

# ROLE OF PHYSICAL EDUCATION AND PHYSICAL ACTIVITY OF CHILDREN IN ELEMENTARY EDUCATION

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## Abstract

Every child is a national concern, and it is responsibility of a teacher to offer high-quality, comprehensive support and targeted involvement to special-needs students based on shared perspectives, mutual understanding, and networking. Teachers should work with the administration, colleagues, special educators, and parents to develop effective methods for removing obstacles to learning and promoting good teaching by evaluating teaching quality and standards of student achievement and creating improvement goals. The teacher serve as a liaison among the school's administrator and unique-needs students and their parents. The teacher is the one who finds fresh and creative methods to meet the intellectual, social, and emotional requirements of children with special needs. Whatever sort of resource room exists, the teacher may transform it into something helpful, creative, and fascinating with her dedication, talent, and expertise. One of the major and main goal of our paper is to assist the teacher in fulfilling the requirements of special needs students. One of the most recent initiatives toward reaching this aim is the Right of Children to Free and Compulsory Education Act (RTE Act 2009). Our role as educators is critical in achieving this national goal. In this study article, we emphasise the importance of our active engagement in empowering all students, regardless of their differences.

Key Words: special need, RTE, education, creativity ,intellectual

## 1. INTRODUCTION

Children are the future citizens of the country. Individual citizens must contribute to a country's growth. Because the country values the health, happiness, accomplishment, contribution, safety, and success of all children [1]. Learner variety refers to a person's capacity to learn, their financial background, cultural variances, and even their emotional behavioural traits. Every kid should have an equal opportunity for optimal growth, according to the educational system. This vision's guiding concept has evolved as "Inclusive Education [2]." This is a really optimistic and good step! First, we'll define inclusive education in this unit. We will comprehend why we are required to do this as well as the elements that influence the process once

we have this knowledge [3]. Let us attempt to comprehend our responsibility as teachers in establishing such an environment. Finally, let us have a clear picture of which students are having difficulty adjusting in the classroom. We will assess our duties at each level as we move through the course to ensure that they are acceptable for children with a variety of needs [4]. I'm certain that at the end of the unit, we'll recognise the satisfaction of meeting the task of contributing to the national goal [5]. Physical education has been reported to be a neglected aspect of education in India, with the majority of schools failing to recognise the necessity of having a physical education topic as part of their curriculum. There are several advantages to teaching physical education at the secondary and postsecondary levels, but only a few institutions in our nation have succeeded to find a balance between academics and physical health.

## **2. INCLUSIVE EDUCATION'S MEANING AND NATURE**

A doctor is supposed to deal with one patient at a time, whereas a lawyer is expected to deal with one client at a time, due to the wide range of issues for which people seek their help. However, as professionals, we work with a group of bright young people. Inclusive education is the concept of delivering high-quality education while recognising the unique needs of a community as a whole [6]. You might be asking why, since you're already doing it, such a habit hasn't been given a name. You are correct; since ancient times, we have provided education to all children, regardless of their origins. We would prepare them based on their abilities, allowing them to be self-sufficient and socially useful [7]. Due to pressure from many educational sectors, we have recently moved away from this democratic approach. Let us now investigate what this inclusive education, as envisioned by educational visionaries, entails. Inclusive Education is a method of educating all students who are at danger of being left out of the educational system [8]. It assumes that all students will study together thanks to common educational resources. The system's most important players are parents, the community, teachers, administrators, and policymakers [9]. All of these people must be understanding of the various requirements of children.

## **3. INCLUSIVE EDUCATION'S NEED AND IMPORTANCE**

Every youngster has the right to an education. For humanity's advancement, civilization need a diverse population. To do this, inclusive education becomes critical. Let us look at the need for inclusive education from many perspectives [10]. Human Rights are important. No one has the right to discriminate against children based on their cognitive capacity or their social, economic, cultural, or familial background [11]. Research suggests that children in inclusive settings do better academically and socially. Inclusive education is a more efficient use of educational resources when dedication and support are given [12]. All children form relationships with a range of individuals in their environment, which helps them prepare for life in the mainstream. Inclusion has the ability to eliminate fear and foster camaraderie. Mutual respect, understanding, and compassion among peers improve as a result of inclusion [13].

#### **4. DISTINGUISHING INCLUSIVE EDUCATION FROM OTHER RELATED CONCEPTS**

'Inclusive Education' has gradually replaced the term 'Integrated Education.' Many people in the world of education believe that these two words have the same meaning. They see it as only a shift in language [14]. However, inclusive education encompasses far more than integrated learning. Inclusive education is a wide concept that refers to the elimination of child segregation for educational purposes [15]. Let's make sure we're on the same page with these words. Mainstreaming Initially, an attempt was made to put the idea of giving education to disabled children in the normal school system into action [16]. According to this, special schools educated disabled children to work in the workplace. The difference between inclusive and integrated education are both have one goal in common: they are both concerned with the placement of disabled children in normal schools [17]. Aside from this similarity, they differ in a number of ways. The process of integrating children and young people with disabilities into regular schools is known as integration [18].

#### **5. AFFECTIVE FACTORS IN INCLUSIVE EDUCATION**

Inclusion is a global trend in education, as we all know. Implementing agencies must accept children's rights in order for this initiative to succeed. Regardless of their capacity, schools should provide for the needs of all students in their communities [19]. Although the concept appears straightforward, there are major obstacles in the way of attaining these objectives. There are a number of challenges that must be overcome in order to realise the ideal of inclusive education, some of which are described in this section [20].

#### **6. CHANGES IN THE INCLUSION CULTURE**

For some physical educators, especially in educational institutions, change may be daunting and challenging. the status quo typically prevails since it is the path of least resistance. Teaching practises that exclude no student from meaningful and active participation in physical education should be replaced with human movement and/or fitness curriculum based on a diverse learning environment in which all students seek personal meaning, set goals, solve problems, and inquire responsibly. [21]. Inclusion cannot be achieved merely by adding a paraeducator or modifying games, equipment, time, or structure. It demands the adoption of tactics and techniques based on new assumptions, as well as the expression of a community culture in physical education, in addition to more conventional methods. [22]. The focus of this paper is on five major socioeducational cultural shifts. Changes might be made in the areas of (1) programme management, (2) assessment (3) tutoring and curriculum, (4) long-term plan, and (5) story-telling, among others [23].

#### **7. EVALUATION**

Physical educator are aware from that they may come across children with a wide range of ability in their courses. When it comes to inclusion, it's not only about "disability"; it's also about "diversity [24]." Physical

educator must be able to hold their students in a wide range of activities, from noncompetitive spare time and leisure hobbies to individual goal setting and/or competitive sports [25]. Regardless of contextual difficulties, inclusion necessitate a elastic mindset on the part of physical educator for the sake of the group. This is what distinguishes physical education as inclusive rather than exclusive. Inclusion is a social process that has to be viewed as such [26]. An evaluation form, in which student knowledge is assessed on one of the components of a comprehensive evaluation approach in an inclusive physical education programme is to measure both group and individual development. Physical educators will need to make modifications to the evaluation criteria and the performance assessment technique in order to equally evaluate each student's contribution to the achievement of inclusion [27].

## **8. DIFFICULTIES AND ADVANTAGES OF INCLUSIVE PHYSICAL EDUCATION**

Instruction diverse and big student groups can be difficult, but the emotional and professional rewards of inclusive physical education for instructors who have met their teaching and learning objectives are immeasurable. [28]. Physical education is a vital component of a child's entire development and is truly unique in the school curriculum since it is the only programme that allows students to learn new skills, improve their physical fitness, and obtain a better knowledge of the value of physical activity. They are too happier with their job because they are responsible for each and every one students. When it comes to inclusion, times past can help us think about what we're doing and how we're doing it [30]. Apart from the physical benefits, physical fitness also aids in the mental development of pupils by providing time for leisure activities and allowing them to refresh themselves. Physical education programmes should seek to improve students' physical competence, general fitness, health benefits, and pleasure of physical exercise so that they can stay active for the rest of their lives. [31]. The civil rights and humanism movements established a new environment in the 1960s and early 1970s that highlighted ethical and moral arguments against the segregation of students with impairments. The new environment resulted in a slew of federal legislation, culminating in the 1975 passage of the Education for All Handicapped Children Act. The Individuals with Disabilities Education Act is the current name for this historic law (IDEA). Local school boards were given the authority under IDEA to put students with disabilities in educational setting which provided a continuum of concern [32].

## **9. PHYSICAL EDUCATION'S IMPORTANCE IN ELEMENTARY SCHOOLS**

The value of physical education can be seen in the numerous advantages connected with such programmes, which not only help you maintain a healthy lifestyle but also keep your brain healthy. For today's youth, as well as others in the future, high-quality health and physical education programmes may be life-changing [33]. Physical education programmes have a lot to offer kids; they allow them to develop their bodies as well as their minds, allowing them to learn skills that will help them succeed in both the physical and intellectual

areas of school and life. Physical education programmes that are well-planned and supervised provide the structure and discipline that young people require in their daily school lives, as well as a better understanding of how to make positive life choices, maintain a healthy physique and stamina, and earn respect from their peers [33].

## **10. PHYSICAL SKILL DEVELOPED BY PHYSICAL EDUCATION**

One of the most significant advantages of a school-based physical education programme is the development of healthy young bodies. Activities and cardiovascular exercises that increase coordination, flexibility, and strength are all part of a healthy fitness regimen. Obesity in children is another issue that physical education may assist with [34]. Students who participate in physical activities have a greater chance of avoiding obesity-related issues and controlling their weight. Physically active children are more likely to make smart food and health decisions later in life. Physical fitness is an important part of living a healthy lifestyle. Students can enhance their cardiovascular health, muscular strength, and fitness by engaging in regular physical activity every day [35]. Physical exercise enhances nutritional absorption, physiological functions, and digestive processes when done on a regular basis.

## **11. PHYSICAL EDUCATION AIDS IN THE DEVELOPMENT OF SOCIAL SKILL**

A solid physical-improvement programs aids in the social development of youngsters. Teamwork, sportsmanship, and other social skills are developed in children who participate in a variety of sports. Doing well in the activities that children with learning impairments and academic challenges choose might boost their self-esteem [36]. Physical activity aids children in more successfully expressing themselves while also boosting their self-esteem. Furthermore, physical exercise is an excellent way for children to express their feelings. Sports allow young people to meet new individuals and develop new friends. Even though interactions are uncomfortable or difficult at first, the concepts of everyone working together for a similar objective and cooperation increase the possibilities of friendship being formed. Children will benefit from developing these social skills throughout their lives, in both professional and personal activities [37].

## **12. PHYSICAL EDUCATION CAN HELP DO BETTER IN SCHOOL**

Physical education that is well-designed also fosters healthy thinking. Children who are physically active perform better academically than those who are not. Pupils who participated in a research that lasted 39 years and involved 58,000 students found that their standardized test scores and grades increased in school fitness programs. Physical activity leads to improved classroom conduct and increased focus. Students' academic performance did not increase much in schools that traded time for physical activity for time in the classroom [38]. One rationale for increased academic performance among kids who engage in greater physical exercise might be because physical activities spread throughout the day improve students' attention abilities. These

breaks appear to help students concentrate better in class. Students with improved attention abilities are more able to engage in problem-solving tasks and focusing on academic task [39]. The advantages of more concentrated concentration suggest that the time wasted by allowing children to participate in physical education is compensated for by the higher quality of their overall education as a result of their increased focus.

### **13. PHYSICAL EDUCATION AIDS IN THE DEVELOPMENT OF A HEALTHY LIFESTYLE**

Due to social pressure, families, part-time jobs, schoolwork, and coursework, high school kids experience a significant level of stress. Stress may be alleviated by participating in leisure activities and sports, as well as other types of physical fitness. Physical education is a topic that attempts to improve a student's physical and mental health as well as provide them with the information and desire to live a healthy life. Teaching non-traditional sports to students can help pupils learn about various cultures while also providing the essential motivation for them to become more active [40].

### **14. VISION AND MISSION OF THE PHYSICAL EDUCATION**

The Department of Health Physical Education (HPEL) and Leadership is committed to and focuses on the development of the complete student: physical, mental, and intellectual, in keeping with the University's objective [41]. The department's programmes are multidisciplinary in character, combining teaching and the social science. The sector is committed to delivering a high-quality learning and job homework, with great teaching at the forefront of our goals. Schools, exercise instruction and sports arenas, health facilities, community and public health groups, physiotherapy clinics, and outdoor leisure activities are among the places where our students educate [42].

HPEL provide academic programmes on health, physical education, outdoor leisure, and pre-physiotherapy. In the long run, we want to provide a slight in health and provide certificate programmes in coaching, adult fitness, and physical education, and expand our outdoor adventure and leadership curriculum to include wilderness therapy and swiftwater release. [43].

### **15. ROLE OF ONLINE PHYSICAL ACTIVITY AND FITNESS**

Physical education over the internet is becoming increasingly popular. In all, 59 percent of states enable students to obtain needed physical education credits through online courses. Only a little more than half of these states need state-certified physical education instructors to teach the online courses [44]. The emphasis of online physical education is on cognitive understanding rather than physical competence or action. Many online courses do not satisfy national learning standards or physical activity requirements, and professors are unconcerned with students' learning accountability. Although the delivery of teaching for online courses

differs from that of traditional in-school physical education courses, the criteria and goals for these courses must be consistent with those set by each state [45] [46].

## 16. CONCLUSION

The test of achievement is if problems at rest exist, or if they are the same as they were a year ago. Changing the culture of physical education to provide an inclusive environment for all students necessitates reconsidering long-held beliefs about how physical education is organised, how kids are categorised, and so on [47]. If physical education is to be truly inclusive, instructors must look beyond the popular concept of disability and see physical education as a diverse community of learners with various skill levels. [48]. Physical education encompasses not only a set of physical exercises or sports, but also the study of a variety of themes that include some beneficial health advice and practises that may improve our lives. As a result, it is critical that we recognise the benefits of physical education and put them into practise in our daily lives. [49]. Physical educators must also consider group performance and the overall success of the class, in addition to individual achievement [50][51]. Teachers must transform the atmosphere of their physical education classrooms if inclusion is to become a reality. All children learn to maintain a healthy and active lifestyle for the rest of their lives as a consequence of the inclusive physical education culture, which emphasises capacity and community support [52] It is undeniable that physical education has several advantages. Physical education, without a doubt, gives a fantastic chance for students to achieve physical and mental balance in their lives, which will aid their academic and overall development [53].

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