

Role of Physical Education and Teachers in NEP-2020

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Abstract: National Educational Policy much awaited to update which are buzzing around the whole education system of India. Curiosity to know what is being added and included. The policy changes and an overview of the NEP is the next boom. Physical Education play a vital role in the development of the technique of all players. This new modification may bring lot of dreams coming true for each and every young academician and student in India. A comprehensive framework for elementary and higher education as well, this is going to throw light upon the whole education system in India. Vocational training being the key developmental area for young youth of India The up gradation of Indian education in both rural and urban areas is being the ultimate key sector. National Education Policy will definitely empower the sports section in all way.

Keywords: National Education Policy, Framework, Yoga, Physical Education

I. INTRODUCTION

The NEP 2020 is founded on the five guiding pillars of Access, Equity, Quality, Affordability and Accountability. It will prepare our youth to meet the diverse national and global challenges of the present and the future. NEP 2020 envisages sports as a part of the curriculum and lays emphasis on sports-integrated learning as well as adopting fitness as a lifelong attitude. Physical Education teacher will improve the present situation regarding sports point of view. National Credit Framework is being rolled out with due to sports and other co-curricular activities. The broad aim of this 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 the Higher Education Institutions. This will thereby help every citizen of India to be Fit, Healthy, and Stay well.

OBJECTIVES

Objectives of Physical Education Curriculum are to develop motor qualities and acquiring essential knowledge through physical activities. And also Cultivating attitudes and positive values which aids in leading an active and a healthy lifestyle. The primary aim is to raise the standards of efficient teacher training, reforms in the existing examination process, childhood care at an early stage and remodeling of the regulatory framework policies in the education system. Human Movement and Sports Sciences Possessing good health, maintain good physical fitness. Achieving desirable ethical values, moral behaviors, hormonal communal life, decision making Appreciating the aesthetics, developing generic skills. Ability to possess basic competency skills to face.

The NEP further notes the need to improve professional education in certain fields, including agriculture and healthcare. Agriculture education should be able to develop professionals who can address issues such as food sufficiency and declining land productivity. Healthcare education should be re-envisioned to make the programmes more useful, and to focus on preventive healthcare and community medicine.

The broad aim of this 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 the Higher Education Institutions. This will thereby help every citizen of India to be Healthy, Fit and Stay well. Regulatory efforts so far have neither been able to curb the corruption rampant in the system, nor enforce basic standards for quality, and in fact have had the negative effect of curbing the growth of excellence and innovation in the sector. The sector and its regulatory system are

therefore in urgent need of revitalisation through radical action, in order to raise standards and restore integrity, credibility, efficacy, and high quality to the teacher education system

“Education is the manifestation of the Perfection Already existing in Man” said Swami Vivekananda. 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. 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. The responsibilities should include the following:

Organizing school-wise physical activity experiences Planning schoolwide activities such as field day, fun runs, a walking program, and morning exercise breaks Encouraging fund-raisers that promote physical activity (e.g., Jump Rope for Heart, Walk for Diabetes, St. Jude’s Walk) Planning before- and after-school clubs for activities such as jump rope, walking, dance, gymnastics, and intramural sports. Teacher education is truly vital in creating the team of school teachers that will shape the next generation. Teacher preparation is an activity that requires multidisciplinary perspectives and knowledge, the formation of dispositions and values, and the development of practice under the best mentors. Teachers must be grounded in Indian values, languages, knowledge, ethos, and traditions, while also being well-versed in the latest advances in education and pedagogy

The Process NEP 2020 recognizing, identifying, and fostering the unique capabilities of each student, by sensitizing teachers as well as parents to promote each student’s holistic development in both academic and non-academic spheres.

The Challenges during NEP 2020 vocational education is perceived to be inferior to mainstream education and meant largely for students who are unable to cope with the latter. This is a perception that affects the choices students make. By 2025, at least 50% of learners through the school and higher education system shall have exposure to vocational education, for which a clear action plan with targets and timelines will be developed. This is in alignment with Sustainable Development Goal 4.4 and will help to realize the full potential of India’s demographic dividend. The development of vocational capacities will go hand-in-hand with the development of ‘academic’ or other capacities.

II. CONCLUSION

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. Children can grow physically, cognitively, and socially via play.

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