

# National Education Policy: Teaching and Learning Strategies in Physical Education and Sports

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**Abstract:** 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. The National Education Policy has been eagerly awaited and is developing pleasure throughout India and the training sector. The purpose of this article is to outline today's trends and demanding situations in exercise and sports activities, and especially based entirely on these modern demanding situations, destiny trends and demanding situations can be called. That is why it is important to ensure that every child interacts with regular physical activity, and colleges are the easiest place to reach all children. Current curricula want to change to produce students with interests in physical education and sports. Situations that require destiny above all else are the right curriculum to do and observe and vomit. Modern practices and current curricula want to change to produce students with interests in physical education and sports. Situations that require destiny above all else are the right curriculum to do and observe and vomit. The era can even play an important role in the growth and development of the sport. The importance of physical training and athletic performance in sport is recognized in today's world, and efforts are being made to improve conditions so that competence can be recognized more and more.

**Keywords:** NEP, Sports, exercise, development, efforts