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## Innovative teaching techniques in physical education

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### Abstract

The purpose of the present study was identified the innovative teaching techniques in physical education. The new innovative teaching techniques were created interest and aware of school going students in health. Another strategy used in Physical Education class is 80/20 Rules, which means that the physical education teacher tries to keep the students active 80% of class duration. Hence the researchers have studied the innovative teaching techniques of different countries. He concluded that innovative teaching techniques were too effective in other countries. He recommended that it may be followed in future in India from the schools.

**Keywords:** innovative teaching techniques, physical education

### Introduction

Now a day the awareness of health and wellbeing among the society is too serious. The health is the predominant factor for all ages. Every individual and the people of the country would become disease free lives. The peoples want to provide the good health to their child and the next generation. So the educationists have to design the new curriculum from the gross root itself that is schools. As the trend has in foreign new innovative teaching techniques are being used in their regular physical education programmes at schools. Hence the new innovative teaching techniques in physical education programmes have to be introduced in India to take care and the promotion of next generation.

Physical fitness among young people has now found itself at the forefront of society's scrutiny. According to the Centers for Disease Control (CDC), obesity among children between the ages of 2 and 19 has more than doubled in recent years, leaving students susceptible to the development of diabetes, complex joint issues and a host of other serious health problems.

Many physical fitness educators have taken it upon themselves to drastically reduce these statistics over the course of the next decade. Although the improvements in technology have somewhat contributed to the dangerously sedentary lifestyles of many young people, it can also be harnessed to reverse these health concerns. With instant access to almost anything at any given time, technology can be used to improve fitness and potentially save lives. It's just a question of how it's used.

Here are some new innovative practices to be discussed.

### Modern Wellness-Tracking Technology

One way that educators can make physical wellness more interactive is by implementing fitness monitors, like the Fitbit or the Nub and, into their classes.

These lightweight, wearable activity trackers provide a wide range of real-time data. They can be used to help students become more aware of their body's processes as a whole, or simply to learn their peak heart rate levels to achieve maximum physical fitness. Electronic activity trackers record step counts, quality of sleep cycles and a host of other personal metrics to ensure that students stay active throughout their developmental years. The attention to detail creates a feeling of ownership, fostering a sense of responsibility to maintain that state of wellness for the future. It is said that children should remain active for at least 60 minutes a day to meet proper health standards. Fitness trackers can help make sure kids reach this simple but vital goal in their Physical Education classes, and also in their daily lives.

### **Music and Dance as Motivation**

When it comes to movement in physical education, there is no better motivator than music. With this universal truth in mind, educators have developed new teaching methods based on viral dance crazes, like the Cupid Shuffle and the Konami Dance Dance Revolution music game. Not only does learning choreography together create a sense of camaraderie among classmates and teachers, but it also provides a great workout. Students can improve their coordination, strengthen their social interactions with one another and reduce stress levels during exam time.

### **Active Gaming Platforms**

Technology-based hobbies have become so ingrained in the lifestyles of students that we often forget that they can serve as a valuable tool.

Exergames, or active gaming programs, like Hopsports and Kinect Xbox, invite users into a comfortable and familiar environment, while offering an opportunity for moderate-intensity physical activity. The best part about this exercise source is that it can be continued outside of school. Many students have their own gaming consoles and could take their Physical Education class inspiration to a whole new level at home.

It is becoming increasingly important for teachers to use every outlet at their disposal to improve the health of their students. Some physical education teachers have found the key to success is utilizing what young people love the most and very often, that's the new advancements in technology. By creating interactive and entertaining lessons with activity tracking, music, dance and gaming, teachers can improve student wellness practices not only in school, but in the decades to follow.

### **Conclusions**

The major and important fact in developing one's health is to educate them to do regular physical activity in their day to day life. The thing should achieve it from the school children. The curriculum is to be designed in educational institution have include the innovative teaching techniques in physical education programmes. The innovative practices and programmes are the motivating and increase the practitioners in schools.

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