

Sports Education in Light of NEP 2020

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Abstract: *The New Education Policy has been welcomed by many parents and educationists alike. The idea of holistic development forms the basis of the new policy. This means, for a change, co-curricular are being given equal attention to as academics. The National Education Policy 2021 strongly emphasises including sports and physical education as a part of the curriculum. It is recognized as a subject to be taught and the physical aspects are limited to physical education sessions. To most people, parents and teachers alike, sports is either about playing it or a subject to be taught outside textbooks. This concept completely bypasses its experiential aspects where sports can become an elemental tool to shape young minds and bodies. Sports teaches many life lessons that are beyond the scope of classrooms like team spirit, strategizing, calculative decision making, and overall discipline and time management. Thus, it cannot be denied that while the intention of NEP is holistic, it is still majorly flawed where mandating sports in colleges is concerned. This new modification may bring lot of dreams coming true for each and every young academician and student in India. A comprehensive framework for elementary and higher education as well, this is going to throw light upon the whole education system in India. Vocational training being the key developmental area for young youth of India. The up gradation of Indian education in both rural and urban areas is being the ultimate key sector. The NEP accepts sports as being as vital to other subjects like English or Science by doing away with the strict division between academic and extracurricular activities, hence improving the Fun and Engagement that students so badly desire in a institution. Children can grow physically, cognitively, and socially via play.*

Keywords: national education policy, physical education, academics, sports, co-curricular