthy growth and development. Kids who establish healthy lifestyle patterns at a young age will carry them - and their benefits - forward for the rest of their lives. According to the National Association of Sport and Physical Education (NASPE) who looks at school-age sport and physical education reminds us “Opportunities to accrue physical activity during the school day include time spent in physical education class, classroom-based movement, recess, walking or biking to school, and frivolous sport and play that occurs before, during, and after school.”

### Physical activity can help kids cope with stress. It also promotes:

- Healthy growth and development
- Better self-esteem
- Stronger bones, muscles and joints
- Better posture and balance
- A stronger heart
- A healthier weight range
- Social interaction with friends
- Learning new skills while having fun
- Better focus and concentration during school<sup>3</sup>

## PHYSICAL EDUCATION & PHYSICAL ACTIVITY IN SCHOOLS

School physical education programs offer students the opportunity to not only be physically active today but the opportunity to teach skills and behaviours conducive to maintaining physical activity for a lifetime. Students spend over half of their day in school. Physical education should teach them how to integrate physical activity into their day both now and later in life.

<sup>2</sup> <https://peacefulplaygrounds.com/benefits-of-physical-activity-in-school/>

<sup>3</sup> <https://www.healthyfamiliesbc.ca/home/articles/importance-physical-activity-children>

## **SPORTS AS PHYSICAL ACTIVITY**

Elementary students who play sports are more likely to become active teens who, in turn, are more likely to be active adults. And being active, according to the World Health Organization, is one of the most important ways to prevent heart disease, stroke, diabetes and a range of other debilitating ailments. Not only do healthy people enjoy a higher quality of life, but the economy benefits from costs savings and productivity gains associated with workplace wellness. School sports and intramurals also have an important role in keeping children active at school.

## **SCHOOLS PLAY A UNIQUE ROLE IN PHYSICAL ACTIVITY OPPORTUNITIES**

Schools represent an advantageous opportunity to promote physical activity in children. Literally, they have a “captured audience.” The ability to carve out time for physical activity whether it recesses, physical education or sports is unique to schools alone. Since nearly 50 million students attend school is there a better place to begin to engage children in daily physical activity? One of the best reasons for adding physical activity to children’s daily routine was documented by the America Heart Association...“Effective efforts made now will help children avoid a lifetime of chronic disease and disability.” Play, physical activity, physical education, recess, and sports are cherished parts of childhood. The benefits of each are at the forefront of scientific literature over the last decade. No longer can an informed parent, educator or doctor ignore the importance of each in contributing to healthy child development.

## **THE IMPORTANCE OF PHYSICAL EDUCATION AND RECREATION IN SCHOOLS**

Physical education inculcates in children the importance of maintaining a healthy body and teaches them the importance of regular fitness activity in daily routine, which in turn keeps them happy and energized. This helps the children to maintain their fitness, develop their muscular strength and increase their stamina. Research has proved that children who actively participate in sports, be it team sports or dual and individual sports, have high self-confidence, which is very important for the development of a person’s character. Physical education instills the desire to participate, enjoy victory and take defeat positively, developing the overall personality of the character.<sup>4</sup>

Some of the benefits of having a physical education in India are:

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<sup>4</sup> <http://www.shareyouressays.com/essays/importance-of-physical-education/104>

### **Improved Physical Fitness**

Improves children's muscular strength, flexibility, muscular endurance, body composition and cardiovascular endurance

### **Skill Development**

Develops motor skills, which allow for safe, successful and satisfying participation in physical activities

### **Regular, Healthful Physical Activity**

Provides a wide-range of developmentally appropriate activities for all children

### **Support of Other Subject Areas**

Reinforces knowledge learned across the curriculum. Serves as a lab for application of content in science, math and social studies.

### **Self-Discipline**

Facilitates development of student responsibility for health and fitness

### **Escape From Routine**

Physical education in India also serves to distract the children from a set routine and provides an escape from the tedious hours in a classroom. Short periods of physical activity can be a good way to relieve some of the pressure that is bound to build up in a classroom.

### **Improved Judgment**

Quality physical education can influence moral development. Students have the opportunity to assume leadership, cooperate with others; question actions and regulations and accept responsibility for their own behaviour.<sup>5</sup>

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<sup>5</sup> <https://www.christianschoolproducts.com/articles/2010-September/Supplement/The-Importance-of-Physical-Education-and-Recreation-in-Schools.htm>

## **Stress Reduction**

Physical activity becomes an outlet for releasing tension and anxiety, and facilitates emotional stability and resilience.

## **Strengthened Peer Relationships**

Physical education can be a major force in helping children socialize with others successfully and provide opportunities to learn positive people skills. Especially during late childhood and adolescence, being able to participate in dances, games and sports is an important part of peer culture.

## **Considerations**

Special considerations may be necessary regarding physical activities for some students with health issues, and those students should proceed under the direction of a doctor.

## **Improved Self-Confidence and Self-Esteem**

Physical education instills a stronger sense of self-worth in children based on their mastery of skills and concepts in physical activity. They can become more confident, assertive, independent and self-controlled.

## **Experience Setting Goals**

Gives children the opportunity to set and strive for personal, achievable goals

## **Health and Nutrition**

Physical education teaches students the importance of physical health. High school is an age where students misinterpret the meaning of "overweight" and eating disorders prevail. Physical health and education informs students on sound eating practices and the essential guidelines for nutrition.<sup>6</sup>

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<sup>6</sup> <http://www.education.gov.gy/web/index.php/teachers/tips-for-teaching/item/2021-importance-of-physical-education-in-high-school>

## Quality Physical Education

Every student in our nation's schools, from PK-12, should have the opportunity to participate in quality physical education.

### GROWING FUTURE SPORTSMEN

Some children show signs of interest in sports from an early age and these prodigies should be encouraged and given the proper amount of guidance in schools. In India several children are restricted from playing sports, despite showing signs of early excellence. With proper support and systems in place children will be able to bring out the best in themselves and they may even go on to represent the country at some point in the future. Thus, encouraging physical education India is important and schools must realize the potential benefits that can be achieved from just a few hours of activity every day.<sup>7</sup>

### 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. Quality physical education programs taught by well-trained physical education specialists play a significant role in promoting the health of children and, ultimately, adults. The National Physical Education Standards provide a framework for structuring programs that will develop physically educated children to help the nation to reach its health goals for children and adults.

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