

# Relevance of Physical Education in NEP 2020

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**Abstract:** *It is being expressed by many educationists that India can become a world superpower based on the new education system. Prime Minister has brought out the National Education Policy, 2020, which has been prepared in consultation with everyone. With its introduction, a wide discussion of education has started in the country. According to Gandhi, education is the holistic and excellent development of body, mind and soul of the child and man. Swami Vivekananda also said that education is to express the innate perfection of man. Amid all these discussions, there was a need to come up with a new National Education Policy to address the shortcomings of the 1986 Education Policy. Students cannot develop fully by studying the relevant subject only. Students need to have knowledge of Arts, Physical Education, Vocational Education and Competitive Examinations for complete development. Emphasis is also placed on recruitment of prospective teachers in all states and Union Territories for this purpose. There is discussion of quality promotion in teacher recruitment as per requirement. The primary goal is to radically change the school's working environment and culture, so that both teachers and students can develop to their maximum potential. In accordance with this, the present research paper reflects on the new national education policy and the condition and requirement of physical education.*

**Keywords:** New National Education Policy,(2020) Physical Education, Sports, Health

## I. INTRODUCTION

First of all it is necessary to consider what 'education' is. The literal meaning of education is the process of learning and teaching, but if we look at its wider meaning, education is a continuous social process in any society which has some purpose and through which human inner powers are developed and behavior is improved. Through education, a person is made a competent citizen by increasing his knowledge and skills. It is noteworthy that with the announcement of the New Education Policy 2020, the Ministry of Manpower has been renamed as the Ministry of Education. This policy is expected to bring about transformational reforms in school and higher education in the country. Under its goals, it aims to achieve 100% schooling by 2030 as well as universalization of education from pre-school to secondary level. Currently the National Education Policy 2020 also emphasizes the importance of teachers for quality education. Which states that in order to identify and develop the specific potential of each student, teachers and parent's needs to be sensitive to their potential So that the academic and other abilities of the students can be fully developed? Entering the experimental realm of higher education can open doors of immense possibilities that can liberate individuals and communities from the vicious circle of adversity Therefore, providing high quality educational opportunities to all should be given top priority. Teachers truly shape the future of children and both students and teachers together build our prosperous nation. Meritorious students and qualified teachers have always been outstanding citizens of the society due to their full contribution. According to ancient civilizations, good teachers work to impart prescribed knowledge, skills and moral values to students. The National Education Policy 2020 has given special attention to the quality of teacher education, recruitment, placement, service conditions and status of teachers' rights. Only by paying attention to the above facts will the quality of education and enthusiasm of teachers reach the desired level. A sense of high standard and respect for teachers as per the ancient civilization will also be revived in the students. There is a need for motivation and empowerment among teachers and students to make our nation a better nation. Lack of good educational institutions in rural areas has been going on for centuries, leaving the young generation behind in learning and teaching. Special attention has been given to this in the National Education Policy and B.Ed. A provision has been

made for allotment of scholarships on the basis of merit to the students studying in the course. Four years B.Ed. This includes the provision of guaranteed employment in local areas to students (especially girls) after successful graduation, so that these students can serve as model and higher education teachers in the local area. Excellent teachers will be encouraged to work in rural areas and especially in teacher shortage areas. A major incentive for teaching students in rural areas is the provision of local accommodation in and around the school. It is the responsibility of the teacher to maintain the relationship in the community, so that the student can get an ideal and educational environment which is not possible due to frequent change of teachers. Therefore, it has been said by the government that the transfer of the teacher should be done only when it is urgent (at least). Emphasis has been laid on further development of Teacher Eligibility Test (TET) to select teachers through special competitive examinations. Teacher recruitment is an integral part of this process, for which all the interviews are conducted in local language to accurately assess the performance of any individual. By doing this, special emphasis is placed on the fact that the teachers will be able to communicate with the students in the vernacular.

#### **Objectives of Physical Education:**

- The overall development of the students is the main objective of this education. Its main objective is to develop the students mentally and intellectually.
- It is a means of preparing students as contributors to society. By which he can adapt to the society in future.
- Through this education, the art and quality of being healthy is explained to the students, as a healthy mind is created in a healthy body.
- Due to this education, emotional development of the students takes place. It works to control their emotional aspects.

This education is given to develop the muscles of the students. With the help of which they remain active continuously.

#### **Physical Education in the context of School Education:**

In the early 19th century, physical education became a subject in schools (in the form of German and Swedish gymnastics). Their influence on human health became more and more recognized. In the early 20th century, the main learning goals for students were personal hygiene and exercise for physical health. Educationist Thomas Wood described a sole emphasis on health as extremely limiting and detrimental to the development of the whole child. The educational community then adopted Wood's holistic approach to physical education and incorporated basic movement and physical skills for activities and sports into the core academic curriculum. Over the past 15 years, physical education has re-evolved as a link between physical activity and its outcomes (eg, physics and health) and the science of healthy living and the skills needed to enable children to lead active lifestyles. Sallis and McKenzie (1991) published a seminal article stating that physical education is a "holistic but physically active approach, including teaching social, cognitive, and physical abilities and accomplishing other goals through movement." Sallis and McKenzie (1991) posit two major goals of physical education: 1) preparing children and youth for physical exercise and 2) physical exercise during physical education. These goals reflect the lifelong benefits of improved physical education that enable children and youth to be active adults throughout their lives.

#### **Education system& Criteria:**

To follow an effective and transparent process in recruitment and promotion of teachers based on periodic performance appraisal.

National Professional Standards for Teachers (NPST) will be developed by National Council for Teacher Education by 2022.

A 'National Curriculum Framework for Teacher Education (NCFTE)' will be developed by the National Council for Teacher Education in consultation with NCERT.

By 2030, the minimum degree qualification for teaching will be a 4-year integrated B.Ed. Graduation will be mandatory.

**Provisions relating to Higher Education:**

Under NEP-2020, it is targeted to increase the 'Gross Enrollment Ratio' in higher educational institutions from 26.3% (year 2018) to 50%, with 3.5 crore new students to be created in higher educational institutions.

Under NEP-2020, a multiple entry and exit system has been adopted in undergraduate courses, under which students in 3 or 4 year undergraduate programs can exit the course at multiple stages and will be awarded the relevant degree or certificate (certificate). After 1 year, Advanced Diploma after 2 years, Bachelor Degree after 3 years and Bachelor Degree with Research after 4 years).

An 'Educational Bank of Credit' will be provided to digitally save the marks or credit obtained from various higher educational institutions, so that students can be awarded degrees based on their performance in various institutions.

Under the new educational policy M.Phil was cancelled.

**Physical Education under New Education Policy:**

Along with education of children, the government is also taking big steps for their sports and physical development. In fact, the Ministry of Human Resource Development, which is involved in formulating the National Education Policy, has been receiving several suggestions to make inclusion of physical education in the curriculum mandatory. The ministry has also started discussions in this regard. At present, physical education is included in the curriculum on an optional basis, but students do not take it seriously due to the burden of core subjects. Therefore, it is being considered for its compulsory inclusion in the curriculum. After internal consideration, the Ministry will also consult the States in this regard. Apart from this, the Ministry has taken the initiative to include NCC as a major subject. Officials in the ministry say that NCC and physical education are becoming irrelevant subjects in schools. Even in the National Education Policy 2020, physical education is described as essential for the holistic development of a child and the use of sports as a pedagogy in the learning process is advised. Keeping this in mind, the Delhi Board of School Education has drawn up a well-planned curriculum of physical education that will be run from class 1 to 12, under which not only selected school children will participate, but all students will participate and it will be compulsory. Under this curriculum every child will undergo a fitness test and an expert group of physical educators can evaluate the fitness test related to the health of the children and modify the physical education curriculum as needed. In such a scenario, this effort will definitely take the physical education and physical education to greater heights by giving them a new identity.

**Holistic Education with Sports Integration:**

Multidisciplinary and holistic education is part of the core principles of NEP. Along with subjects like science and social sciences, the curriculum should include sports and fitness that provide a holistic, useful and satisfying learning experience. At the school level, the National Education Policy, 2020 proposes the integration of sports or the use of physical activities in educational practices to enhance students' cognitive abilities while promoting their physical and mental health. Sports-integrated education will help students achieve the fitness level envisioned in the Fit India movement and help them adopt fitness as a lifelong approach. It will develop in them skills like cooperation, self-initiative, teamwork and responsibility. The National Education Policy, 2020 also proposes other ways to increase exposure of school students to sports and other activities. It offers greater flexibility and choice of subjects, allowing students to choose physical education as part of the curriculum. The policy proposes 'bagless' days for students to participate in local businesses and other activities such as sports and gardening. The National Education Policy, 2020 encourages creation of clubs including sports, yoga and health and wellness at schools, school campuses, and districts and beyond. Higher education institutions will have departments for subjects like sports, art and music to provide a multidisciplinary and inspiring environment. Credit will be awarded for such subjects in graduate programs. For adult education, the policy proposes the development of an educational curriculum framework. Along with basic literacy, numeracy and education, the framework will cover life skills (health care and awareness, child care and education and family welfare).

## II. CONCLUSION

We can understand the importance of physical education in a way that the very old adage that a healthy mind resides in a healthy body. If you are not physically healthy, you will feel weak inside and your mind will also be sad. So having a healthy body is essential for a healthy mind. Physical education is needed to keep the body healthy. So this proves how important physical education is for a healthy body and a healthy mind. Thus it can be seen that the basic objective of the National Education Policy 2020 is to develop well-rounded human beings capable of rational thought and action which includes compassion and empathy, courage and resilience, scientific thinking and creative imagination, moral values and emotions. It aims to produce productive citizens who can contribute well to building an inclusive and pluralistic society as envisaged by the Constitution so that India can regain its status as a global leader and play a leading role in the development of humanity.

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