

Learning's in Physical Education and Sports: National Education Policy and New Approach

Prof. Dr. Dnyaneshwar V. Thakre

Director of Physical Education Games and Sports Department

Mahatma Gandhi College, Armori, Gadchiroli, India

dvthakre1@gmail.com

Abstract: *The new NEP has several important components that are essential for the child and overall growth. The new national education policy is a welcome development at a time when the health, happiness and integrity of children are becoming increasingly important due to the pandemic. The NEP recognizes sport as essential together with other subjects such as English or science, breaking down the strict division between academic and extracurricular activities, increasing the fun and engagement that students so desire in school. Children can grow physically, cognitively, and socially through play. In addition, we found that gamification has beneficial effects on participation rates, classroom behaviour and learning outcomes. Additionally, assessment-specific reforms such as the creation of a national assessment centre and tracking progress based on child and learning outcomes are excellent efforts because they focus on the child and whole development, focusing on learning progress. 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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