

Contribution of Physical Education in Education System

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Education is very important for every individual in sense of healthy, wealthy and prosperous life. It is a lifelong process. In educational process, knowledge is showered through informal and formal educations. It is said that informal education starts from birth of a child and continues till his death. It has no planned curriculum or specific ways to proceed with them. It has unorganized custom of showering knowledge that too have without tutorial classes, teaching aids, institutional curriculum and academic staff. It is totally based on work experience and life span. Informal Education is mainly recognized as a process of unsystematic, unrecognized and goal less affair that has very less theoretical and practical values. Formal Educations, in comparison to informal education have different criteria and values. It begins at the age of 3 years, when a child is admitted to a pre-nursery school to pursue the formal studies. It has no maximum age limits. It is given in school, colleges and universities. It has a systematic way of educational process, subjective norms, planned curriculum, and prescribed syllabus. It runs a well advance and well-equipped class that fulfills the need of education system. It emphasizes on subjective knowledge as well as practical experience. Formal educations target on appropriate goal in which every individual, whether it is student, teacher, staff or authority plays an important role. Formal Educations have these many stages of educational program

- 1 Kindergarten Stage
- 2 Primary Stage
- 3 Junior Stage
- 4 Secondary Stage
- 5 Senior Secondary Stage
- 6 Under Graduate Stage
- 7 Post Graduate Stage
- 8 Doctorial Stage

9 Post Doctorial Stage

Educational programs are designed to increase the Value of Education System. It benefits the society as well as each and every individual. Educational programs not only fulfill the need of every individual but also accomplish the requirement of large group. It has various ways of educating the people. The curriculum of educational programs is designed to cover the different aspect of life. It emphasizes on subjective knowledge as well as practical learning. Physical Education is one of the valuable subjects of educational programs which have a unique way of achieving educational goal. It is equally important in respect of regular physical activities as well as showering knowledge among the people. The regular physical activities of physical education boost the cardio-respiratory fitness, produces strong muscles and bones. It controls the body weight and reduces the anxiety and depression. It promotes the physical and mental health. Over all, it brings the state of complete well being to have better contribution in education system.

Physical Education was a subject of entertainment and enjoyment during ancient times. It was only meant for those, who want to become physically fit and body beautiful, but nowadays it is termed as so important for those who want to acquire mental, social, psychological, emotional and economical wellness. It helps the people to change their behavior and remain positive. The syllabus of Physical Education is totally based on theory and practical. In Physical Education programs both theory and practical are considered important for reaching educational milestone. Physical Education in actual, is a type of education in which Integrated Educational Program are also involved. In Integrated Educational Program many other subjects of educational curriculum such as Physics, Mathematics, Statistics, Sociology, Biology, History, Geography, Psychology, Health and Hygiene etc. play a supporting role to fulfill the aim of Physical Education.

No doubt, Physical Education is very useful in accordance with promotion of education system. It has great importance in education system since its inception. It has produced several good results during the present and past years. Physical Education connects the people of different nation, state, caste, religion and culture in the form of sporting events to improve the social bonding among the human. It starts from the age of birth and continues till death. It helps the curriculum to run smoothly and effectively. Physical Education was limited to the army personal of Greece and Rome during ancient times. Basically, these personals were involved in physical activities for war rehearsal and maintaining physical fitness. It had no provision for implementing theoretical classes. Private tutors were doing the Caretaker work instead

of teaching. It had very less sporting events and was considered important for those who want to become physically fit. There was no provision for regular classes from authority but some private coaching centre was running under the open sky by practical mode only. Greek and Romans were only personals who were participating in physical activities such as sword fighting, boxing, wrestling, gymnastics, equestrians, chariot race, foot race, archery and martial arts. These activities have helped them to become brave and competitive. Gymnasium and Colosseum were two famous sports centers at Greece and Rome. These sports centers rose to a physical education hub for the development of education system. Gymnastics and Gladiatorial Combat were the major sporting event among those centers. Apart from these facilities, four Pan-Hellenic games were also taking place over there. These games were Pythian, Nemian, Isthmian and Olympics. There was no dearth of eminent physical education philosopher in ancient times. Socrates, Plato, Aristotle and Gallon were world famous eminent philosopher of physical education, who contributed valuable services to education system. Atlas, Homer, Gallon and Hercules were also emerged as sporting heroes of Ancient Olympic Games.

In India, Physical Education is present since pre-historic period. The concept of ‘survival of fittest’ was the parameter of life during that period. People were hunting for food and saving lives from wild animal through rigorous physical work and available resources. They used stones and sticks as a tool for hunting, throwing and cutting. The people were doing throwing, running, jumping and climbing for their sake and life savior. They were unaware of such facts that these activities are similar to a few athletics events.

As the life standard of humans grown up, he started to live in civilized manner. The human groups were formed to promote friendship and brotherhood. The life of humans was modified with new thoughts and formation. They started to follow the norms of groups and indulged in tough physical activities. These activities had taken the shape of games and sports. The condition of humans appeared better through games and sports program. They were seen physically, mentally and socially fit by these activities. As soon as the comfort zone of humans was increased, the body beautiful and physically strong concept came in existence. It was much important during that period. The human interest increased with physical activities for looking beautiful, smart and attractive. They were aware of their character and personality with physical fitness.

During Indus Valley Civilization, India had originated Yoga for physical and mental health. Apart from Yoga, Archery, Wrestling, Sword Fighting and Chariot Races were the centre of attraction for royals and

kings. Many Gurukuls were established at different places for physical, mental and spiritual development. The famous archery guru of his time, Guru Dronacharya gave the tips of archery to his pupil of Arjuna during the same era. The wrestling combat between Kishan and Balram was also popularized in that period. Many Akharas were found full of wrestlers and trainees. Only men were involved in Gurukul education, whereas women were participating in dance and music. As the time went, the Mughals conquer India. They brought a different game Polo to India. The game of Polo was most popular among horse riders of the country. After the Mughals, the Britishers promoted Cricket and Badminton as royal empire game.

In modern time, physical education contributed one of the best services to education system in India. Laxmibai National College of Physical Education at Gwalior, Netaji Subhas National Institute of Sports at Patiala, Sports Authority of India at New Delhi and Indian Olympic Association at same place, played a vital role in spreading physical education programs for the development of education system in India. These establishments have produced highly qualified sports coaches, educational leaders and academic staff for better services in educational field. They have provided better facilities in educational field and running various educational courses like C.P.Ed, D.P.Ed, B.P.E, M.P.E, B.P.Ed, M.P.Ed, M,Phil, Ph.D. for converting education system as a meaningful affair. Those who want to choose physical education as a career option can go through these courses from any institution. They have some branches at regional centers also.

The contribution of physical education in education system at grass root level is also valuable. The Khelo India Program was introduced in year 2018 by honorable Prime Minister of India Narendra Damodar Modi to promote sports culture in India at grass root level. Many schools, colleges and university students are participating in Khelo India Program for achieving excellence. Several Khelo India regional centers are established for this purpose. They are searching better sports talent to be produced for the country to excel at global level. Recently Tokyo Olympic Games 2020 has produced the excellent result for India, where India got seven Olympic Medals. The medal winners of Olympic Games are getting jobs and rewards from the government and non government organization. The promotion of Yoga activities in recent times also strengthens the work of brain and body. It has not only benefitted education system but also human himself. Therefore, the contribution of physical education in education system is very valuable. It has produced excellent result throughout the years.

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