

**Course Name: Bachelor of Physical Education**

**Year: Ist**

**Paper Name: Introduction to Physical Education**

**Paper No. 1**

**Topic No. – 5 (b)**

**Topic Name: Modern Trends in Physical Education in India**

**Lecture No. – 10**

**Lecture Title**

**Modern Trends in Physical Education in India – I**

**Summary**

In deciding the curriculum load the need to allocate sufficient time to sports and physical education which the NPE, 1986 holds an integral part of the learning process, should be kept in mind. Physical education and Yoga should be introduced for at least 45 minutes per day, preferably just after assembly. Approved games should be included in the school time-table for at least two periods in a week. Special incentives will need to be given to students who perform well in sports and games. Special incentives may be considered for subject teachers who perform extra duty in conducting classes in physical education, Yoga, sports and games.