

Physical Education and Sports in NEP 2020

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ABSTRACT:

The NEP 2020 in access sports is being as vital to other subjects like and English or science. The physical education and sports are developed the children's health, happiness and immunity. The New NEP has a number of crucial components that are essential for a children's overall growth. The National Education Policy (NEP) 2020 which was approved by the Union Cabinet in July. The NPE has included physical and sports as an integral part of their education Curriculum. In NEP 2020 Sports is included as a Part of other co-curricular activities. The author discusses this paper about physical education and sports in NEP 2020 with present position of physical Education and Sports in the new National Education Policy.

KEYWORDS: Government Policy, Kothari Commission, Kunzru Committee, Narendra Modi, Krishnaswami Kasturirangan

I. INTRODUCTION:

Today sports is the best medium of recreation and relaxation. In the same way it's the most valuable field for Source of Fitness, income and employment. In India sports is very neglected field from the beginning. The school, college and University of India which sports and Physical Education includes as optional subject in curriculum. It's includes as extra-curricular activities to schools and colleges. Towards the end of the 19th century, some efforts were made central Government to examine the Possibility by the of introducing compulsory Physical education and sports in school and Colleges but no definite. Policy appears to have been formulated in this connection. After Independence India should include various scheme and programmes for developing the Physical education and sports. The All India Council of Sports was set up in 1954, which advise to Government on the matters relating to sports. In 1956 the first National Plan of Physical Education and Recreation was prepared by Central Advisory Board of Physical Education for introducing

physical education and sports in education institution. The government of India was started two high-level institution to promotion of Physical Education and sports they are: (1) The Lakshambai National College of Physical Education (1957) at Gwalior and (2) The Netaji Subash National Institute of Sports at Patiala (1961). The Government was appointed Kanjru Committee in 1959 to recommend co-ordination of different youth development activities such as Physical Education, sports, national discipline scheme, A.C.C., N.C.C., scouting and guiding. The recommendations of this committee, first time Government of India was prepared a hand book on National Fitness Corps which included Physical education and sports in a graded way for secondary Schools. The similar committee was also appointed in 1963 under the guidance of C.D. Deshmukh to suggest measures for the development of Sports in college and Universities. The 10+2+3 Pattern was undertaken in different state under the guide-lines of Education commission appointed by the Government of India in 1965 for the improvement of education and sports in the country. The syllabus in Physical Education and sports was prepared by National Council of Educational Research and Training for classes I to X and which was circulated to various State Government. In the Post-Independence, the Government of India is convinced that educational reconstruction became a necessity to increasing the vital factor of national progress and security. The education commission is essential for economic and cultural development of the country. The quality of education is most necessary at all stages. The education commission was appointed in (1964-66) to advice Government on national pattern of education at all stages and in all aspects. After long dissension of education commission the Government is happy to note that a national policy of education is essential for development of nation. The first National Policy of Education (NPE) was announced by Prime Minister Indira Gandhi on the based of Kothari

Commission report which called for a “radical restructuring” and proposed equal educational opportunities in order to achieve national integration and greater culture and economic development. This Policy fulfilling compulsory education for all children up to the age of 14 years and learning with regional languages. In the NPE of 1968 the Government was announced that physical education and sports should be developed on a large scale basis and improving Physical fitness and sportsmanship of the average at student School College and University as well as others who excel in this department. The second National Policy of Education (NPE) was introduced by Prime Minister Rajeev Gandhi in 1986, which was modified by the P.V. Narasimha Rao Government in 1992. In this NPE has been pointed out in two key areas, they are: i) integration of sports and physical education in the learning process and evaluation of performance and ii) involvement of youth in rational and social development and sports and games etc. through educational institutions at the level of higher learning.

The Third NEP (New Education Policy) was released as a Draft in 2019 by Ministry of Human Resource Development. The cabinet of India was approved a New Education policy on 29 July 2020. In this Policy the several changes should be introduced to the existing India education system under the leadership of The Prime Minister Narendra Modi in 2020. The NEP 2020 also talks about a revision of the Curriculum and pedagogical structure from a 10+2 system to a 5+3+3+4 system design in an effect to optimise learning for students based on cognitive development of children. The New Education Policy (NEP) should focus on sports and physical education which special weightage, because sport is seen as a subject to be taught as part of the curriculum, everyone plays sports compulsorily, at least in the primary and middle school years for earn for basic Physical literacy skills.

OBJECTIVE STUDY :

On the basis of various printed data from books, journals, magazines and website from electronic device the main objectives of study are as follows :

- To aware the society, and people and student and teacher about NPE.
- To circulate the information about Position of physical education and sports in NEP 2020.

METHODOLOGY :

A. SOURCES OF THE DATA :

Following are the sources of data.

1. Books
2. Journals
3. Magazines
4. Websites.

B. COLLECTION OF DATA :

The different books, Journals, Magazines available in college library and personal library, which also assisted the author in the collection of data. The author also collection of the data at various websites through internet connection.

C. TOOLS USED :

Android Mobile Phone and Computer.

PHYSICAL EDUCATION :

Physical education is the integral part of general education. It should not be considered on treated as extracurricular activity extra-hour engagements of student. The majority of people do have the misconception about physical education, because they all are thinking that physical participation in the evening hours on in the allotted Physical education classes. Physical education has been the traditional Practice to organise the exercise oriented or anatomical aspects Physical activities in the educational institutions which makes the students become strong mentally, morally, socially and Psychologically fit. The main aim of Physical education is providing "physical fitness" for all the individuals in schools, colleges and universities too. Physical education has been defined differently by some eminent Physical educationists. According to Charles A. Bucher "Physical education is an integral part of the total education process, is a field of endeavour which has its aim of development of Physically, mentally and socially fit citizens through the medium of Physical activities which have been selected with the view to realise these outcomes"

SPORTS:

Sports deals with the development of man through the medium of Physical activities. Sports, which is derived from the old French word disports, meaning leisure has a crucial role to play to improve the lives of people around the world sports builds the bridges between individuals and communities, which is played for fun or for doing exercise to stay in good physical condition. Javie and Maguire (1994). State that " sport and leisure

activities from an integral part of social life in all communities and are intricately linked to society and politics".

NEP 2020: .

The Draft of New Education Policy (DNEP) was submitted in 2019 by the panel leader former ISRO chief Krishnaswami Kasturirangan which was approved by the Union Cabinet of India on 29 July 2020. The New Education Policy (NEP) will be replaced 10+2 Structure of previous National Policy of Education (NEP) 1986 with 5+3+3+4 model. The NEP 2020 will be implemented of stage basis, which as follows- i) ages of 3-8 years, foundational stage. ii) Ages of 8-11 years, preparatory stage iii) ages of 11-14, middle stag. iv) ages of, 14-19 years, secondary stage. The higher education will be proposes 4-year multi-disciplinary bachelor degree with multiple exit option. This undergraduate Programme will include professional and vocational areas. The mother tongue and regional languages will be raises the gives importance in this policy. Sanskrit and foreign language will also be given emphasis and no language will be imposed on the student.

ADVANTAGE OF PHYSICAL EDUCATION AND SPORTS :

Today till now the most people confuse regarding Physical education and sports because they are understood it is either just the playground look as a subject to be taught in the classroom, out of text book. But the most advantages Point should be uses in NEP:2020, which physical education and sports refers to primarily as a subject to be taught as part of the curriculum. Physical education and sports as an experiential life shaping too that can be used in the holistic education of young students. The former sports minister Kiran Rijju said "the new education Policy of India is also going to have sports as a part of education (and) sports not as extracurricular activities". He added "I always believe in that, education is one sports is one. It is the same." Further the former sports minister Rijju said "sports cannot be treated as an optional subject and it has to be accepted as a part of education which has to be accepted by all". Following are the advantages Point of Physical Education and sports in NEP 2020 is given below:

- Every students compulsory to Physical education and plays sports in New Education Policy 2020, so the basic physical literacy skills associated with each of them.

- Till now physical education and sports has not been seen as a subject to be taught as part of curriculum, and memorised and written in one Paper to get marks and for percentages, but NEP 2020, it's compulsory for everyone to get marks and percentages. So students can accrue the meaning for benefits from Physical education and Sports education.
- The most advantages point is that, NEP 2020 can make children fall in love with Physical and sports, which create a bright career and lifelong Passion.
- The NEP 2020 can prove as huge game changer in Indian sports of national and international level, because high quality of sports mansupplied through this innovative process in future.
- The NEP2020 sports is compulsory for every young student, so in this holistic and experimental learning to builds the self-belief and mental strength of young student, because sports teaches this every day and to balance winning and losing, which becomes a habit for life.
- The NEP 2020, physical education and sports can teaches young students about man management strategies, which also automatically develops the leadership skills.

CONCLUSION:.

To most people, parents and teachers alike sports is either about playing it or a subject to be taught outside textbook. But in the National Education Policy (NEP) 2020 strongly recommended to including sports and physical education as part of curriculum. Thus at present condition we cannot be denied that Physical Education and sports is a optional subject because in NEP2020 including physical education and sports as a compulsory subject. So we are hopeful that it's a positive impact for the physical educator and sportsman also. The NEP, which comes into effect during the 2023-24 academic year.

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