

STRATEGIES AND INNOVATIVE TEACHING METHODS IN PHYSICAL EDUCATION FOR BETTER LEARNING IN CLASSROOM- AN ANALYSIS

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Abstract

Physical Education (PE) programme has been creating, implementing, and evaluating in promoting lifelong wellness among the school children. Students learn how to make healthy food choices, reduce time playing video games and watching television. Previously, the PE program has been removed from the school curriculum as schools everywhere strive to improve the academic performance of their students, many have cut physical education and recess periods to leave more time for sedentary classroom instruction. Over the years, researchers and educators have revised their PE curricula, equipment's and training programs to meet the six NASPE (National Association of Sport and Physical Education) guidelines. In India, Central Board of School Education (CBSE) has made PE an elective subject in school curriculum. The idea of including PE class in school is to make the students healthy and teach them healthy life style.

Key Words: Physical Education, Curriculum, Equipment's, School Children, Athletics, Dance, Gymnastics, Games, Outdoor and adventure activities, Aquatics.

Introduction

Much of the focus for physical education teachers relates to the curriculum and each individual lesson that is taught. It is important, however, to advocate for another aspect of the program that teachers are trying to promote physical activity outside of the physical education classroom. With the limited amount of time for physical education, students cannot reach the recommended 60 minutes of daily physical activity (National Association for Sport and Physical Education [NASPE], 2004b). To make up the difference, physical educators need to help promote, facilitate, and model opportunities for students to be active outside of class. The Healthy People 2010 goals state that individuals should increase their daily physical activity levels and increase their quality of life through physical activity (U.S. Department of Health and Human Services [USDHHS], 2000). These goals can be reached by combining the efforts of physical educators with the efforts of other school and community professionals. This article provides suggestions for physical educators to help students, their friends, and even their families to lead a physically active lifestyle and make healthy choices outside of the physical education program.

In institutionalized education, the main goal has been developing children's cognitive capacity in the sense of learning knowledge in academic disciplines. This goal dictates a learning environment in which seated learning behavior is considered appropriate and effective and is rewarded. Physical education as part of education provides the only opportunity for all children to learn about physical movement and engage in physical activity. As noted, its goal and place in institutionalized education have changed from the original focus on teaching hygiene and health to educating children about the many forms and benefits of physical movement, including sports and exercise. With a dramatic expansion of content beyond the original Swedish and German gymnastics programs of the 19th century, physical education has evolved to become a