

Various Aspects of Curricular Framework Of Physical Education under NEP

Vaishali P Telkhade

Department of Sports & Physical Education
Kala Wanjya Mahila Mahavidyalaya, Ballarpur

Abstract: *New Education Policy improves the present scenario of the sports department in all sector as well. The new NEP has a number of crucial components that are essential for a child's overall growth. The NEP accepts sports as being as vital to other subjects like English or Science by doing away with the strict division between academic and extracurricular activities, hence improving the Fun and Engagement that students so badly desire in a school. With the help of this children can grow in all fields as well.*

Keywords: Holistic Education, National Education policy, Elementary Education, comprehensive

I. INTRODUCTION

National Education Policy

It includes value, knowledge, skills, and experiences in physical activity participation. The national policy on education, published in 1968, is a comprehensive document that addresses every student may get the benefit after some duration, which will be a boon for the physical education. This fact of education in India, including adult education in both rural and urban areas. This plan was developed by the Indian government to encourage education among Indians. Sports in the nation need to be specifically improved. Players with talent require special considerations. Secondary students should participate in sports as well to develop a player-friendly physique and improve their skills. Where there isn't a playground or other amenities, they should be built as soon as possible.

Mental and physical growth are intricately intertwined. Physical Schooling has a significant role in the achievement of education. Sports and physical education need to be taught in a unique atmosphere across the nation. By qualified instructors, coaches, etc., playgrounds, sports equipment, and other apparatus for physical education and sports should be supplied. The city's open areas will only be used for recreation.

Various Aspects :

The NEP accepts sports as being as vital to other subjects like English or Science by doing away with the strict division between academic and extracurricular activities. The NEP2020 is founded on the five guiding pillars of Access, Equity, Quality, Affordability and Accountability. The combination of general education and physical education must be planned. All of these colleges will admit people who are extremely talented athletes. A particular consideration is yoga. Education and health are closely related. The health of a family can be improved by proper education, even though healthy people are more likely to have superior educational achievements. It will prepare our youth to meet the diverse national and global challenges of the present and the future.

II. SALIENT FEATURES

Recognizing, Identifying and Fostering the unique capabilities of each student. Physical education is a formal subject that has set academic requirements and includes benchmark- and standard-based assessment. Developing healthy active living motor skills, knowledge, and behaviors such as sportsmanship, self-efficacy, and emotional intelligence are the goals of physical education. Flexibility, so that learners have the ability to choose their learning trajectories and programmes. The goal of physical education as a topic in schools is to instruct students in the science and practices of leading physically active, healthy lives (3). It provides a space for taking part in developmentally.

III. HEALTH EDUCATION

NEP lists health and nutrition, physical education, fitness, wellness, sports, sanitation, and cleanliness as some of the crucial subjects, skills, and abilities that everyone must study, noting the significance of health education in schools. As a result, the NEP suggests that health education be made a mandatory component of the curricula, including topics such as mental health, healthy diet, personal cleanliness, disaster response, first aid, and the negative impacts of alcohol, cigarettes, and other substances. This is a significant reform that might prompt a shift in behavior toward healthy habits of the students.

IV. SCOPE OF PHYSICAL EDUCATION IN SCHOOL

Experiential learning will be implemented at all levels, with investigations of the connections between various disciplines as well as hands-on learning, education that incorporates the arts and sports, and pedagogy centered on telling stories, among others, as normal practises within each subject. Classroom activities will change to competency-based learning and teaching to address the achievement gap in learning outcomes.

There have been demands for action to encourage physical activity across the lifetime due to the prevalence, health effect, and evidence of changeability. In order to find ways to make physical exercise a top priority for children's health, the Institute of Medicine created the Committee on Physical Exercise and Physical Education in the School Environment. Its objectives were to analyze the present state of physical education and exercise in the school setting, including before, during, and after school, and to look at how these

V. CONCLUSION

The National Curriculum Framework for Foundational Stage is a vital step in India's early childhood education history, prioritizing high quality education and care for young children. Updates to the National Educational Policy have been eagerly anticipated and are causing a stir throughout India's educational sector. A desire to know what is being added and what is being omitted. Every young academician and student in India may realize several of their ambitions thanks to this new alteration. This will shed light on the whole Indian educational system because it is a complete foundation.

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