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Lecture Title

Physical Education in Punjab Schools

Script

Welcome to this lecture of Physical Education today in this lecture we will talk about compulsory subject of Physical Education in Punjab School. Physical Education is indication to the physical. It aims to develop physical competence and knowledge of movement and safety, and ability to use these to perform in a wide range of activities associated with the development of an active and healthy lifestyle.

It also develops confidence and generic skills, especially those of collaboration, communication, creativity, critical thinking and aesthetic appreciation. These, together with the nurturing of positive values and attitudes in PE, provide a good foundation for 'lifelong and life-wide learning'.

Introducing students to activities like bowling, walking/ hiking, or Frisbee at an early age can help students develop good activity habits that will carry over into adulthood. Some teachers have even begun to incorporate stress-reduction techniques such as yoga, deep-breathing. It also provides psychological benefits such as improving general mental health, concentration, awareness and positive mood. It can be taught to any age student with little or no equipment making it ideal for mixed ability and age classes. Yoga and deep breathing can easily be incorporated into a holistic learning body and mind. Teaching non-traditional sports to students may also provide the necessary motivation for students to increase their activity, and can help students learn about different cultures. Teaching non-traditional (or non-native) sports provides a great opportunity to integrate academic concepts from other subjects as well (social studies from the example above), which may now be required of many P.E. teachers. The four aspects of P.E. are physical, mental, social, and emotional.

Physical education in India is often a neglected part of education and many schools across the country do not realize the importance of having physical education as a part of the system. There are many benefits that are available from physical education and there are a few schools that have managed to strike the balance between academics and physical fitness.

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2. Punjab

Punjab is one of the glorious states where physical education is given adequate importance in the schools especially schools which are affiliated from Punjab school education board. There are a few schools from other boards that have managed to strike the balance between academics and physical fitness. Students in the schools have compulsion to take up one sport in school which has given sports a boost in the state. While introducing this subject in the schools it has helped the country in bringing excellent players on national and international level to beat other country players. As a subject it increases the interest of the student in particular game.

Whether it is in the sports arena or in the sphere of sports administration, Punjabi domination has been unsurpassed by any other community in the country. A host of sporting legends have their roots in this land of five rivers and they have brought triumph and glory to the state and the country.

Let us have a look on the Reasons why we need physical education in schools

As schools and districts attempt to continue improving student learning opportunities, there's a frightening trend emerging that might not have the intended consequences.

In an effort to provide students more time with math and reading and other core area subjects, schools are cutting back on physical education courses, and recess opportunities are shrinking for students at the elementary levels.

The dangerous trend of giving physical education the backseat to other 'more important' areas of learning might not yield the intended results.

Here are five reasons why we need more physical activity in our schools and not less...

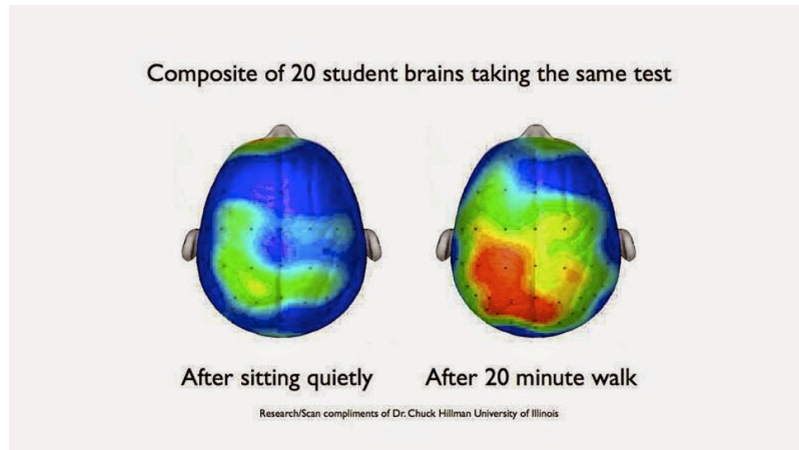
1). Physical activity helps to enlarge your brain's basal ganglia which controls your ability to focus.

We all know how hard it can be to focus at times and we are living in a day and age where a plethora of things are vying for our students' attention. Therefore, any measures we can put in place that will help our students to not just maintain their focus, but also enhance their focus, most certainly will pay off when it comes to student learning.

2). Physical activity positively affects several vitally important areas of health.

Steady amounts of physical activity will prevent obesity and will help to maintain proper levels of blood pressure. Additionally, physical activity will ensure students grow up with

healthy bone structures as they continue their skeletal development. Finally, cholesterol levels will also be kept in-check with daily physical activity. As we all know, students who are physically healthy will be in school more often and absent less and will be better able to focus on their learning.



3). Physical activity helps you sleep and improves your overall sleep quality.

When we get consistent and daily doses of exercise our sleeping experiences become higher quality. Since the physical body needs the nightly recharge more, the body is able to fall asleep faster and get into a 'deeper' level of sleep more quickly. Because of this, the quality of sleep goes up drastically and a classroom full of well-rested and recharged students will always perform better than a room full of tired and fatigued students.

4). Physical activity is a natural stress reliever.

When we are stressed we are unable to focus as well and we become tired more easily due to struggles with sleeping. Additionally, we are less able to be patient and are much more susceptible to mood swings. When we get physical activity we are able to relieve and diminish these levels of stress which in turn will have several positive effects on our overall mental and physical health. Stressed students don't and can't learn, so let's ensure they have some outlets to keep the stress at a minimum.

5). Physical activity stimulates brain plasticity.

Brain plasticity allows our brains to be more 'fluid' and 'moldable' so to speak. When this happens, our brains are able to make new connections as well as able to strengthen existing connections. The more and stronger neuronal connections we have the better able we are to learn and retain information. This obviously has huge implications for our students on how and when they learn.

So, in closing, let's increase opportunities for our students when it comes to physical activity.

When we add physical activity to our overall instructional programming rather than cutting it, we might just get the results we are looking for...

Proper Physical Growth

The basic aim of introducing physical education as a subject in the schools of Punjab is:

1. Proper Physical Growth

Schools that provide physical education from an early age have understood the importance of all round growth. Physical education helps in development of muscles and bones and children kept fit from an early age. Obesity is a problem among many children and this can be partly solved by stressing on physical education. Obesity can lead to many problems such as diabetes, heart problems and imbalances in hormones in children. Encouraging physical education in schools will help to contain the problem of obesity to an extent. Children who are enrolled in some form of sport or the other reap the benefits in the long run.

2. Growing Future Sportsmen

Some children show signs of interest in sports from an early age and these prodigies should be encouraged and given the proper amount of guidance in schools. In India several children are restricted from playing sports, despite showing signs of early excellence. With proper support and systems in place children will be able to bring out the best in themselves and they may even go on to represent the country at some point in the future. Thus, encouraging physical education in India is important and schools must realize the potential benefits that can be achieved from just a few hours of activity every day.

3. Escape From Routine

Physical education in India also serves to distract the children from a set routine and provides an escape from the tedious hours in a classroom. Short periods of physical activity can be a good way to relieve some of the pressure that is bound to build up in a classroom.

4. Stress relief

Children have to cope with different types of pressure in a classroom and also among their friends, and engaging in some form of physical activity can be a good way to relieve some of this stress. After a stressful day at school, playing some form of sport is a good way to release some steam.

5. Confidence building

Excellence in some form of sport or physical activity will provide children with confidence. Introverted children will be able to express themselves through sports and this is one of the main aspects of physical education in India. Children who are allowed to take part in inter schools games and sporting events, meet new people and this builds confidence and also builds a sense of companionship and camaraderie. Children who take part in team sports will be able to visualize themselves as being a part of a group and this will be beneficial when they are a part of work groups in the future. Physical education in India has to be encouraged

and schools have to understand the importance of having a separate period for physical activity.

There are many benefits students receive from high school physical education classes that contribute to students becoming responsible adults who are aware of the importance of a healthy lifestyle. High school students retain a higher level of knowledge related to overall health that help them make educated decisions regarding their own health, safety and well-being.

6. Regular Fitness Activity

Physical fitness is an important component to leading a healthy lifestyle. The inclusion of regular fitness activity helps students maintain fitness, develop muscular strength and improve cardiovascular health. A regular fitness activity improves the absorption of nutrients by the body, improves digestive processes and increases physiological processes.

7. Develops Motor Skills

Physical education in high school is essential to the development of motor skills and the enhancement of reflexes. Hand-eye coordination is improved, as well as good body movements, which helps in the development of a healthy body posture.

8. Healthy Eating

During the theoretical physical education classes, a student is taught the importance of healthy eating. He gets to know how harmful some of his favorite foods such as pizzas, burgers, cakes and aerated drinks can be. A student is also made to understand that if he does not make healthy food choices, he can face many health problems in the future. Equipped with this knowledge, many students inculcate healthy eating habits, by giving up high sugar and fast foods and replacing them with healthy foods like fruits, vegetables and nuts.

9. Health and Nutrition

Physical education teaches students the importance of physical health. High school is an age where students misinterpret the meaning of "overweight" and eating disorders prevail. Physical health and education informs students on sound eating practices and the essential

10. Considerations

Special considerations may be necessary regarding physical activities for some students with health issues, and those students should proceed under the direction of a doctor.

11. Boosts the Immune System

Participation in physical education classes contributes directly to improvements in physical health, which indirectly impacts the immune system. Physical activity helps to increase the body's potential for fighting sickness and disease by boosting the fighting potential of immune system cells that encounter unwelcome bacteria in the body. When high school students are healthier, they are less stressed because they aren't missing important classes and they can better stay on top of their schoolwork.

12. Increase physical fitness

Being physically fit increases the body's ability to withstand the effects of stress. Physical fitness benefits of a high school physical education class include the potential for an increase in cardiovascular fitness; muscular endurance, tone and strength; flexibility; and agility. Additionally, physical exercise works to decrease your resting heart rate and improves circulation, leading to a higher level of fitness. Some physical education classes focus on adopting a life-time fitness plan, which can reduce the short- and long-term effects of stress, and feeling healthy can reduce the perception of stress, as well.

13. Reduce mental stress

Given the strong emphasis on student achievement and high stakes testing in high school, there is little time in the classroom for relaxation. Staff from the May Clinic note that participation in physical activities increases the release of beta endorphins, the natural mood enhancers of our brains. With an improvement in mood, a student may develop a more optimistic perception of the daily tasks ahead and surge forth with greater mental energy and less stress.

14. Increase social opportunities-

Physical education classes help to reduce stress by affording students the opportunity to participate in activities that allow them to interact as teammates and/or competitors and to develop and refine social skills. Physical education classes often allow for talking, laughing and other positive social expressions which decrease stress levels. These positive social expressions also have the potential to trigger the release of beta endorphins, helping to decrease the amount of stress the students feel.

15. Hygiene

Physical education classes lay great emphasis on maintaining hygiene. They teach students how to remain clean and germ-free at all times. Sex education is sometimes part of this curriculum too. The safe practices taught in these classes, if followed by the students throughout their life, will save them from many diseases.

Other than this physical education helps students in

Academic performance

Social assimilation

Mental health

High school physical education classes have the potential to exert a tremendous positive impact on the students' mental, physical and social well-being. The opportunity to mentally relax during a tough academic schedule helps to reduce tension and mental stress. Physical education classes also provide an excellent opportunity to focus on physical health and may serve as an outlet for socialization.

This is only by the promotion of physical education and as a subject from school level Punjab is having maximum players in different national and international games. These players are performing excellent and Punjab is a major state providing players in Indian team.

4. Conclusion

So why Computerizing Physical education as a subject in Punjab schools aim on benefit student's physical health. Getting the recommended amount of exercise combats obesity, which subsequently reduces the risk of health related problems. In addition, to participating in physical activity, students in physical education learn the fundamentals of a healthful lifestyle, the building blocks upon which we can develop into healthy, knowledgeable enter and how to keep their hygiene clean this all helps not only to be fit and life but also it gives a proper opportunity to students to be a part of playing as a team members in India thank you have a nice day