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Sports integrated learning in new education policy: A Review

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Abstract

The country had to wait 34 years until a New Education Policy 2020 was implemented. At a time when the health, happiness, and immunity of children are becoming more and more crucial owing to the epidemic, the new National Education Policy is a welcome improvement. The new NEP has a number of crucial components that are essential for a child's overall growth. The NEP accepts sports as being as vital to other subjects like English or Science by doing away with the strict division between academic and extracurricular activities, hence improving the Fun and Engagement that students so badly desire in a school. Children can grow physically, mentally, and socially through play. Also, we have discovered that play has a positive impact on attendance rates, classroom behaviour, and academic results. Also, assessment-specific reforms like the creation of the National Assessment Center and monitoring a child's progress based on learning outcomes are fantastic initiatives since they concentrate on a child's whole development by focusing on their learning progress. We anticipate that play and sport will be taught and evaluated with the same rigour and organisation as core academic subjects, ensuring that every child has the opportunity to enjoy play and sport and helping to create a country of children who are more physically active and healthy. Children's holistic development is greatly aided by the focus on vocational education, and it is our desire that students will be able to select physical activity and sports as a vocational topics. We anticipate that the policy will be translated to reflect a more engaging, enjoyable, and playful learning environment for kids while still achieving the adult learning outcomes targets. The current research piece examined NEP 2020's different flaws and shortcomings in relation to other industrialised nations in terms of physical education and sports.

Keywords: New education policy, school education, higher education, government, physical education

Introduction

The year 2020 has been unique for nations all over the world. A significant change that occurred in India, aside from Covid19, was the creation of the New Education Policy (NEP) 2020. Researchers have become interested as a result of the several committees' recommendations to raise the budgetary allocation for education to 6% of the GDP over time. "Aspects such as widening the availability of scholarships, strengthening infrastructure for Open and Distance Learning, Online Education and increasing the usage of technology have received great attention in the NEP. These are vital reforms for the education sector." The New Education Policy 2020 was launched in India on July 29th thanks to a tweet from Prime Minister Narendra Modi. The nation waited for the approval of this document for 34 years. Over the lifespan, physical inactivity is a significant health risk factor. The chance of developing heart disease, colon and breast cancer, diabetes, hypertension, osteoporosis, anxiety, and depression, among other disorders, rises when a person is inactive. Several studies have revealed that the worldwide population health burden of physical inactivity is comparable to that of cigarette smoking in terms of death. Physical inactivity has been compared to a pandemic due to its ubiquity and high disease risk. There have been demands for action to encourage physical activity across the lifetime due to the prevalence, health impact, and evidence of changeability. As Einstein said to a group of children "Bear in mind that the wonderful things you learn in your schools is the work of many generations. All this is put into your hands as your inheritance in order that you may receive it, honour it, add to it, and one day faithfully hand it on to your children. Thus do we mortals achieve immortality in the permanent things that we create in common" [2].

From the beginning of the civilization, we come to know that physical activity is related to our different organs. And in the ancient times, man has to struggle for surviving. One has to run, jump, and throw which is considered to be the basic form of movement. According to Darwin "Struggle for existence" was there in all spheres of life. But as science and technology have advanced tremendously and modernization has occurred, the range of physical activities has shrunk, making hypokinetic disorders more prevalent. We can appreciate the value of physical activity in the present pandemic situation, particularly for school-age children. Physical activity is the foundation of physical education and is necessary for a child's immune system to develop. Therefore, a crucial component of the educational landscape in modern times is the significance of physical education. The pupils engage in some type of physical activity while in class so that they can build and maintain their immunity, fend off infectious diseases, and live a life free of illness. Hence, the emphasis must be placed on the required physical education in schools to promote excellent health and keep a child in shape.

NEP with special references to sports education

The launch of the New Education Policy in India in 2021 has been warmly embraced by many parents and education experts alike because the improvements to the Indian educational system were much needed. The new policy is based on the notion of comprehensive development. Since the policies are put into place, it means that for a change, co-curricular activities are being given the same priority as academics. But what impact does it have on sports? Particularly for Indian parents, careers in sports typically come in second or third place. As a result, many potential skills are wasted before they have a chance to develop. Sports and physical education are strongly encouraged as part of the curriculum, according to the National Education Policy 2021. It is acknowledged as a subject that should be taught, and physical components are only covered in physical education classes. The concept is not drastically different from what is already in use. The proposal merely converts what was once an option in many schools into a requirement. Unfortunately, NEP in sports schools or any other institution does little to alter the way that people think about sports in general. The procedure is mandated, and that is the only benefit. So hopefully it's also laying the way for a more thorough understanding of school athletics in the near future.

Parents and teachers alike tend to view sports as either something to be played or something that needs to be taught outside of the classroom. This idea fundamentally ignores the sensory elements of athletics, which can serve as a fundamental instrument for forming young people's bodies and brains. Several life values that cannot be learned in a classroom, such as teamwork, planning, making calculated decisions, overall discipline, and time management, can be learned through sports. Hence, even though NEP has a broad goal, it still has serious flaws when it comes to requiring athletics in schools.

Facts about Sports Education: Important curriculum

Almost all kids have a particular sport they like to play. They typically enjoy their hobbies more than academics, if not a sport. Children have been seen to perform better in the subjects or curricula they enjoy. When we examine the NEP 2021, this crucial idea is overlooked. It fails to genuinely nurture the love and delight that children experience when playing, failing to capture their interest or attention.

- Children that participate in sports education gain a variety of life skills and personality traits. Team sports or solo competitions, whether indoor or outdoor, have a significant impact on this multifaceted development. Now consider what would happen to a child who was completely denied this experience.
- The best sports schools in West Bengal are aware of this gap and have created a flexible curriculum that is sports-centric. Academics and athletics are equally valued here, and exceptional talent is identified and fostered from an early age.
- By enrolling in a sports school, kids have the opportunity to explore several possibilities and discover their passion for a particular sport. Their academics are not neglected in the meantime. The child's overall physical and mental growth, however, is what really sets them apart as adults because it brings out their best qualities.
- Parents are becoming more and more hooked on the comprehensive academics and athletic training provided at sports academies for aspiring athletes. Hence, even though the NEP lacks a clear conceptual understanding of sports, concerned parents can still find a solution when they search for a child's actual holistic development.

Physical education is a formal subject that has set academic requirements and includes benchmark- and standards-based assessments. The development of motor skills, knowledge, and behaviours of healthy active living, physical fitness, sportsmanship, self-efficacy, and emotional intelligence through a structured sequential K-12 standards-based programme of curricula and teaching. The primary goal of physical education as a topic in schools is to instruct students of school age in the principles and practises of an active, healthy lifestyle. It provides a space for taking part in developmentally appropriate physical activities aimed at improving children's health, fitness, and fine and gross motor abilities.

NASPE's characteristics of a high-quality physical education program

Chance to learn

- Physical education is a requirement for all students.
- There are 225 minutes of instruction every week and 150 minutes in elementary schools (middle and secondary schools).
- Class sizes in physical education are comparable to those in other subject areas.
- Developmentally appropriate programming is offered by a certified physical education professional; suitable and secure facilities and equipment are available. Meaningful content
- PreK-12 students follow a written, sequenced curriculum that is based on state- or country-wide physical education standards.
- Fitness education and evaluation are aimed to help children comprehend, improve, and/or maintain physical well-being.
- Training in a variety of motor skills is intended to benefit the physical, mental, and social/emotional development of every child.
- The curriculum promotes the growth of cognitive concepts related to fitness and motor skills.
- Possibilities are given to develop newly acquired social and cooperation skills and acquire a multicultural

viewpoint.

- The curriculum encourages proper physical activity in regular amounts both now and throughout life.

Suitable instruction

- Complete inclusion of all pupils.
- The most possibilities for practice are during class activities.
- Effectively created lessons that support student learning.
- Homework assignments that encourage practice and learning.
- Refraining from assigning or denying physical punishment.
- Ongoing evaluation to track and support student learning.

Assessment of students and programmes

- Evaluation is a crucial, ongoing component of the physical education curriculum.
- Evaluations of students' progress are done both informally and formally.
- The written physical education curriculum and state/national physical education standards are connected with student assessments.
- Program components that facilitate high-quality physical education are evaluated.
- Stakeholders routinely assess the overall physical education program's efficacy.

The following activities, such as sports, individual and team games, combative and self-defence games, folk dances, adventurous activities, etc., have been incorporated into the physical education programmes while keeping in mind the needs of the individual and the group.

The Fit India movement

It is a movement to lead the country towards well-being and fitness. It offers a special and fascinating chance to strive towards a healthy India. Individuals and organisations can participate in the movement by making a variety of efforts to improve their personal health and well-being as well as the health and well-being of other Indians. In order to help students develop fitness as a lifetime attitude and to achieve the levels of fitness envisioned by the Fit India Movement, sports-integrated learning will be implemented in classroom activities.

Khelo India programme

The Khelo India Program is a government initiative/plan for the growth of sports in India. Col. Rajyavardhan Singh Rathore, who was the country's sports minister at the time, introduced it in Delhi in the year 2018. Both "Sports for Excellence" and "Sports for Everyone" are promoted by the programme. A fit and healthy person contributes to a healthy community and a powerful country. The Khelo India initiative was launched to provide a strong framework for all sports practised in our nation, revitalise India's grassroots sports culture, and make India a great athletic nation.

Conclusion

The social and gender gaps in the educational system have been addressed through NEP. According to the policy, there is a clear disparity in the representation of the different social classes in the educational system. It has stressed the need for regulated treatments to help solve the issue. The gender

imbalance in the educational system was also noted by NEP, and a solution was proposed. One of the main goals of the policy is also to improve teaching quality. Without enhancing the way teachers are trained, it will be challenging to raise the standard of education because teachers are a crucial component of the educational system. Education reforms are not straightforward. The game has an excessive number of participants, making it extremely difficult to influence them in a particular way. The most difficult people to persuade are academics and educational officials. Given their historical roots, education for them is imprinted with self-replication. They are unlikely to be change agents as a result. The focus must instead be on how to find, prepare for, and retrain education leaders like vice-chancellors, principals, headmistresses, registrars, etc. since there is no option to start over from scratch. Let's hope that secondary schools would offer greater physical education and sports opportunities.

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