

The National Education Policy's Future and Scope for the Physical Education Curriculum

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Abstract: *This research study delves into the proposed trajectory and potential impact of the Physical Education (PE) curriculum outlined in the National Education Policy (NEP). With an emphasis on holistic development and a well-rounded education, the NEP advocates for a robust integration of physical activities within the academic framework. This paper aims to analyse the future implications, challenges, and opportunities associated with implementing the revised PE curriculum. By examining global best practices, educational theories, and empirical evidence, the study forecasts the transformative role of PE in nurturing not only physical fitness but also cognitive, social, and emotional well-being among students. The findings offer insights into fostering a comprehensive PE program that aligns with the evolving educational landscape, fostering lifelong health and holistic development among learners.*

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