



NEP 2020: Physical Education an Overview

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Abstract: The new National Education Policy is a welcome improvement at a time when children's health, happiness, and immunity are becoming increasingly important due to the pandemic. The new NEP has a number of crucial components that are essential for a child's overall growth. The NEP accepts sports as being as vital to other subjects like English or Science by doing away with the strict division between academic and extracurricular activities, hence improving the Fun and Engagement that students so badly desire in a school. Children can grow physically, cognitively, and socially via play. Additionally, we have discovered that play has a favorable impact on attendance rates, classroom behavior, and academic results. Additionally, assessment-specific reforms like the creation of the National Assessment Center and monitoring a child's progress based on learning outcomes are fantastic efforts since they concentrate on a child's whole development by concentrating on their learning progress. In order to ensure that all children experience the enchantment of play and sport, as well as to create a country of healthier and fitter children through the educational system, we anticipate that sports and play will be taught and evaluated with the same rigor and structure as key academic subjects. Children's holistic development is greatly aided by the focus on vocational education, and it is our desire that students will be able to select physical activity and sports as a vocational topic. This will shed light on the whole Indian educational system because it is a complete foundation for both basic and higher education.

Keywords: Holistic Education, National Education policy, Elementary Education, comprehensive.

INTRODUCTION

The Latin term "Educatum," which means to bring out, is the root of the English word "education." The purpose of education, in this view, is "to bring out the best attributes of the individual." The process of assisting learning the acquisition of information, abilities, beliefs, morals, practises, and habits is known as education. Education is the manifestation of the perfection already present in man, according to Swami Vivekananda.

Throughout the lifespan, physical inactivity is a significant health risk factor. The chance of developing heart disease, colon and breast cancer, diabetes, hypertension, osteoporosis, anxiety, and depression, among other disorders, rises when a person is inactive. Recent studies have revealed that the worldwide population health impact of physical inactivity is comparable to that of cigarette smoking in terms of death. Physical inactivity has been compared to a pandemic due to its ubiquity and high illness risk.

There have been demands for action to encourage physical activity across the lifetime due to the prevalence, health effect, and evidence of changeability. In order to find ways to make physical exercise a top priority for children's health, the Institute of Medicine created the Committee on Physical Exercise and Physical Education in the School Environment. Its objectives were to analyze the present state of physical education and exercise in the school setting, including before, during, and after school, and to look at how these

factors affect children and adolescents' short- and long-term physical, mental and cognitive, and psychosocial development.

We have known since the dawn of civilisation that many organs and physical activity are connected. And in the past, man had to fight just to survive. Running, jumping, and throwing are required since they are the three basic motions. Darwin said the "struggle for existence" existed in all areas of life. But as science and technology have advanced tremendously and modernization has occurred, the range of physical activities has shrunk, making hypokinetic disorders more prevalent. We can see the value of physical exercise in the present pandemic situation, particularly for school-age children. Physical activity is the foundation of physical education and is necessary for a child's immune system to grow. Therefore, a crucial component of the educational landscape in current times is the significance of physical education. The pupils engage in some type of physical exercise while in class so that they can build and maintain their immunity, fend off infectious illnesses, and live a life free of illness. Therefore, attention must be placed on the required physical education in schools in order to promote excellent health and maintain a child in shape.

Physical education is a formal subject that has set academic requirements and includes benchmark- and standard-based assessment. Developing healthy active living motor skills, knowledge, and behaviors such as sportsmanship, self-efficacy, and emotional intelligence are the goals of physical education. The goal of physical education as a topic in schools is to instruct students in the science and practices of leading physically active, healthy lives (3). It provides a space for taking part in developmentally appropriate physical activities aimed at improving children's health, fitness, and fine and gross motor abilities.

In accordance with their capacity to contribute to the nation's many expanding developmental imperatives on the one hand, and to the creation of a just and equitable society on the other, the vision for India's new educational system has been developed to ensure that it touches the life of every citizen.

National Education Policy

The national policy on education, published in 1968, is a comprehensive document that addresses every facet of education in India, including adult education in both rural and urban areas. This plan was developed by the Indian government to encourage education among Indians. The administration of Prime Minister Indira Gandhi issued the first NPE in 1968, and Prime Minister Rajiv Gandhi issued the second in 1986. Sports in the nation need to be specifically improved. Players with talent require special considerations. Secondary students should participate in sports as well to develop a player-friendly physique and improve their skills. Where there isn't a playground or other amenities, they should be built as soon as possible.

Mental and physical growth are intricately intertwined. Physical Schooling has a significant role in the achievement of education. Sports and physical education need to be taught in a unique atmosphere across the nation. By qualified instructors, coaches, etc., playgrounds, sports equipment, and other apparatus for physical education and sports should be supplied. The city's open areas will only be used for recreation. To play, a school and hostel must be created. The combination of general education and physical education must be planned. All of these colleges will admit people who are extremely talented athletes. A particular consideration is yoga. Yoga will be included in curricula for teacher education.

Our educational system has undergone a significant transformation as a result of the recent National Education Policy 2020 (NEP). In doing so, it has also given children's nutrition and health first emphasis.

Education and health are closely related. The health of a family can be improved by proper education, even though healthy people are more likely to have superior educational achievements. The National Education Policy 2020 (NEP), which was just issued, calls for a paradigm shift in Indian education. As a result, it acknowledges the necessity of a healthy diet and regular exercise for effective learning and suggests a number of health-related measures.

Holistic education with sports-integration

One of the guiding ideas of the NEP is multidisciplinary and comprehensive education. The curriculum must include courses in games, sports, and fitness in addition to courses in the sciences and social sciences that make education well-rounded, practical, and satisfying.

The NEP suggests sports-integration, or incorporating physical activities into instructional methods, to improve students' physical and mental health while also enhancing their cognitive capacities. Students who participate in sports-integrated learning will develop a lifetime attitude toward fitness and reach the fitness levels envisioned by the Fit India programme. Additionally, it will enhance their capacity for cooperation, self-initiative, teamwork, and accountability.

Other strategies to broaden students' exposure to sports and other activities in schools and colleges are also suggested by the NEP. It provides more topic options and flexibility, enabling students to select physical education as a required course. The Policy also suggests "bagless" days to let students participate in extracurricular activities and local vocational pursuits like sports and gardening. The NEP also promotes the creation of clubs at the levels of schools, universities, districts, and beyond, including groups for sports, yoga, and health and wellbeing.

To offer a diversified and exciting atmosphere, universities will also contain departments of disciplines like sports, art, and music. For such courses, undergraduate programmes will grant credits.

The policy suggests creating a framework for an education curriculum for adult education. The framework will incorporate essential life skills (such as healthcare and awareness, childcare and education, and family welfare), as well as continuous education, in addition to fundamental literacy, numeracy, and education.

Health education

The NEP lists health and nutrition, physical education, fitness, wellness, sports, sanitation, and cleanliness as some of the crucial subjects, skills, and abilities that everyone must study, noting the significance of health education in schools. As a result, the NEP suggests that health education be made a mandatory component of the curricula, including topics such as mental health, healthy diet, personal cleanliness, disaster response, first aid, and the negative impacts of alcohol, cigarettes, and other substances.

This is a significant reform that might prompt a shift in behavior toward healthy habits given the rising incidence of non-communicable illnesses and consumption of bad diets. However, there is no roadmap or framework for including health education in the curriculum in the NEP, thus much will rely on how the Policy is implemented.

Scope of physical education in school:

Experiential learning will be implemented at all levels, with investigations of the connections between various disciplines as well as hands-on learning, education that incorporates the arts and sports, and pedagogy centered on telling stories, among others, as normal practises within each subject. Classroom activities will change to competency-based learning and teaching to address the achievement gap in learning outcomes. Additionally, the assessment instruments including assessment "as," "of," and "for" learning will be in line with the learning objectives, skills, and attitudes that are listed for each topic in a specific class.

A cross-curricular educational strategy known as art-integration uses diverse facets and expressions of art and culture as the foundation for the understanding of concepts in a variety of courses. Another cross-curricular educational strategy is sports integration, which uses physical activities, such as indigenous sports, in pedagogical practices to foster the growth of abilities like cooperation, self-initiative, self-direction, self-discipline, teamwork, responsibility, citizenship, etc. In order to assist students develop fitness as a lifetime attitude and to reach the levels of fitness envisioned by the Fit India Movement, sports-integrated learning will be used in classroom activities. Sports help to support holistic development by improving physical and psychological well-being while also enhancing cognitive capacities, therefore there is a clear necessity to incorporate them into schooling.

Conclusion:

Updates to the National Educational Policy have been eagerly anticipated and are causing a stir throughout India's educational sector. a desire to know what is being added and what is being omitted. Every young academician and student in India may realize several of their ambitions thanks to this new alteration. This will shed light on the whole Indian educational system because it is a complete foundation for both basic

and higher education. The primary area for youth development in India is vocational training. The most important area for improvement is Indian education, both in urban and rural regions.

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