



Summary

Regular physical activity, whether organised through direct class involvement or as part of a co-curricular programme, is essential for normal, healthy growth and development, emotional wellbeing and creative expression. Participation allows students to understand and make decisions regarding personal fitness as well as to recognise the value of physical activity to their daily lives. Regular evaluation helps to measure the extent to which students are benefiting from their involvement. These safety guidelines have been prepared to inform and to protect the rights, responsibilities and wellbeing of all stakeholders involved in the planning and execution of physical education classes and programmes. Facilities and equipment provision are important aspect of physical education and sports management. Excellent programme is the key word in physical education and sports competitions, and this requires well equipped good play-ground for training. Standard facilities and equipment are essential prerequisites to good and impressive performance. Lack of adequate and standard facilities and equipment hampers physical education and sports programmes in many ways.