

AWARENESS OF PHYSICAL EDUCATION IN LOCAL AREA CHILDREN

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Abstract

This paper explores the scientific evidence that has been gathered on the contributions and benefits of physical education and sport (PES). Research evidence is presented in terms of children's development in a number of domains: physical, lifestyle, affective, social, and cognitive. The review suggests that PES have the potential to make significant and distinctive contributions to development in each of these domains. It is suggested that PES have the potential to make distinctive contributions to the development of children's fundamental movement skills and physical competences, which are necessary precursors of participation in later lifestyle and sporting physical activities. They also, when appropriately presented, can support the development of social skills and social behaviors, self-esteem and proschool attitudes, and, in certain circumstances, academic and cognitive development. The review also stresses that many of these benefits will not necessarily result from participation, per se; the effects are likely to be mediated by the nature of the interactions between students and their teachers, parents, and coaches who work with them. Contexts that emphasize positive experiences, characterized by enjoyment, diversity, and the engagement of all, and that are managed by committed and trained teachers and coaches, and supportive and informed parents, significantly influence the character of these physical activities and increase the likelihood of realizing the potential benefits of participation

Introduction

(History acc. To Wikipedia) The history of physical education dates back to ancient Greece, where competition and intensity were second nature. During this time, physical education proved to be important because it was a necessity in training both Greek soldiers and athletes. For children, physical education and training would begin when they were around seven years old, with the goal being to eventually have them be well-skilled in activities like boxing, chariot races, and more. For this to happen, they needed to understand their body and what went into physical activity, thus physical education played a large role in the progression of the Greek society. Physical Education is "education through the physical". It aims to develop students' physical competence and knowledge of movement and safety, and their 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 students' 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 students' lifelong and life-wide learning.

PE is an integral part of young people's education in this cycle. As a result of their learning in physical education, young people can increase their enjoyment, confidence and competence in a range of physical activities. They can learn about health-related fitness and to take responsibility for being physically active now and in the future. Overall, they can develop positive attitudes to physical activity and its importance in a healthy and fulfilling lifestyle.

As part of senior cycle education, it is envisaged that physical education will be available in two forms. Leaving Certificate Physical Education as a subject which will be assessed as part of the Leaving Certificate examinations is under development. The senior cycle physical education framework has a different purpose and focus. It provides a flexible planning tool for physical education for all students in senior cycle and will not be assessed as part of the Leaving Certificate examination.

Young people in this group bring a wide variety of skills, talents and levels of motivation to their learning in physical education. They are represented at all points of the physical activity continuum. Some young people are regularly active and/or participate at a very high level of performance.

However, there are others who are not meeting the physical activity recommendations for young people.

Students' learning in physical education supports the overall vision of senior cycle education which is to develop students as resourceful, confident, engaged and active learners. Learners grow in confidence and competence as they acquire the knowledge, skills and attitudes necessary to enjoy and succeed in a variety of physical activities while in senior cycle and in their future lives. Physical activity, in its many forms, provides the medium through which students learn in, through and about physical education.

Learners can experience success in different ways in physical education. For some, the pursuit of excellence and the achievement of sporting goals will be the focus. For some, organising, leading and facilitating others to be physically active will be the measure of success. For others, including regular physical activity as part of a healthy lifestyle will represent a successful outcome. The use of different curriculum models in conjunction with those physical activities selected by a class group and their teacher is at the heart of teaching and learning in SCPE. By using different curriculum models, learners can be encouraged not only to improve their performance in different physical activities but also to develop their understanding of the factors which impact on their personal performance and participation in physical activity. Learners can be encouraged to undertake different roles and responsibilities, including leadership, coaching and officiating roles. They can learn to plan, organise, participate in and reflect on their experiences in physical activity. Students can learn about fair play, team work and how to relate to one another respectfully. As a result, they learn to be effective in the different competitive, creative and challenging situations that participation in physical activity continually offers them.

Wellbeing

In this course, children can learn about the importance of being physically active as part of a healthy lifestyle. Learners in senior cycle are at an important stage in their lives where they make their own decisions on whether or how they will include physical activity as part of their lifestyle. Learning in senior cycle physical education is designed to ensure that children appreciate the importance of physical activity not only for their physical wellbeing but also their social and psychological wellbeing. Regular physical activity is universally accepted as being central to overall health and wellbeing. The recommended level of physical activity for young people is at least sixty minutes of moderate intensity activity each day of the week. The school is a key setting and young people a major target in strategies to promote health-enhancing levels of physical activity for all.

Physical education has an important contribution to make in supporting young people to discover ways in which they can enjoy and commit to regular physical activity. As a result of their learning in senior cycle physical education, students should have a greater sense of their own agency and commitment to regular health-enhancing physical activity as part of a healthy lifestyle. This can be achieved where students are engaged in collaborative planning with their teacher about which activities they will participate in and what learning outcomes they will focus on.

Importance of physical exercises during pandemic (COVID-19)

Despite the school district's best efforts to incorporate physical education, children may still be far from the recommended 60 minutes of daily physical activity. Both teachers and parents can do their part to help ensure children are staying active during the pandemic.

All teachers can incorporate movement into online learning by adopting some of the following:

- Encourage students to take a 5-10-minute break during long stretches of online learning to engage in an activity of their choice
- Have students share how they are staying active (i.e. walking, running, playing sports)
- Show students different ways to set up your work from home desk, such as a standing desk, and encourage students to change their posture throughout the day

Parents can also help provide their children with physical activity through the following:

- Educate your child on the importance of staying active
- Make physical activity a family routine
- Encourage outside play
- Use online videos or virtual fitness classes
- Provide children with high fitness level chores

As we are amid a public health crisis, physical education is more important now than ever. While classrooms may remain closed this Fall, it does not mean children should remain inside and inactive. Physical activity decreases stress, anxiety, and depression while boosting your immune system and improving overall wellbeing. As this pandemic has placed many parts of our daily life on pause, physical activity among children should not be one of them. Whether you are a teacher, parent, or community member, encourage the children in your world to be healthy and stay active.

Going with fitness

Being fit is a way of saying a person eat well, get a lot of physical activities and has a healthy weight if you are fit your body works well, feels good and can do all the things you want to do like run around with your friends.

Some parts of this are up to parents such as serving healthy meals and take the family on a nature hike. But children can take charge too when it comes to their health.

Here are some points to be physically fit:-

1. Eat a variety of foods:-

You may have a favorite food, but the best choice is to eat a variety. If you eat different foods, you're more likely to get the nutrients your body needs. Taste new foods and old ones you haven't tried for a while. Some foods, such as green veggies, may taste better the older you get. Shoot for at least five servings of fruits and vegetables a day — two fruits and three vegetables.

Here's one combination that might work:-

- at breakfast: ½ cup (about 4 large) strawberries on your cereal
- with lunch: 6 baby carrots
- for a snack: an apple
- with dinner: ½ cup broccoli (about 2 big spears) and 1 cup of salad

2. Drink water and milk:-

When you're really thirsty, cold water is the best thirst-quencher. And there's a reason your school cafeteria offers cartons of milk. Kids need calcium to build strong bones, and milk is a great source of this mineral. How much do kids need? If you are 4 to 8 years old, drink 2½ cups of milk a day, or its equivalent. If you're 9 or older, aim for 3 cups of milk per day, or its equivalent. You can mix it up by having milk and some other calcium-rich dairy foods. Here's one combination:

- 2 cups (about half a liter) of low-fat or nonfat milk
- 1 slice cheddar cheese
- ½ cup (small container) of yogurt

If you want something other than milk or water once in a while, it's OK to have 100% juice. But try to limit juice to no more than 1 serving (6 to 8 ounces) a day. Avoid sugary drinks, like sodas, juice cocktails, and fruit punches. They contain a lot of added sugar. Sugar just adds calories, not important nutrients.

3. Listen to your body:-

What does it feel like to be full? When you're eating, notice how your body feels and when your stomach feels comfortably full. Sometimes, people eat too much because they don't notice when they need to stop eating. Eating too much can make you feel uncomfortable and can lead to unhealthy weight gain.

4. Limit screen time:-

It's the amount of time you spend watching TV or DVDs, playing video games, and using a smart phone, tablet, or computer. The more time you spend on these sitting-down activities, the less time you have for active stuff, like basketball, bike riding, and swimming. Try to spend no more than 2 hours a day on screen time, not counting computer use related to school and educational activities.

5. Be Active:-

One job you have as a children — and it's a fun one — is that you get to figure out which activities you like best. Not everyone loves baseball or soccer. Maybe your passion is karate, or kickball, or dancing. Ask your parents to help you do your favorite activities regularly. Find ways to be active every day. You might even write down a list of fun stuff to do, so you can use it when your mom or dad says it's time to stop watching TV or playing computer games!

Speaking of parents, they can be a big help if you want to be a fit kid. For instance, they can stock the house with healthy foods and plan physical activities for the family. Tell your parents about these five steps you want to take and maybe you can teach them a thing or two.

Research Methodology

The project undertaken by me has done an empirical research. A general questionnaire was used. The general questionnaire has some questions of objective type. Statistical analysis method was used to derive conclusions from noted responses.

- Area of survey: India, Haryana state, Jind district, Narwana tehsil, Narwanatown, Kranti Chowk
- Sample size: 8-9
- Area of sampling: out of those 8 children in my local area 5 were boys and 4 were girls and all of them are aged between 9 to 15 years.

The classification of samples based on their location, gender orientation and age has helped in knowing if the factors have any influence in the responses recorded. The characteristics of the method chosen for sampling are:

- It avoid embarrassing questions
- It seeks information which is not obtained from any other sources
- It takes questions on an objective nature
- It presents questions in good order preceding from general to specific and specific to complex.

Questionnaire

The following questions were put forth in order to gather information regarding the awareness in local children regarding the contribution of physical education.

- What is your name?
- How old you are?
- Gender?
 - a) Male
 - b) Female
 - c) Other
- Area you are located in?
- Would you like to participate in sports?
 - a) Yes
 - b) No
- What sports/activity would you like the opportunity to participate in?
 - a) Athletic
 - b) Football

- c) Basketball
- d) Handball
- e) Other
- How many hours a week, on average, do you participate in sport or physical activity?
 - a) 1-2 hours
 - b) 2-3 hours
 - c) 2-4 hours
 - d) Not applicable
- Do you participate in sports or physical activity through a local club?
 - a) Yes
 - b) No
- Do you hold any formal coaching/leadership qualification?
 - a) Yes
 - b) No
- Would you like the opportunity to gain additional sports coaching/leadership qualifications?
 - a) Yes
 - b) No
- Are you involved in coaching with a club?
 - a) Yes
 - b) No
- How would you characterise your trainer?
 - a) Professional
 - b) Active
 - c) Friendly
 - d) Motivating
 - e) Other
- Which physical activity would you like the most?
 - a) High kneeling
 - b) Monkey jump
 - c) Side run
 - d) Sprint
 - e) Other
- Which relaxing exercise would you like the most?
 - a) Deep breath
 - b) Meditation
 - c) Hamstring stretch
 - d) Butterfly pose

Observation

Children are aware from physical education in the way of playing but don't know the benefits behind that. And it is necessary to develop the mindset of childrens and to aware them about how beneficial are physical education for us.

I conducted a small survey on contribution and awareness of physical education in local area children. The survey was done on the online platform - Google form, which was circulated to family members, friends and other classmates via social media apps and emails. So nice responses we got. People also had their own thoughts on how make childrens more aware about physical education & fitness. People participated in this survey and made it successful.

As per the responses to the survey the following points have been observed:

The age of all participants ranged from 9 to 15 years old. And out of those 4 were female (44.5%) and 5 were male (55.5%). After completed my project and some questions were asked from those children by me and answers given by them are like:

Name of children	Age	Gender	Would you like doing physical exercises with me (yes/no)	Will you continue this routine ahead (yes/no)	Were you aware from different physical exercises and benefits that I taught you (yes/no)
Monu	15	Male	Yes	Yes	Some/any
Anchal	9	Female	Some	No	No
Khushi	13	Female	Yes	Yes	No
Chotu	11	Male	Yes	Yes	No
Priyanka	11	Female	Yes	Yes	No
Sunny	10	Male	Yes	Yes	No
Mohit	14	Male	Yes	Yes	No
Dikhsha	12	Female	Yes	Yes	No

Table of childrens reviews about physical education and my t.p.



practicing childrens



Contributing physical exercises as per mindset

Conclusion

Through taking experience of teaching childrens about physical education I conclude that childrens are more active than elders. Nowadays physical education has takes a big place in all over the world even childrens are more active in doing physical activities but childrens takes physical education in fun way or playing like way. And this is important to increase the knowledge about physical education among childrens. The project “ awareness and contribution of physical education in local area” children is completely successful with the help of well disciplined children in my area.

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.” --- john.f.kennedy