

Role of Physical Education and Teachers in NEP

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Abstract: *New education policy wants to development of sports. So they include the subject of sports and physical education in NEP. This subject have weightage as per science or English. Students wants recreation and engagement in college as well as study. By this policy students are engaged and recreate they can grow with physically cognitively and socially with the help of sports. the physical teacher were spent most time with students and encourage students to participate in physical activity and sports. They teach each and every skills . the physical teacher is to provide maximum physical activity within the class period ,teach skills and activity that transfer in to physical education outside of the class.*

Keywords: Physical education, role of teacher, impact on students, NEP

I. INTRODUCTION

For nation building we require strong and healthy people. In that case we require to involve physical education and sports in their education compulsory. students in sports and physical education they are fit and healthy. They get recreation with the help of sports. They do their study very well as well as they participated in other activity and social works. If the student's performance is best in every activity then they get good job or they perform better in their business. In this case nation moves to strong nation in the world.

The National Education Policy's Impact on Sports Education

The National Education Policy 2021 strongly emphasizes including sports and physical education as a part of the curriculum. It is recognized as a subject to be taught and the physical aspects are limited to physical education sessions. The idea is not much different from what already exists. The policy merely makes it mandatory what was otherwise an option in many schools.

But does this perception do justice to nurturing young sports persons as a whole?

NEP in sports schools or any other institution unfortunately does not do much to change the notion of sports as a whole. The only positive impact is it mandates the practice. Thus, hopefully, it is also paving the way to a more comprehensive idea of sports at school in the near future.

To most people, parents and teachers alike, sports is either about playing it or a subject to be taught outside textbooks. This concept completely bypasses its experiential aspects where sports can become an elemental tool to shape young minds and bodies. Sports teaches many life lessons that are beyond the scope of classrooms like team spirit, strategizing, calculative decision making, and overall discipline and time management.

The Importance of Sports Education

Almost every child enjoys a certain type of sports. If not a sport, they usually have hobbies they love more than academics. It has been witnessed that children tend to perform better in subjects or curriculum they love to do. This is an essential concept that is neglected when we study the NEP 2021. It does not truly work towards nurturing this love and enjoyment children have while playing, thus failing to hold the attention or interest of youngsters.

Best sports schools in West Bengal recognize this gap and hence have developed a sports-centric flexible curriculum. Here, academics and sports are equally prioritized and extraordinary talents are recognized and nurtured from an early stage.

By being a part of a sports school, children get the scope to find out their calling in specific types of sports while trying out different options. At the same time, their academics do not get neglected. But more than anything, the child has an overall physical and mental development that brings out the best in them as an adult later in life.

The comprehensive academics and sports training for future athletes at sports schools are also gaining popularity with parents who are recognizing the advantages. So even with the conceptual gap in NEP regarding sports, concerned parents still can get a solution when they look for true holistic development of their child.

Games and Sports in NEP 2020

The importance and value of sports and games that is in fact physical education in the education system has long been recognized and today's education is unthinkable without games and sports being a part and parcel of modern education. In present day education much emphasis is given to the physical education and the belief has come to influence the educationists, policy planners and the regulating authority the government that no worthwhile education for the young generation is possible without physical education. Sports and games is the integral part of inclusive education and thus sports and games need to be given required priority and place in modern education so that it leads to the growth of healthy individual personalities which can fit in the democracy of the country and contribute to its development. Thus physical education should be made inalienable and inseparable part of education and it needs to be made a part of school syllabus and curriculum. Adequate emphasis needs to be given to the sports and games in the education system of the country. All students, regardless of ability, should get the recommended 60 minutes or more of daily physical activity to grow into physically fit personalities. Schools can help all students to meet this recommendation by providing equal opportunities for students with disabilities as well. Creating an inclusive culture for physical education and physical activity helps every student learn to lead a healthy, active and purposeful life style. fully participate in all school activities and interact with peers of all ability levels with opportunities to develop friendship. The primary objective of education is overall personality development. Complimenting to this objective, the paradigms of Physical Education ,sports and Yoga are integrated under the National Education Policy -NEP 2020.Physical Education, Sports and Yoga professionals will contribute in bringing Health and wellness at every aspect of one's personality. Thus developing and proposing the syllabus framework for physical education, sports and yoga was an interesting assignment for the committee. The committee had several meetings to develop the curriculum framework and we have come out with a broad outline for the colleges and universities to take up the framework for physical education, sports and yoga .The broad framework is to make physical education, sports and yoga accessible and available to masses by creation of professions in physical education, sports and yoga through Higher Education Institutions. This will help every citizen of India to be healthy, fit and stay well. India is growing rapidly as a global super power .To face the challenges of the century and to keep up with the pace of the world, maintaining health is of paramount importance. Giving thrust to healthy society, physical education, sports and yoga are of great significance in today's world .The GOI insists on physical fitness, mental health, and overall development of personality of for every citizen. Thus government has launched Fit India Movement, Khelo India, TOPS and National Sports Day, International Day of Yoga etc. These initiatives have given impetus and awareness among public, professionals, and academicians. However, creating efficient and skilled human resource in the field of physical education, sports and yoga is identified as the need of hour.

The Role and Responsibilities of the Physical Education Teacher in the School Physical Activity Program

Provide Maximum Physical Activity Time With in the Class Period

Physical education class is just one avenue during a school day that provides the opportunity for physical activity. During the allotted class time it is recommended that children be moderately or vigorously active for at least half of the class period

With maximum and quality activity time, children become more skilled, knowledgeable, and physically fit.

Teach Skills and Activities That Transfer Into Physical Activity Outside of Physical Education Class

Physical education programs have the responsibility to teach skills that students will need to participate in physical activity outside of the physical education class and skills they will need for a lifetime of physical activity. Skills learned in physical education class transfer to skills used in a child's play. From the kindergarten-age child playing tag, to the second grade child jumping rope, to the older child playing a game of kickball, the skilled child is more likely to participate in physical activity. If a child is confident in his or her skills, there is typically no hesitation to play; however, the low-skilled child, especially in the upper grades, is less inclined to take part in group activities for fear of failure and peer ridicule. Students need skills to be participants in physical activity.

Good physical education programs take the time to teach children activities they may do on their own. Examples of these are jump rope chants, non elimination tag games, hopscotch, Four Square, tetherball, and basketball activities such as Horse and Around the World. Including these activities briefly in a physical education class and then encouraging children to play them on their own is likely to promote more physical activity on the playground and in their neighborhoods.

Motivate Children to Be Active

Another role of the physical educator is to encourage and motivate children to be active. There are many ways to do this, including promoting community activities, assigning physical activity homework or home fun, showing an interest in the out-of-class physically activity in which children participate, and leading by example.

Homework;

While homework is often not a pleasant part of a child's evening, physical activity homework or home fun can be. Home fun may be practicing jump rope tricks with or without a jump rope; participating in simple exercises when commercials come on television; playing outside; walking the dog; talking a walk with a parent or guardian; participating in electronic games that specifically promote physical activity; or practicing manipulative skills such as throwing, kicking, and striking. Physical education homework or home fun can be checked through an honor system by asking for a show of hands with young children and documenting on a physical activity calendar for older children.

Leading by Example

One final way to motivate children to be active is for the physical education teacher to lead by example. A physically active and fit physical education teacher is a positive influence. The physical education teacher should occasionally share with the students how physical activity fits into his or her life.

By maximizing physical activity time in physical education class, aiding students in transferring skills and activities to out-of-class play, and making efforts to motivate children to be physically active, the physical educator can greatly influence the daily physical activity needs of students.

Play a Leadership Role in the Development of the School Physical Activity Program

The increase in the number of overweight children and the decrease in physical activity time in school make for a national problem. Curtailing this national epidemic can be addressed at a local level, and the physical education teacher must be the person to promote change in the schools. The physical education teacher is the physical activity expert in the building and should take on the role of physical activity director for the school.

Outcomes; Before the national education policy implementation physical education and sports are active so forcefully. New education policy involve sports and physical education in education to improve students education, fitness, leadership social activity. With help of these students properties nation reach to develop country. So the role of physical education and teacher is very important in New Education Policy..

II. CONCLUSION

With the help of sports and physical education physical teacher are motivate students to increase physical activity. They build the student perfectly. Students get physically fit, strong , leadership, participated in social activity. The national education policy wants to reduce stress among the students of their study as well as they can study their own interested subjects if the students got their interested subjects they perform very well. The role of physical education and physical teacher is to motivate students to participate in sports and physical education and explain them the benefit of sports. And try number of students participated in sports and physical activity.

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