

## CURRICULAR PHYSICAL EDUCATION: A LIFE LONG PROSPECTIVE

## Physical Education

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## ABSTRACT

The paper tries to propose physical education as an outcome of curricular activities in a lifelong learning prospective. It also tries to understand the path of development of the physical education programme in the country for the profession centrally. The proposed educational objectives bring modification in behavior which is the primary objective to an outcome based physical education programme. The paper is based on existing literature and practices of physical education.

## KEYWORDS

national standards, sports, outcome, objective, behaviour, experiences

**Introduction:**

Curriculum is one of the most important components of education process. Curriculum is an embracing term which includes all those planned and like content, experience, activity; attitude etc. curriculum unplanned learning activities that occur in an educational setting. It is a comprehensive term and includes many aspects becomes a social progress whereby an individual comes to have greater understanding of himself, others, and the world around him through mental conceptualization.

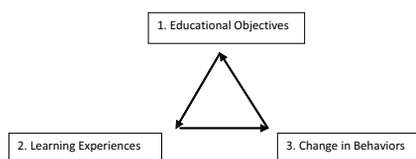
Curriculum in a broad sense is inclusive of the entire school environment involving all courses and activities provided to the pupils in the school. Curriculum is the heart of schooling. The crucial point is that curriculum is the umbrella under which all the aspects i.e. what is being taught from "where", "when" and especially "how" it is being taught are dealt with. "Curriculum content is diversifying and the curriculum structure of physical education programme is meeting the needs of the professionals in the country (Mann & Sharma, 2015). According to Munroe, Curriculum includes all those activities which are directed by school to attain the aim of school"

According to Secondary Education Commission: curriculum does not mean the academic subject taught in the school, but it includes total experiences that a child receives at a school.

Curriculum is the heart of schooling and it is wide and comprehensive in its scope. According to B.S Bloom, "Education is a tripolar process. Curriculum touches all the aspects of the life of the pupil- the needs and interests of pupils, the ways and methods by which their interests can be handled the procedure and approaches which causes effective learning among them.

A change is the order of the day. Society is dynamic and constantly changing. Since curriculum is the value for social change it also becomes dynamic and resilient. The Education Commission 1964-66 rightly observes that 'Destiny of India is now being shaped in her classrooms.' Education has to be used as the most powerful tool to bring social, economic and powerful change. This is possible when the curriculum is so designed as to realize the desired objectives. All the subjects and their organization must be geared to bring about social changes and take our country forward.

In view of the far reaching influences of the curriculum in contributing to modernizing the society, in developing a vital democracy, in promoting national integration and above all ushering a new era it can be said that the curriculum is the fulcrum upon which hinges the revolutionary transition of the society.

**Material & Methods:**

The study is a result of the existing literature and observations made by the scholars during their professional term.

The advancement about physical education, taking after steps was taken toward the legislature furthermore different associations throughout the pre autonomy period. (1880-1938) the Indian instruction association that prescribed physical preparing may be pushed in the interest from claiming young to every population about class. Physical training similarly as a necessary subject need recognized.

The thing that much the programme of physical training existed clinched alongside pre freedom days; it might have been conveyed on by the ex-service men utilized toward one school / school powers. Hanuman Vyayam Prasarak Mandal, Amravati (1914) also Y. M. C. A. School of Physical Education, Madras established over 1920, since its origin this school need been working indefatigably what's more sacrificially should push also systematize physical training to India. Young men scout affiliation from claiming India might have been framed clinched alongside 1921. A percentage exercises would running by HVPM to men & ladies. By that period 1927 Indian Olympic Association (IOA) might have been structured. Sir Sorabati Tata might have been 1st president. IOA is subsidiary toward IOC. Push urge physical, mental also social educations of childhood of the country likewise will implement the sum decides and regulations for universal Olympic council. Then afterward that previously, 1931 Govt. School about physical education, Hyderabad what's more preparation organization about physical education, Kandivali (Bombay) were secured with push precise experimental physical training to India.

(From 1947 -2004) The national administration retained those key undertakings for education, by facilitating and planning those directives of the states keeping in perspective those national destinations should be attained. Physical training need been viewed as a piece and package for class training programme. To that Govt. from claiming India need made fore front also introduces new schemes and arrangements under operation to support up the norms about sports also wellbeing guidelines for kin. NCC, Asian diversions Committee, focal counseling board of physical training and amusement were created toward those Union ministry service for training. Honing schemes to diversions and sports would introduced, chamber of sports, one school amusements league from claiming India, furthermore national teach schemes were built for attempting from claiming sports forms. A national syllabus about physical exercises might have been structured to 1956. Clinched alongside 1957 LNCPE went under presence and partake energizes those field of physical training done India separated from research, preparing and educating for physical training personals. In 1959, legislature about India delegated a Co-ordination Committee, under those chairmanship about Dr. Kunzuru, should looking at those different schemes to physical Education, recreation, character building and discipline operating clinched alongside instructive Institutions, what's more should propose

measure to those fitting Co-ordination. The national physical effectiveness drive might have been started toward the union ministry service about instruction done 1959-69. The arrangement comprised about specific things for physical effectiveness tests which endorsed principles to accomplishment. It might have been would have liked that drive might stimulate those enthusiasm for adolescent also old men and ladies to check their execution abilities also along these lines animate their astuteness to physical wellness. Adhoc-Enquiry council from claiming 1958 the Netaji Subhash national establishment of sports might have been created toward those administrations from claiming India over 1961 In Patiala stressing to prepare mentors for secondary gauge over different amusements/games. Kaul Kapoor submitted suggestion once 1961 beginning that physical training ought make acknowledged concerning illustration a and only all instruction previously, schools also schools. It ought a chance to be a standout amongst those subjects in the Europe, hypothetical orders had more distinction than difficult work, and speculative chemistry was for graduates. Council examined those prevailing states to different countries, consulted anticipates that including vice-chancellors of instructive administrations, physical educationists and so forth and submitted report card. Those report card is most likely initial considerably authoritative appraisal for physical training in this nation over. The council admitted that physical training will be a standout amongst the significant sufficient groundwork on which ought further bolstering one school also schools for enhancing the countries build. Previously in 1984 Sports power for India (SAI) need been built toward Delhi. SAI hails ahead to build sports lodging on each state on urge the player's eventually perusing generating grant also honing. A bill might have been passed in the parliament which might have been known as national approach of instruction 1986. Accentuated the vitality about physical training on accompanying ways: Sports and physical educations would an essential analytics and only the taking in process, furthermore will be incorporated in the assessment of execution. To 1988, NCERT created the national educational program to basic and auxiliary educations done 1988 should reflect the postulates of the NPE and the programme of action, 1986. The fundamental push about this exercise might have been will provide for those national center educational program in the school syllabus similarly as postulated in the national approach furthermore should incorporate physical training with the academic programme of the schools. Those center educational program states that wellbeing and physical training furthermore sports if a chance to be essential analytics and only taking in procedure and be included similarly as the assessment of execution. The over arrangement need been reiterated in the national approach from claiming instruction in 1992. NCERT set framed a reconsidered educational program for one school instruction also in 1992, What's more its reconsidered version is Nov 2000. Under the title national educational module span fill in for class training in this educational program incorporate. Wellbeing and physical training similarly as a standout amongst the center subjects altogether levels of class educations.

### International Deliberation on Physical Education

Planned with be an instrument for pre services instructor's testament furthermore practioner to utilize done arranging curricula, plan units, lessons and act tasks, also surveying what's more following learner advancement over evaluations. What's more it gives different put resources into those training methodology (e.g. Administrators, Sheets about education, Parents, Strategy makers) for a outline worth of effort to understanding what understudies ought to think furthermore have the capacity to would concerning illustration an aftereffect for direction book clinched alongside physical training. It's clear that numerous individuals bring confusion something like physical training also consequently, May inquiry its worth done school.

The amendment of the national measures for K-12 physical training Also improvement of the grade-level results to K-12 physical training might have been impacted Toward an assortment for other educational program outline meets expectations , those as a relatable point center state standards, and current disciplinary learning What's more Scrutinize clinched alongside physical training.

Common core: content standards and outcomes (Reflect the content knowledge and skill)

### Keep changes in the standards:

The first change the incorporation of the term physical literacy in the goal of physical education.

Physical literacy “the ability to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person” (Mandigo, Francis, Lodywyk & Lopez, whithead) it supports the holistic development of student by encompassing are three domains of physical education or bloom taxonomy, i.e. Psychomotor, Cognitive and affective. The second substantial change was the combining of standard 3 and 4 into one standard, now standard 3, making for five national standards instead of six. The reduction in the number of standards is not unprecedented. The second edition of Moving into the future reduced the number of standards from seven to six. Standard 3 and 4 (2004) were merged. Revised content standard-3 (2013) “The physical literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.” (very similar to those in the second edition NASPE 2004)

Team recognized a few ranges Concerning illustration basic of the heading furthermore improvement about review level out-comes: engine ability competency, learner engagement Furthermore innate motivation, guidelines climate, sex differences, term time movement approach also physical movement.

### National Standards for K-12 Physical Education;

The objective about physical training may be should create physically proficient individual who have those knowledge, skills, Furthermore certainty on appreciate An existence run through about invigorating physical movement.

Will seek after a lifetime for invigorating physical activity, an physically proficient individual:

- Need figured out how those aptitudes fundamental with partake on an assortment about physically exercises.
- Knows the suggestion and the profits of association clinched alongside different sorts for physical movement.
- Participates consistently over physical action.
- Is physically fit.
- Values physical movement and its commitments will an invigorating lifestyle.

Mandigo, Francis, Lodewyk, and Lopez (2012) defined a physically educated person in NASPE (2004). The national standards for K-12 Physical Education and the accompanying grade-level outcomes gives physical educators a frame work for producing physically literate individuals, setting students on the road to enjoying a lifetime of healthful physically activity emphasizing: Demonstration of competency in a variety of motor skills and movement patterns, Applying knowledge of concepts, principles, strategies and tactics related to movements and performance, demonstrating the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness, exhibiting responsible personal and social behavior that respects self and others, recognizing the value of physical Activity for health, enjoyment, challenges, self-expression and/or social interactions.

### Conclusion:

There would pros what's more cons should obligatorily physical training (PE) classes, yet the wellbeing profits often exceed different considerations. For corpulence worries on the rise, PE classes would regularly see as a vital prerequisite eventually perusing both folks Furthermore one school managers. Without need physical education courses, a few learners may decide to overlook physical movement completely, keeping tabs for inactive pursuits.

1. It boosts your endurance and fitness level such that you stay healthier for longer.
2. It teaches oneself discipline to adapt a healthy lifestyle and take good care of one's body.
3. It promotes physical development and acquires essential physical skills.
4. Required PE classes help students develop good exercise habits, resulting in healthier lifestyles. Healthy exercise helps prevent obesity and other serious illnesses, such as heart disease, cancer, diabetes and osteoporosis. Because most of the normal school day requires students to participate in relatively sedentary activities, mandatory PE classes force students to do something active. The classes help student's burn calories, exercise muscles, reduce stress levels and improve their psychological and physical health.

5. Physical education courses encourage students to lead healthy lives. Bright Hub states that people who exercise regularly during childhood and adolescence are more likely to exercise during adulthood. Without a PE requirement, some students might opt out of the class due to laziness or self-indulgence. If they never exercise as students, it could be difficult for them to practice self-discipline and develop healthy exercise habits as adults. They might also avoid future physical activity if they feel self-conscious about their lack of fitness and resulting physical limitations, especially if their adult peers are in better physical condition.
6. As important as physical activity is to health and well-being, it's important to remember that physical education courses include fitness training, sports and games that could potentially result in physical injury.

**Recommendations:**

- 1) Progression of Physical Education programme from pre independence era to post independence era were not incorporate.
- 2) It should be scientific, well designed programme for PE with refined outcome.
- 3) It is recommended that the standardization of the curriculum level based.

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