



## Needs and importance of Physical Education

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**Abstract:** Under the umbrella of the importance of physical education, there are numerous potential paper topics. One topic is the lifelong importance of physical activity and how it can lower the risk of disease. This can be a particularly important topic for a student planning to teach elementary physical education. The paper can include research that suggests that the earlier students learn about health; the healthier they are later in life. Along the same lines, a student could write about current childhood obesity trends and how regular physical activity can reduce those rates and help combat the problem. The correlation between regular physical activity and classroom achievement or regular exercise and productivity are potential topics as well. In this paper we will be describe on the importance of physical education.

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**Introduction:** Physical education (PE) refers to the process of imparting systematic instructions in physical exercise, sports, games, and hygiene. The term is generally used for the physical education programs at school and colleges. A student studying to work within a certain sports field might write an in-depth paper about the history and benefits of a specific activity such as football, volleyball or lacrosse. For a student working towards a PE teaching degree, he might discuss how playing team sports influences physical, social and emotional development. A paper outlining the physical benefits of certain sports is another option. For example, a student might write a paper that proves the relationship between a strong lower body and playing soccer or the correlation between Pilates and a strong core.

**Meaning of physical education:** Physical education has turned out to be an integral part of the lives of people where it ensures a better health and assures them a happy life ahead. As far as the meaning of physical education is concerned, it can be defined as the process of bringing changes in an individual's life that are usually brought about by various experiences.

It not only aims at the physical health, but also incorporates other important aspects such as the mental, spiritual, social, emotional and moral health. All such things are acquired by the same sets of physical activities that can bring multiple benefits to an individual.

**Physical education:** are formally given on regular basis according to well-ordered systematic plan, and it can be of various forms:

- exercises and activities such as aerobics, gymnastics, aquarobics, running, jogging, calisthenics, etc., carried out for sustaining and enhancing the fitness of the physical body,
- physical activities aimed at enhancing mental skills,
- outdoor sports that aims better health and bodily fitness,
- activities that increases flexibility of the body,
- knowledge of precautions to be taken to avoid diseases,
- knowledge relating to the importance of of proper nutrition and healthy food,
- Knowledge to maintain hygiene, sanitation, etc.

Education aims at the training of the body, mind, and conduct of a student. To keep a healthy mind within a healthy body, a student needs regular physical exercise.



It is said that, “a sound mind in a sound body“. The brain of students gets tired after schoolwork. His mind refuses to work. Therefore, for diversion and refreshment of mind, he requires some organized forms of physical and mental work.

**Need for Physical education:** Physical education forms an important part of modern education. Almost every school can boast of a playground, and one or two teams. In every modern school and colleges, after class work, students join various sports and games. The students generally take to all kinds of physical activities and show a great deal of interest in them. The proverb that says, “all work and no play makes Jack a dull boy” is true. If schools do not include PE as part of systematic curriculum, then the students would soon become dull and tired. Students need physical activities on regular basis to re-energize their mind and body. Further, information relating to hygiene and sanitation is much need right at the school level.

**Various kinds of sports and games:** Various kinds of games, sports, and physical exercises are taught in schools as part of physical education program. Some of them are outdoor, others indoor. The outdoor games include football, hockey, cricket, tennis, badminton, volleyball, and so on. Sports include popular pastimes like swimming, boating, athletic activities like pole jump, long jump, racing, and javelin throwing. Students are also taught physical exercises to improve and maintain good health.

**Importance of Physical education:**

- **Maintenance of physical health:** Physical fitness is one of the most vital aspects that determine the quality of life lead by any person. A healthy lifestyle ensures a better health and this is the reason that right eating habits along with the required exercise is known to be the key to a sound physical health. Physical education makes people aware about these factors and helps them attain good health through various activities that it incorporates.
- **Confidence booster:** A sound health ultimately leads to confidence boosting, when a person feels physically fit, he or she feels highly confident. Thus physical fitness helps in improving the confidence of a person.
- It further helps people understand about the right nutritional facts and about the proper eating habits. Physical education makes them aware of the things that are required in order to have a great health.
- It also makes people develop some important qualities like sportsmanship and team spirit. All such things help them grow in life.
- It also helps in ensuring an overall cognitive health that is associated with the mental health which is the first requirement in the modern times where everyone is highly involved in their busy lifestyles.
- They are great sources of pleasure to them.
- They build the body and refresh their mind.
- They train the mind in many virtues.
- They teach the players discipline and team spirit. In school sports, the players have to obey certain rules. They have to submit to the ruling of the referee or the umpire. Thus, they learn discipline and obedience.
- Physical education creates in students ‘the sporting spirit’. The students learn to play fair and honorably and to keep the rules of the game.
- They learn to be fair to their opponents.
- They develop pluck and patience.



- School sports teach them to take a defeat in a good spirit.

Physical education aims at bringing the best in the students.



#### **Value of Physical education:-**

**Benefits to mind and body:** Physical education do well both to the body and the mind. After brainwork in schools, students generally feel fatigued. In outdoor games in the afternoon, they inhale fresh air and feel energetic. These games give free play to all the organs of the body. Therefore, their health is improved. Outdoor games are played together.

**Develops the sense of discipline:** The players are given systematic instructions in physical education programs of schools and other educational institutions. They have to obey the orders of the trainer and the captain. They thus learn obedience and discipline. Outdoor games teach us to bear defeat calmly and to respect the winners. They also promote a spirit of good will and sportsmanship.

**Forms character:** Physical education teaches us endurance and presence of mind. They build up character and train us to become useful citizens. A good sportsman generally leads others in sports. He thus acquires qualities of leadership.

**Conclusion:** Physical education play important role in our life. By the help of physical education we can learn various types of methods for physical fitness. In this research article we were discussed about the benefit of physical education and values of physical education.

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