



# Role of Physical Education in school Education: a critical observation

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## Abstract:

The main goal of this study is to find out how physical education programmes can help kids in the school system stay healthy. It also makes suggestions about how to improve physical education. The research says that policymakers can help kids have a long, healthy, and happy life by improving the quality, amount, and intensity of physical education in schools across the country (both the instructional and activity components).

**Keywords:** physical activity, health, wellness, holistic education.

## Introduction:

Regular physical activity during childhood improves body composition and musculoskeletal development, as well as lowering the presence of coronary heart disease risk factors (Malina and Bouchard, 1991). These immediate health benefits can be seen right away (Malina and Bouchard, 1991). In 1994, Gutin et al. said that Physical activity recommendations for kids and teens were made by the Health Education Authority, which is now the Health Development Agency (HDA). This is because these health benefits made them worth it (Biddle et al., 1998). Physical education in school gives students a place where they can do regular and organised physical exercise. People often say that physical education is important because it helps students stay healthy and fit (Physical Education Association of the United Kingdom, 2004; Zeigler, 1994). People who teach physical education should want to make sure that students get enough exercise during lessons and that they learn how to be physically active outside of school and all through their lives, says Simons-Morton (Simons-Morton, 1994). In Physical Education, the focus can be on motor, cognitive, social, spiritual, cultural, or moral growth, but it can also be about these things. People learn a lot when they do things like move their bodies, think, socialise, go to school, learn about other cultures, and so on. But they might not be able to get the most out of their physical exercise if they do this all at once.

## Objectives of the study:

- O<sup>1</sup> To investigate the influence of physical activity in school.
- O<sup>2</sup> To study the theoretical basis for the intervention of physical activity in school.
- O<sup>3</sup> To investigate the role of World Health Organization on physical education.
- O<sup>4</sup> To assess how physical education is more influential than Personal Well-being.

**Methodology:**

The study was based on the secondary data gathered through government publications, censuses, books, and journals.

**Promoting physical activity in school:**

In epidemiological research, physical activity levels tend to drop with age (Sallis, JF. 2000). In line with these trends, national survey data from Finland show that less than half of 11-year-olds and less than a third of 15-year-olds meet current national physical activity requirements (Kokko, S., and Mehtälä, 2016). Many people who don't get enough exercise later in life are more likely to be overweight and obese (Janssen, I. and LeBlanc, AG. 2010; Physical Activity Guidelines Advisory Committee, 2018). A public health goal is to get more young people to do physical activity. If you want to talk about the benefits of exercise for fun, physical education is a good place to start. Physical education can reach a young, diverse, and captive audience (van Beurden E, et al. 2003). Importantly, young people learn about a wide range of physical activities through PE, and these experiences may help them decide if they want to do more physical activities when they're not at school (Hagger, MS. et al. 2003). People who study PE want to help young people learn how to move, think about health-related physical activity, and choose and do it when they're not at school or work (Finnish national agency for education, 2014). Despite this, there isn't much research on how physical education teachers or programmes can get young people to do a lot of exercise outside of school.

**Theoretical basis for the intervention:**

If you want to know why people do things like exercise, you can use the self-determination theory. The idea is based on the idea of self-determined or autonomous motivation. This kind of motivation shows how much a person thinks about why they do what they do. People who are self-motivated or autonomously driven do physical exercise for a variety of reasons, such as because they are interested, have a say, or feel like they are involved in the process. People who think their actions are less self-determined, on the other hand, are more likely to think that their actions are influenced by other things and participate in activities because they are forced, coerced, or forced to do so. Research says that people who are self-motivated are more likely to stick with things and get good or beneficial results. There is more and more evidence that autonomous motivation is linked to the uptake and long-term success of health behaviours, especially exercise (Hagger, M. and Chatzisarantis, N. 2008; Hagger, MS. and Chatzisarantis, NLD. 2015).

**Role of physical education in today's world:**

Children in both primary and secondary schools benefit from learning a wide range of personal and social skills, such as how to get along with other people, how to be respectful, how to solve problems, and how to be a leader and a person who cares about others. Children will be better at learning if they have these personal and social skills. They will also be more likely to make a smoother transition to adulthood (Wright and Craig, 2011). A study by Weiss (2011) found that physical education (PE) and sports participation may help children develop these personal and social skills (e.g. Holt et al., 2011). In fact, there has been a lot of talk recently about how physical education can help young people deal with the pressures and obstacles of everyday life (Society of Health and Physical Educators, 2014). Hardman et al. (2014) said that personal and social development is one of the main and most common goals of European PE programmes when they were asked about them in a global survey of PE programmes around the world. Sports participation has also been linked to both personal and social growth (Gould and Carson, 2008). It seems that the development of personal and social skills is a goal of PE and sports around the world, but the literature on this subject is still very different from one another in terms of language, methods used, and conclusions reached.

## The World Health Organization on physical education:

Different words are used to talk about the same things when it comes to personal and social development. Life skills and psychosocial competence are words used by the World Health Organization (WHO) (World Health Organization, 1997). Psychosocial competence refers to a person's ability to deal well with the challenges and obstacles of everyday life. It is a person's ability to keep their mental health and show it in good ways when they interact with others, their culture, and their environment. The WHO says that life skills education is meant to help people practise and improve their psychosocial skills in a culturally and developmentally appropriate way. It also helps people grow personally and socially, prevent health and social problems, and protect their rights (World Health Organization, 1999). The WHO held a United Nations Inter-Agency Meeting in April 1998 to figure out what life skills education was all about and what its goals were. These people were referring to psychosocial skills (World Health Organization, 1999) by using the term "life skills" to describe them. They also used words such as "personal," "social," and "interpersonal." Other terms that are linked to personal and social development are prosocial behaviour, social competence, personal responsibility, social-emotional learning, character development, and so on. They are often used in the literature.

## Importance of physical education:

A healthy body is said to make you have a healthy mind. You can tell if you've ever seen children on a playground because they are always happy when they are moving and having fun. It doesn't matter if you're playing casually, competitively, or just for fun. It doesn't matter.

Today's education, on the other hand, is mostly based on learning about things like math and reading. Persuasively, this position needs to be changed so that students can grow up with a sense of health. The physical, social, and mental growth is part of this. Parents have been encouraging their kids to work hard at school, but at the expense of their health and physical fitness, because there has been a lot more focus on academics and fast progress in science and technology.

In a study in the British Journal of Sports Medicine, researchers say that physical activity levels may start to fall as early as the age of seven. It might be hard for young people to get enough exercise on a regular basis as they get older. A culture of playing must be instilled in students at an early age so that it will stay with them for the rest of their lives. Parents and schools must work together to do this. Parents and schools should work together to get kids to play sports. With more and more kids going to school, it's more important than ever to build a strong foundation and improve physical education and sports in educational institutions or schools. This asks for physical education, sports, and other recreational activities to be included in schools, with the help of parents, in order to build a healthy generation.

## Physical education is more than Personal Well-being:

### Better academic performance:

The link between the mind and the body has been proven by science. Physical exercise has been shown to improve cognitive abilities, attitudes, and academic behaviour, all of which are important parts of better academic performance. Better focus and attention, as well as better behaviour in the classroom, are some of the benefits of this.

### Helps to forge character:

When kids play with other people or do team sports, they feel like they belong and are encouraged to work together. It teaches students how to gracefully accept a victory or a loss, which helps them build a strong sense of team spirit. It's a good thing for everyone!

**Promotes a healthy lifestyle:**

Today's kids may want to be svelte athletes, celebrities, and other athletes when they grow up. A healthy lifestyle: It's a good thing that kids aren't very active or healthy because they spend so much time sitting down. Sport and physical education are the best treatments for young people who want to live a healthy life. Physical exercise improves metabolism and lowers the risk of chronic illnesses like heart disease, hypertension, diabetes, and osteoporosis. It also helps keep these illnesses in check. Those who are physically active as children are more likely to become physically active and emotionally healthy as adults.

**Life skills education through physical education:**

There are a lot of ways that physical education can help students learn to be more respectful of themselves and others. Making physical education and sports more fun and inclusive can help students learn this respect. Kids learn how to work together, think critically and creatively, and be more involved and responsible as a result.

**Holistic Education:**

Physical education and sports are important parts of a complete education. Physical education, when used as an educational tool, can make a big difference in how a child grows and learns. Balances the body and mind, so schools and parents should make sure their kids have enough time to play so they can grow as a whole person.

Implementing sports education programmes is a big job all over the world because of all the different rules we have to deal with. Parents and schools can work together to make sure that play and sports culture keeps going strong. It is well known that young people spend a lot of time at school. To make changes to how sports and physical education are done, it has been found that schools should be the best place to start. Play space, friends, teachers and other people are all there for kids to have fun at school.

**Conclusion:**

Physical education, as part of the whole educational experience, helps students develop healthy, long-term habits and attitudes through physical activity. People who are physically active are more likely to be healthy. It is a disease prevention programme; it is a muscular strength and fitness programme; it encourages learning; it boosts self-esteem; and it helps people work together, work together, and play together. Physical education is meant to teach young people the value of self-preservation and a healthy lifestyle that benefits both the mind and the body from an early age. There are a lot of physical education curricula that are all-encompassing. The programme encourages students to talk to each other in order to reach the same goal: to win and improve their bodies. Pupils get to show off their competitive side because they have to use both their bodies and their minds. It also teaches them to be good sportsmen.

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