

Course Name: Bachelor of Physical Education

Year: Ist

Paper Name: Skill and Prowess

Paper No. 1 (Part-B 1)

Topic No. 8 (b)

Topic Name: Physical Education in Punjab Schools

Lecture No.: 23

Lecture Title

Physical Education in Punjab Schools

Summary

Computing 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