

# Development of Physical Activities and Sports in Schools: Enrichment and Growth Through NEP

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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. Students participating in sports integrated education develop a lifelong attitude towards fitness and achieve the fitness level prescribed by the Fit India programme. 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. Additionally, assessment-specific reforms such as the creation of a national assessment center 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.*

**Keywords:** National education, development, students, India, children