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## Developing life skills through physical education

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### Abstract

Life skills play a vital role in everybody's life particularly, for players. Life skills are normally connected with managing and living a better quality of life. Life skills can be best taught through physical education. Generally, players get to work or play with different kind of people like peers, parents, coaches. In the process, they learn and develop the life skills which help them to lead a good professional and personal life. Life skills can be taught implicitly through physical education. Hence, physical education trainers need to inculcate these skills among the players at early stage of the players' life. This paper mainly focuses on how life skills are learnt through physical education.

**Keywords:** Life skills, physical education, quality of life, trainer

### Introduction

The phrase 'Life Skills' itself refers that the skills needed to make the most of our life. Life skills make us to live our life to the fullest potential. Any skills that are useful in life can be considered as a life skill such as swimming, tying a tie, using a computer, and driving a car which we as individuals have to do in every day of life and those are very useful life skills in life. According to Gould and Carson Life skills are taught not caught. These skills have to be taught implicitly or explicitly to the players by coaches. Coaches or teachers are not just to influence only one area of a player's life but also have to impart life skills which cover every area of their life. A sport is an essential part of education. Sports offer us to take initiation, taking decisions, and fun. Hence, this responsibility put on the shoulders of the coaches. Life skills help people to encounter their life situation at home, school, work, and any other context in which they find themselves.

According to Anderson, there has been a call for an 'Education through Physical' as opposed to an 'Education of the Physical' orientation. Within this realm sports programs that alongside sports skills teach skills that can be useful in the contexts other than sports have been developed. These skills are called life skills.

### Being Empathetic and Supportive

Empathy is one of the significant life skills that one should learn in life. Helping others to succeed is the best way to success. Most of the players or coaches need funding or support in many forms to excel in their life or career. Hence, players need to build supportive environment.

### Time Management

To make the life organized one should know how to do right things at right time. Time management is a significant skill which helps to achieve a goal. Life can be enjoyed to full extent by managing time effectively. Players may be occupied with full schedules and need to manage the time effectively. Coaches must try to inculcate this skill in the players by asking them to come to the ground on time.

### Building Character

Building a positive character in the player is indispensable. Honesty is one of the main traits of good character. Players while playing a game need to be honest. Sometimes, some players lie and argue with referees to get points to their team. It is the responsibility of the coach to impart good characteristic traits in the players.

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### **Leadership skills**

Every player is a leader. The phrase 'Leadership' itself refers leading a group of people or a team. Very often players get difficulties in winning a game. In the process of winning the game players tend to develop a leadership quality which is essential in the 21<sup>st</sup> century.

### **Body Language**

It is evident that positive body language is one of the main things for a player. Usually, players throw their hands in the air when they lose the point. It shows their disgust. And it is a meager display of sportsmanship.

### **Coping with Emotions**

There are times when players go wrong. Then the coaches reprimand the players not realizing that they have a whistle in their hands. This doesn't help the situation and instead it reduces the performance of the player. Hence, it is advisable that coaches shouldn't get frustrated and show the anger at the players.

### **Self-Awareness**

Knowing oneself is self-awareness. Everyone has their own strengths and weaknesses. It is applicable to the players also. Players should know their strengths and the areas of their improvement to win the game. Coaches are advisable to use always positive words/ phrases like 'things to improve' for the word 'weaknesses'. When coaches give feedback positive things first and after that negative things should be told.

### **Goal Setting**

A sport is a great place to learn how to set goals and achieve them. Life goes well when a person has clear goals and objectives. Every person should have a goal they desire. When we don't have a goal we don't have a game. Players have a goal and a plan to win the game. So, we get to know the goal setting of life while playing games.

### **Conclusion**

There is a need to equip the players with life skills to make them successful in their lives. Life skills can be taught through physical education. Coaches have to be trained to impart these skills in the players.

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