

A Way Towards National Education Policy: Challenges and Enrichment in Physical Education and Sports

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Abstract: *The purpose of this article is to outline today's trends and demanding situations under NEP 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

I. INTRODUCTION

NEP recognizes the importance of free time and different subjects and English or engineering, breaking down the rigid division between teaching and extracurricular sports, increasing the interest of academics in the university. The curriculum should consist of guides for games, movement and health, as well as guides for technology and social studies, which make the training versatile, reasonable and rewarding. The NEP recommends combining sports activities or incorporating physical hobbies into the techniques and physical and mental fitness of students while improving their cognitive abilities. Students who participate in sports activities, including exercise, develop a lifelong mindset towards health and achieve a health qualification through the Fit India programme. To ensure that all children enjoy the magic of play and recreation, and to use the higher education machine to create space for healthier, more effective children, we expect and value recreation and play to learn with the same rigor and form as in secondary education. subjects Focusing on vocational education significantly contributes to the overall development of children, and we hope that researchers will be able to choose physical recreation and entertainment as a vocational problem. It will lightly influence the entire fitness machine in India as it is a great foundation for every number one and better workout.

Challenges in learning Physical education and sports

This group of people entered the mainstream reality some time ago. They have never experienced life without wireless high-speed Internet access, data cell phones, text messages, or video game consoles. Most of them are very familiar with the user interfaces of the generation that uses apps and social media regularly. The implications of such dramatic changes to reach the young and the young generation must be self-evident in all areas of reading. Health and exercise pedagogy applications are available and can complement and enhance curriculum offerings at most universities. There are many free tech programs available that focus on promoting physical activity and fitness. The student may be required to have good motor skills and, in addition, the ability to use generation. In addition, teachers may need to gain knowledge of contemporary, generational, and absolutely absolutely simple educational strategies. Technology holds promise for how students view and, furthermore, how teachers teach. Physical and health educators need to be more aware of a generation-oriented environment that offers more opportunities for beginners outside the traditional indoor

environment. Thus, technology can play a vital role in generating interest in physical education and sports activities sports activities sports activities sports activities sports activities. Experiential learning is carried out at all levels, exploring the connections between various subjects, in addition to sensible learning, learning that combines artistic and sports activities and, for example, pedagogy that focuses broadly on storytelling. a problem Class sports become competency-based, primarily for full familiarization and guidance to identify lack of success. Learning is ordered, and goals, competencies, and attitudes are indexed by problem within each category. A cross-curricular method called arts integration uses the unique components and expressions of arts and subcultures to inform competency ideas for individualized instruction. Another multidisciplinary learning method is physical integration, which uses physical sports together with native physical activity in pedagogical practices to sell the competence explosion together with cooperation, initiative, self-management, self-discipline, teamwork, responsibility, citizenship, etc. to help students expand a lifelong mindset towards health and achieve the Fit India movement through assessed health levels, familiarization with sports activities is used in classrooms. In addition to cognitive skills, sports also direct general improvement, physical and mental well-being, so their inclusion in university training is a pure necessity.

E-Learning in schools

e-Learning is an academic method that leverages at the possibilities of virtual technology for handing over contents, assessing college students' abilities in addition to for reinforcing interplay amongst customers and among educators/instructors and college students. Delivery may be synchronous (wherein interplay among pupil-instructor and pupil-pupil is simultaneous) or asynchronous (wherein interplay among pupil-instructor and pupil-pupil does now no longer take location concurrently without constraint of time and location). In each types, the scholars want to be encouraged for mastering so as to triumph over the poor results of the separation among each other and from their instructor. Shawar et al stated that, the quantity of interplay performs a high-quality function in effectiveness of tutorial method however loss of bodily interplay stays the largest barrier to the fulfillment of tutorial method in e-Learning. The college students take in ethical and moral values thru bodily interplay of instructors, households and society participants however e-Learning is poor in offering those values.

Schools often work with online companies across all sectors of society - private and commercial, NGOs and public authorities - to plan and expand collaborative applications. A critical aspect of increasing asset sharing is an established order of communication and communication software. Because asset sharing involves sharing people's financial and physical assets, it requires leaders of cooperating agencies to foster close relationships and partnerships between people, businesses, and institutions. A key element in creating collaborative relationships is the importance of leadership, which tends to overcome territoriality, inertia, prison mandates, traditions, lack of power, ownership, false impression of applications and other related problems. Such cooperation increases the availability of applications and services in addition to regions and centers. In this way, through some companies, talented university students can be supported to participate in some competitions. Especially in India, where the expertise can be abundant, but due to the disappearance of the economic price range, many students lack even this skill. The cooperation of certain companies helps needy students to show their knowledge in certain global competitions.

The rapid development of ICT has brought innovations and increases the effectiveness of the training program. Using these excellent ICT devices ensures overall performance. the degree continues to develop and the predicted cumulative performance rate increases all the time excessive ICT improves accessibility and increases the virtual environment in the field of physical education and physical education. Now it is no longer the easiest way to gain information about consumers, but it also makes it easier to communicate and talk to the world. It brings changes and reforms to the pedagogy of physical education and physical activity. Therefore, from today's point of view, the researcher talks about several common ICT tools in the field of exercise and physical education.

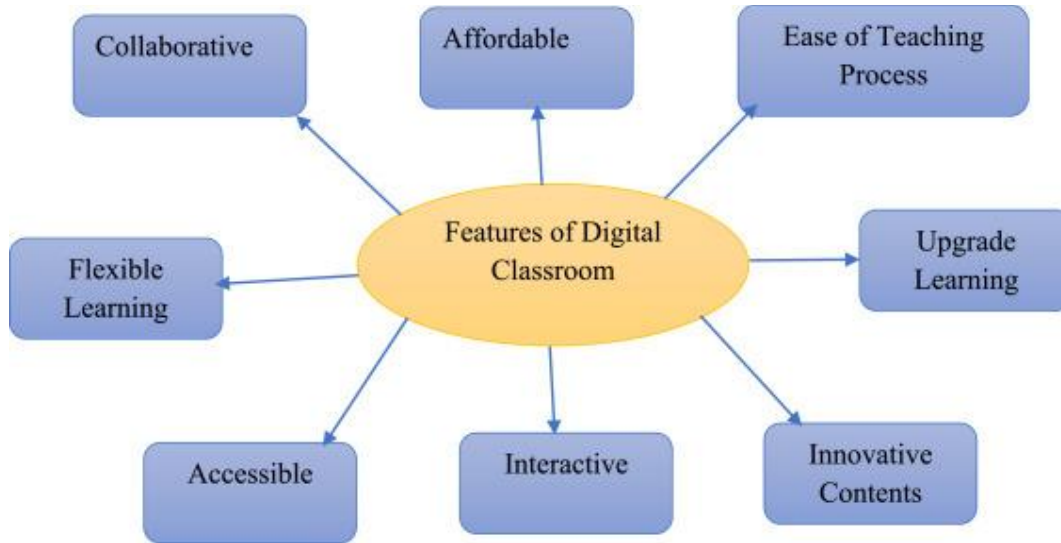


Fig-1 Strategies of learning under NEP

II. CONCLUSION

Using these excellent ICT devices ensures overall performance. the degree continues to develop and the predicted cumulative performance rate increases all the time excessive ICT improves accessibility and increases the virtual environment in the field of physical education and physical education. Situations that require destiny in particular are the right curriculum to do and observe and do well Price Range of numerous companies that aim to guide poor, albeit intelligent, children to get the easiest attention to their leisure time without requiring n. Price Range. 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.

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