

SIGNIFICANCE OF PHYSICAL EDUCATION AND SPORT IN THE EVER CHANGING MODERN AGE

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ABSTRACT

In these modern times learning programs are generally responsive to the needs of society. Physical education has passed through periods of change due to chronological and cultural events. The sum total of these various forces, trends and issues result in a physical education program that is well balanced and offers something for all children. Perceptual-motor activities and wellness concepts are integrated in all lessons to enhance student understanding. Creativity and problem solving are incorporated in different teaching styles in an attempt to help students deal with personal needs and challenges. Today, no single phase of physical education can be ignored at the expense of another. Physical education must be a systematic and progressive program that reaches out to all individuals at all levels of the educational system.

Introduction

Physical activity plays a vital role in the normal growth and development of any students; they participate in physical activity for the joy and thrill of movement. Their interest in activity is for enjoyment rather than the benefits of physical activity. Play, the central focus of their physical activity, requires the use of both the large and small muscles of the body. Young children prefer the freedom to investigate their natural curiosity by doing activities involving movement and manipulation, including initial attempts at the fundamental movements of walking, running, jumping, kicking, catching and throwing.

Educational programs are generally responsive to the needs of society. Physical education in particular has passed through periods of change due to historical and cultural events. The sum total of these various forces, trends and issues result in a physical education program that is well balanced and offers something for all children. Perceptual-motor activities and wellness concepts are integrated in all lessons to enhance student understanding.

Creativity and problem solving are incorporated in different teaching styles in an attempt to help students deal with personal needs and challenges. Today, no single phase of physical education can be ignored at the expense of another. Physical education must be a systematic and progressive program that reaches out to all children at all levels of the educational system. In the Primary/Elementary Physical Education Program, the following three areas are emphasized to help young children gain personal meaning through physical activity:

Students will be involved in a variety of activities that provide personal meaning for them. This range of activities may mean moving away from games-related activities into outdoor, dance/rhythmics and individual activities. In the earlier grade levels, students will be given less choice about the range of activities, with the physical education director making more decisions.

Physical education will assist in the expansion of cooperation and leadership skills through a wide variety of learning experiences. Practical involvement in