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## Physical education curriculum: Challenge and possibilities

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### Abstract

Physical education curriculum: challenge and possibilities education is a way of life “Education through the physical” It aims to develop student’s physical competence and knowledge of movement and safety. Their ability to use there to perform in a wide range of activities associated with the development of an active and healthy lifestyle. Physical education is one of the most examines and dynamic subject. This subject has changed dramatically during the last 50 years. Physical education teaches how to acquire ability to develop strength, speed, and endurance and coordination abilities.

**Keywords:** Physical literacy, sports, curriculum and technology, challenge

### Introduction

The aim of this paper is to identify the curriculum trends and challenges in physical education and sports and based on these current challenges, the future and will be discussed. There are various factors with are diminishing the interest of students in physical education has never been emphasized more than it is today. It is widely recognized that physical education and sports is relevant and important in developing an active and healthy lifestyle and the solution to rising obesity rates worldwide. Although in most countries, physical education is part of the school curriculum, lessons are not given, thus leading to a reduced experience of Physical activity for children and youth. The practice of a physically active lifestyle in combination with healthy nutrition, however, needs to be started in early childhood (Balga T, Antala.B-2019)<sup>[1]</sup>.

The main objectives, of physical education are to develop motor abilities like strength, speed, endurance, coordination, flexibility, agility, and balance as they are important aspects for good performance in different games and sports. It also develops students’ confidence and generic skills, especially through collaboration, communication, creativity critical thinking and aesthetic appreciation. They together with the nurturing of positive values and attitudes in physical education. Provide a good foundation for students’ lifelong and life-wide learning (Stillwell. J.L, Will Goose. C.E-2006)<sup>[2]</sup>.

### Direction

Curriculum development is an ongoing improvement process.

- Building on strengths inspires curriculum changes in light of the new education trend.
- Cultivate in students’ generic skills positive values and attitudes in addition to physical competence for lifelong and life-wide learning
- Encourage schools to make flexible use of time, space, resources, and facilities available to enrich their school-based curriculum.

### Issues and challenges in physical education

The reality check reveals several areas of continuing concern regarding current trends such as physical education and sports. There is an embrace; of physical education not being delivered or delivered without quality, in sufficient time allocation, lack of competent qualified and inadequately trained teachers, in adequate provision of facilities and equipment and teaching materials, and large class sizes. It is noted that the amount dedicated to physical education has been diminished in the school curriculum throughout the world. The responsibility rests

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directly on the shoulders of physical education to ensure that the importance of their subject matter is understood and embraced as a part of their overall curriculum. Today, more than ever, the physical education curriculum needs to be linked to the overall well-being of children and youth as they mull through the curriculum (Aomshrony. N and Welsman J.R -1997) [3].

### **Possibilities of Developing Skills in Physical Education and Sports**

The aim of physical education is to develop physical competence so that all youth and children are able to move efficiently, effectively and safely and understand what they are doing. Physical education plays a key role in the development of a student life. It helps in developing student's competence and confidence, and helps them to take part in a wide range of physical activities that are crucial to their lives- both in and out of school. In India it is considered that health and physical education must continue to be a compulsory subject from the primary, to the secondary stages, and as an optional subject at the higher secondary stage (Siedentop. D, Tamenehill D-2000).

The growth and development of physical education in India modern times goes to pre-dependence days. In modern India, the development of physical education was at its top. Govt. of India founded the Tarachand Committee in the years 1984. Ministry of Education, Govt. of India established the central advisory board of Physical education in 1954, meanwhile in the same year. All India Council of Sport was established with the express purpose of suggesting the development of Physical education.

In this 21<sup>st</sup> century, COVID-19 has affected the lives of nearly every person around the world. The difference between personal and professional lives has narrowed due to work from- home have also been pondering over a vital concern being at home. i.e. The importance is their health and fitness. The sudden lockdown badly affected people's lifestyle, and mental and physical health (Kelly.L.E, Pangrozi R.P-2006). The study of physical education and sports is not a discussion of performance, technique or records but to look at some unexpressed assumptions held by the general population about physical education and sports. A sport generally has been looked at as a diversion from the division of everyday life.

### **Discussion**

Regular exercises and playing games help the body and mind to deal with the lifestyle. Disease, such as stress, strain, worry, anxiety and tension. The need and importance of Physical education may be understood in several ways which describe the different kinds of requirements for various sections of society.

### **Methodology**

This research paper is on "Physical education curriculum: challenge and possibilities." This research paper has allotted a descriptive method. The secondary sources are given more importance in this paper. The secondary sources used are the articles of research journals, working paper theses, and books of famous philosophers.

### **Conclusion**

Physical education is not being delivered or delivered without quality, insufficient time allocation lack of competent qualified, and adequately trained teachers, inadequate

prohibition of facilities and equipment and teaching materials, and large class size. Sports are part of many children's and adolescents' lives. Scholars write that physical literacy has a very practical approach to sports participation and development across young people's life spans. Physical literacy is a priority that both education and the sports system can share and is a bridge that can close the gap between Physical education and sports.

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