

Advantages of Trends Under NEP in Modern Era: Physical Education and Sports

Dr. Dilip N. Tabhane

Shri Chakrapani Arts College, Nagpur, Maharashtra, India

Abstract: *The updates in the national education policy have been eagerly awaited and are causing confusion in India's education sector. wanting to know what to include and what to leave out. Every young academican and student in India can achieve their multiple goals thanks to this new change. It throws light on the entire education system in India as it is an ideal foundation for both primary and higher education. The curriculum should include courses in games, sports and fitness, as well as courses in science and social studies, which make education versatile, practical and rewarding. NEP proposes the integration of sports or the inclusion of physical activity in the learning methods of students and physical and mental health while improving their cognitive abilities. Students participating in sports integrated education develop a lifelong attitude towards fitness and achieve the fitness level prescribed by the Fit India programme. To ensure that all children experience the magic of play and sport, and to create a nation of healthier and stronger children through the school system, we expect sport and play to be taught and valued with the same rigor and structure as core academic subjects. Focusing on vocational education contributes greatly to the overall development of children, and our hope is that students will be able to choose physical activity and sport as a vocational subject. It throws light on the entire education system in India as it is an ideal foundation for both primary and higher education.*

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