Abstract

The purpose of a physical education programme is to guide students in the process of becoming physically active for a lifetime. Regular physical activity participation throughout childhood provides immediate health benefits. Physical education is a component of education that takes place through movement. In physical education, as in all academic areas, students must learn the basic skills which require practice and refinement in the physical education setting. Students integrate and apply the skills learned in physical education to their everyday life. The important role that PE has in promoting health-enhancing physical activity.

Introduction

Physical education programme in school designed to develop motor skills, knowledge, and behaviors of healthy active living, physical fitness, sportsmanship, self-efficacy, and emotional intelligence. Physical education is focused on teaching school-aged children the science and methods of physically active, healthful living (NASPE, 2012). PE is a venue for engaging in physical activities designed for children to develop their fitness, gross motor skills, and health (Sallis et al., 2003). Physical education became a subject matter in schools (in the form of German and Swedish gymnastics) at the beginning of the 19th century (Hackensmith, 1966). As per Sallis and McKenzie (1991) two primary aims of physical education: (1) prepare children and youth for a lifetime of physical activity and (2) engage them in physical activity during physical education. The primary goal of PE is to develop children’s cognitive capacity in the sense of learning knowledge in academic disciplines. This goal dictates a learning environment in which seated learning behavior is considered appropriate and effective and is rewarded. Physical education as part of education provides the only opportunity for all children to learn about physical movement and engage in physical activity. Physical education is considered a basis for students’ learning skill or knowledge that the lesson is planned for them to learn.

Physical Education & Physical Activity in Schools

School physical education programs offer students the opportunity to not only be physically active today but the opportunity to teach skills and behaviors conducive to maintaining physical activity for a lifetime. Physical education should teach them how to integrate physical activity into their day both now and later in life. Schools represent an advantageous opportunity to promote physical activity in children. The ability to carve out time for physical activity whether it recesses, physical education or sports is unique to schools alone. Play, physical activity, physical education, recess, and sports are cherished parts of childhood. The benefits of each are at the forefront of scientific literature over the last decade. No longer can an informed parent, educator or doctor ignore the importance of each in contributing to healthy child development. School physical education (PE) provides a context for regular and structured physical activity participation. To this end a common justification for PE’s place in the school curriculum is that it contributes to children’s health and fitness.
Benefits of physical education

Numerous benefits result from participating in a quality physical education program such as:
1. Learning how to live an active and healthy lifestyle,
2. Proper nutrition,
3. Skill development,
4. Improved physical fitness,
5. Reinforcement of other subjects,
6. Goal setting,
7. Self-discipline,
8. Leadership and cooperation,
9. Stress reduction,
10. Enhanced self-efficacy,
11. strengthened peer relationships.

The physical education setting also provides a unique opportunity for students to develop an understanding and respect for differences among people. Cultural and global awareness can be enhanced through participation in physical activity, sports, dance and/or rhythms from other cultures. Through regular participation in physical education, students will have the opportunity to develop a pattern of life-enhancing and self-rewarding experiences that contribute to their potential to be healthy New Century Graduates.

Physical education programme can help you control or reduce your weight because testosterone and thyroxine speed up your metabolism. Physical exercise as bodily movement prescribed to correct impairment, improve musculoskeletal function, or maintain a state of psychological-being. Physical exercise Release contracted muscles, tendons, and fascia, Mobilize joints, Improve circulation, Improve respiratory capacity, Improve coordination, Reduce rigidity, Improve balance, Promote relaxation.

Another benefits of PE Programme

Regular Fitness Activity

Physical fitness leads to healthy lifestyle. The regular fitness activity helps students maintain fitness, develop muscular strength and improve cardiovascular health. A regular fitness activity improves the absorption of nutrients by the body, improves digestive processes and increases physiological processes.

Builds Self-Confidence

The participation in physical education in high school provides a positive influence on a student's personality, character and self-esteem. In addition, the team-building process enhances communication skills, and the skills required to get along and cooperate with students of varying ethnic backgrounds and personalities.

Develops Motor Skills

Physical education in high school is essential to the development of motor skills and the enhancement of reflexes. Hand-eye coordination is improved, as well as good body movements, which helps in the development of a healthy body posture.

Health and Nutrition

Physical education teaches students the importance of physical health. High school is an age where students misinterpret the meaning of "overweight" and eating disorders prevail. Physical health and education informs students on sound eating practices and the essential guidelines for nutrition.
Reduce Stress

High school students have substantial amounts of stress due to curriculum, homework, families and peer pressures. Involvement in sports, recreational activities or other forms of physical fitness offer a method of stress relief.

References