

# Learning's in Physical Education and Sports: National Education Policy and New Approach

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**Abstract:** *The new NEP has several important components that are essential for the child and overall growth. The new national education policy is a welcome development at a time when the health, happiness and integrity of children are becoming increasingly important due to the pandemic. The NEP recognizes sport as essential together with other subjects such as English or science, breaking down the strict division between academic and extracurricular activities, increasing the fun and engagement that students so desire in school. Children can grow physically, cognitively, and socially through play. In addition, we found that gamification has beneficial effects on participation rates, classroom behaviour and learning outcomes. Additionally, assessment-specific reforms such as the creation of a national assessment centre and tracking progress based on child and learning outcomes are excellent efforts because they focus on the child and whole development, focusing on learning progress. To ensure that all children experience the magic of play and sport, and to create a nation of healthier and stronger children through the school system, we expect sport and play to be taught and valued with the same rigor and structure as core academic subjects. Focusing on vocational education contributes greatly to the overall development of children, and our hope is that students will be able to choose physical activity and sport as a vocational subject. It throws light on the entire education system in India as it is an ideal foundation for both primary and higher education.*

**Keywords:** National education, development, health, students, learning's

## I. INTRODUCTION

The National Education Policy has been eagerly awaited and is creating excitement across India and the education sector wanting to know what to include and what to leave out. Every young academician and student in India can achieve their multiple goals thanks to this new change. It throws light on the entire education system in India as it is an ideal foundation for both primary and higher education. Inactivity is a major health risk factor throughout life. When a person is inactive, the chance of getting heart disease, neck and breast cancer, diabetes, hypertension, osteoporosis, anxiety and depression increases, among other diseases. Recent studies have shown that the global health impact of physical activity is comparable to that of smoking-related deaths. Physical inactivity has been compared to a pandemic because of its prevalence and high risk of disease. Interventions to promote physical activity are needed across the lifespan due to prevalence, health effects and variability.

The Institute of Medicine established a committee on physical education and the school environment to find ways to make exercise a priority for children and health. It aimed to analyze the current state of exercise and physical activity in the school environment, including before, during and after school, and to examine how these factors affect children and young people are becoming ashort and long term physical, mental and cognitive and psychosocial development. We have known since the beginning of civilization that many organs and physical activity are interconnected. And before that man had to fight to survive. Running, jumping and throwing are mandatory because they are the three basic movements. Darwin adequate; the struggle for existence adequate; existed in all areas of life. However, as science and technology have greatly advanced and modernization has occurred, the amount of physical activity has decreased, making hypokinetic disorders more common. In the current pandemic situation, we see the value of exercise, especially for school-aged children. Movement is the basis of physical activity and is necessary for the growth of the child and the immune system. Therefore, the importance of physical education is an important component of the modern educational

landscape. Students engage in certain physical exercises in class to strengthen and maintain their immunity, fight infectious diseases and lead a disease-free life. Therefore, schools must pay attention to the required physical education to promote excellent health and maintain the condition of the child.

Physical education is a formal subject with academic requirements and includes benchmark and standards-based assessment. The goals of physical education are the development of motor skills, knowledge and behaviour for a healthy active life, such as sports skills, self-efficacy and emotional intelligence. The purpose of physical education in schools is to teach students the science and practices of a physically active and healthy lifestyle (3). It provides space for participation in developmentally appropriate physical activity aimed at improving children's health, fitness and fine and gross motor skills. Their ability to contribute to the creation of a nation and its many expanding developmental needs on the one hand and a just and egalitarian society on the other, a vision of India and a new education system is developed to touch people's lives every citizen.

One of the guiding ideas of NEP is multidisciplinary and comprehensive education. The curriculum should include courses in games, sports and fitness, as well as courses in science and social studies, which make education versatile, practical and rewarding. NEP proposes the integration of sports or the inclusion of physical activity in the learning methods of students are becoming physical and mental health while improving their cognitive abilities. Students participating in sports integrated education develop a lifelong attitude towards fitness and achieve the fitness level prescribed by the Fit India programme. In addition, it improves their cooperation, initiative, teamwork and responsibility. Other strategies for students are becomingly NEP is also recommends exposure to sports and other activities in schools and colleges. It offers more subject options and flexibility, allowing students to choose physical education as a compulsory course. Practically, it is also offered adequate; a day where students can participate in extracurricular activities and local craft activities such as sports and gardening. NEP also promotes the creation of clubs at school, university, district and other levels, including sports, yoga and health and wellness groups. To provide a diverse and exciting atmosphere, universities are also beginning to include disciplines such as sports, art and music. Undergraduate programs award credit for such courses. The policy proposes to create a curriculum framework for adult education. In addition to basic literacy, numeracy and education, the framework covers life skills (such as health and awareness, childcare and education and family wellbeing) and further education.

#### Health education

The NEP lists health and nutrition, physical education, fitness, well-being, sports, sanitation and cleanliness as important subjects, skills and abilities that everyone should learn and notes the importance of health education in schools. Therefore, the NEP proposes to make health education a mandatory part of the curriculum, which would include mental health, healthy nutrition, personal hygiene, disaster, first aid and the negative effects of alcohol, cigarettes and other substances. This is an important reform that can lead to a change in behaviour towards healthy habits, considering the increase in non-communicable diseases and the use of inappropriate nutrition. However, there is no road map or reference framework for incorporating health education into the NEP curriculum much depends on how the policy is implemented.

#### Scope of physical education in school:

Experiential learning is applied at all levels, exploring the connections between different disciplines, as well as practical learning, education that combines art and sports, and, for example, pedagogy focused on storytelling as a standard practice within each subject. Classroom activities are transformed into competency-based learning and teaching to address the achievement gap. In addition, assessment tools, including assessment as adequate; and "away" learning is consistent with the learning objectives, skills and attitudes listed for each subject in the given class. The cross-curricular strategy known as arts integration uses different aspects and expressions of art and culture as a basis for understanding concepts in different courses. Another multidisciplinary educational strategy is physical integration, which uses physical activities such as indigenous sports in pedagogical practices to promote the growth of skills such as cooperation, initiative, self-management, self-discipline, teamwork, responsibility, citizenship, etc. To help students develop a lifelong attitude towards fitness and achieve the fitness level envisioned by the Fit India movement, sports-integrated learning is used in the classrooms. Sports support holistic development, improving physical and psychological well-being as well as cognitive abilities, so their inclusion in school education is a clear necessity.

## **II. CONCLUSION**

The updates in the national education policy have been eagerly awaited and are causing confusion in India's education sector wanting to know what to include and what to leave out. Every young academician and student in India can achieve their multiple goals thanks to this new change. It throws light on the entire education system in India as it is an ideal foundation for both primary and higher education. Vocational training is an important area of development for India's youth. The most important development goal is education in India, both urban and rural.

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