

# National Education Policy: Teaching and Learning Strategies in Physical Education and Sports

**Dr. Prashant S. Khalatkar**

ShriNiketan Arts Commerce College, Nagpur, India

**Abstract:** NEP proposes the integration of sports or the inclusion of physical activity in the learning methods of students and physical and mental health while improving their cognitive abilities. The National Education Policy has been eagerly awaited and is developing pleasure throughout India and the training sector. The purpose of this article is to outline today's trends and demanding situations 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

The National Education Policy has been eagerly awaited and is developing pleasure throughout India and the training sector. . Every more youthful academician and student in India can gather their a couple of goals manner to this new change. . It throws moderate on the entire education tool in India as it's far a without a doubt best foundation for every primary and higher education. Inactivity is a top health chance difficulty at some stage in life. The new NEP has numerous essential additives which might be crucial for the kid and normal boom. The NEP acknowledges recreation as crucial collectively with different topics together with English or technology, breaking down the stern department among educational and extracurricular sports, growing the amusing and engagement that scholars so preference in college. The curriculum must consist of guides in games, sports activities and health, in addition to guides in technology and social studies, which make training versatile, sensible and rewarding. NEP proposes the mixing of sports activities or the inclusion of bodily pastime withinside the getting to know techniques of college students and bodily and intellectual fitness whilst enhancing their cognitive abilities. Students collaborating in sports activities included training broaden a lifelong mindset in the direction of health and attain the health degree prescribed via way of means of the Fit India programme. To make sure that every one kids enjoy the magic of play and recreation, and to create a state of more healthy and more potent kids via the college machine, we assume recreation and play to learn and valued with the identical rigor and shape as middle educational topics. Focusing on vocational training contributes significantly to the general improvement of kids, and our desire is that scholars may be capable of pick bodily pastime and recreation as a vocational problem. It throws mild at the whole training machine in India as it's far a great basis for each number one and better training.

### Strategies in learning Physical education and sports

This human group entered the first-rate a while in reality a long term ago. They have in no manner stated life without wireless excessive-pace internet connections, mobileular phones with facts connections, texting or video gaming consoles. Most of them are very familiar with generation interfaces, using apps and social media on a regular

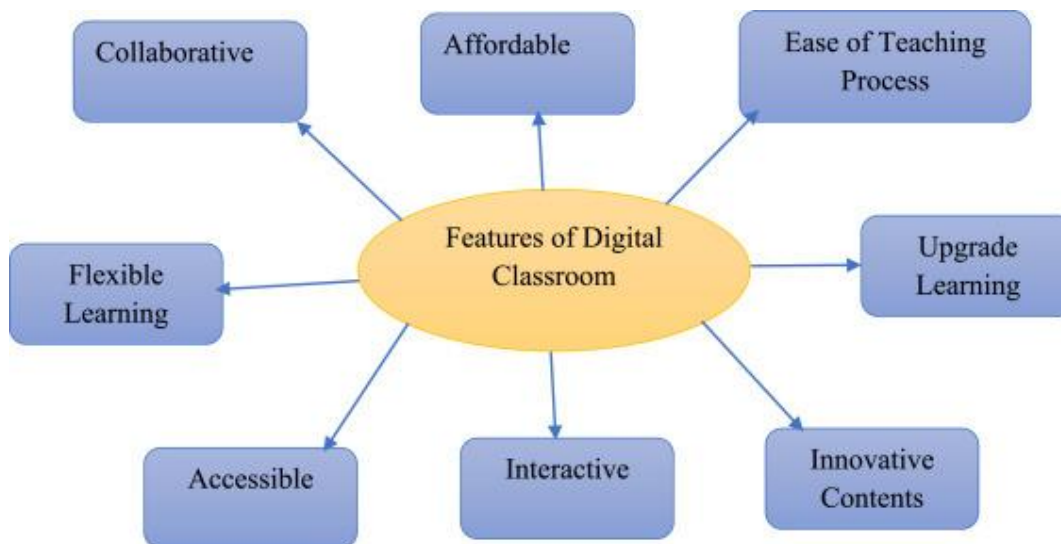
foundation. The implications of such dramatic modifications in get proper of get admission to to generation among youngsters and youngsters need to be self-evident in all reading regions. Applications in health and Physical education pedagogy are available and can be done to supplement and beautify curricular offerings in most university settings. Numerous technological programs focused on promoting Physical hobby and fitness are available and with out issues accessible. Students may be required to demonstrate competency in easy motor capabilities and moreover competence withinside the use of generation. Teachers additionally may be required to gain knowledge of contemporary, generation-based totally definitely absolutely simply educational strategies. Technology holds promise for the way that students take a look at and moreover for the way in which teachers teach. Physical and health educators are challenged to end up greater aware of a generation-driven environment that offers greater opportunities for novices well beyond the walls of the traditional take a look at room setting. Technology consequently can play crucial function in generating the interest in Physical education and sports activities sports sports activities sports activities sports sports activities sports sports activities. Experiential getting to know is carried out in any respect levels, exploring the connections among distinctive disciplines, in addition to sensible getting to know, training that mixes artwork and sports activities, and, for example, pedagogy centered on storytelling as a widespread exercise inside every problem. Classroom sports are converted into competency-primarily based totally getting to know and coaching to cope with the success gap. Learning is regular with the getting to know objectives, competencies and attitudes indexed for every problem withinside the given class. The cross-curricular method referred to as arts integration makes use of distinctive components and expressions of artwork and subculture as a foundation for expertise ideas in distinctive guides. Another multidisciplinary instructional method is bodily integration, which makes use of bodily sports together with indigenous sports activities in pedagogical practices to sell the boom of competencies together with cooperation, initiative, self-management, self-discipline, teamwork, responsibility, citizenship, etc. To assist college students broaden a lifelong mindset in the direction of health and attain the health degree estimated via way of means of the Fit India movement, sports activities-included getting to know is used withinside the classrooms. Sports guide holistic improvement, enhancing bodily and mental well being in addition to cognitive abilities, so their inclusion in college training is a clean 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.

## REFERENCES

- [1]. Rosen LD. Understanding the iGeneration and the manner they examine, New York, St Martin's press, 2010.
- [2]. Rosen LD. Educational management 2011; 68(5):10-15.
- [3]. Aplin N. Editor, Perspectives on Physical training and sports activities in Singapore. An eye at the Youth Olympics 2010. McGraw Hill Education, Asia, 2009.
- [4]. Darling-Hammond L, Bransford J. Editors, Preparing instructors for a converting global. JoseyBass, San Francisco, California, 2005.
- [5]. Abrahamson, E. and Fombrun, C.J. (1994) 'Macro cultures: determinants and consequences', The Academy of Management Review, Vol. 19, No. 4, pp.728-755.
- [6]. Agarwal, R., Echambadi, R., Franco, A. and Sarkar, M. (2004) 'Knowledge switch via inheritance: spin-out generation, improvement and survival', Academy of Management Journal Vol. 47, pp.501-522.