

ROLE OF PHYSICAL EDUCATION IN CHILD DEVELOPMENT

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ABSTRACT

Human rights are those rights which are essential to live as human beings without which people cannot survive and live with dignity. They are inherent to the human person and are inalienable and universal. As matter of the frame work of human rights law, all human rights are indivisible. This frame work is important for promoting, protecting and realizing children's rights. Children deserve to live in safety and with dignity. Abuse and exploitation are an affront to every child's dignity and an intolerable violation of their rights. Protecting children is essential to their physical and emotional health, their general well being, and the ability to develop to fullest potential. Physical education helps to improve children's muscular strength, flexibility, muscular endurance, body composition and skill development Develops motor skills, which allow for safe, successful and satisfying participation in physical activities Regular, Healthful Physical Activity Provides a wide-range of developmentally appropriate activities for all children. Quality physical education can influence moral development also. By this students have the opportunity to assume leadership, cooperate with others sharing mentality accept the responsibility for their own behavior etc. Physical activity becomes an outlet for releasing stress anxiety, tension etc

KEYWORDS: Child Development, Physical Education, UDHR, Constitution

INTRODUCTION

Children are the gift of god and we can see god in the eyes of children and that child of today is the citizen of tomorrow. As they lack maturity it is easier to mould a child according to the wishes of the trainer. But today we can seen that they are the most valuable groups in the society who is always exploited in one way or the other way.

We know, human rights are those rights which are essential to live as human beings without which people cannot survive and live with dignity. They are inherent to the human

person and are inalienable and universal. As matter of the frame work of human rights law, all human rights are indivisible. This frame work is important for promoting, protecting and realizing children's rights. Children deserve to live in safety and with dignity. Abuse and exploitation are an affront to every child's dignity and an intolerable violation of their rights. Protecting children is essential to their physical and emotional health, their general well being, and the ability to develop to fullest potential.

Convention on the rights of the child is the first legally binding international instrument to incorporate to the full range of human rights. Even though the convention on the rights of child deals with various rights most of the children are not in a position to enjoy this rights or their right were not protected anywhere.

The convention protects children's right by setting standards in health care, education, legal, civil and social services. All the rights dealt with in the convention are interconnected and equally important.

These rights encompass freedom of children and their civil rights, family environment, necessary healthcare and welfare, education, leisure and cultural activities and special protection measures. The UNCRC outlines the fundamental human rights that should be afforded to children in four broad classifications that suitably cover all civil, political, social, economic and cultural rights of every child. Some of the rights given under the conventions clearly states that the children have the right to Survival which includes the right to born, Right to minimum standards of food, shelter and clothing, Right to live with dignity, Right to health care, to safe drinking water, nutritious food, a clean and safe environment, and information to help them stay healthy and in the case of right to protection which includes Right to be protected from all sorts of violence,

Right to be protected from neglect, Right to be protected from physical and sexual abuse, Right to be protected from dangerous drugs and Right to participation includes Right to freedom of opinion Right to freedom of expression, Right to freedom of association , Right to information Right to participate in any decision making that involves him/her directly or indirectly yet another and the most important as my topic concerned is the right to Development which includes Right to education, Right to learn ,Right to relax and play, Right to all forms of development – emotional, mental and physical.

CONSTITUTIONAL RIGHTS OF CHILDREN

When we look upon the Preamble of Indian Constitution which states that Justice, liberty, equality, and fraternity for all the citizens including children are the fundamental philosophy of the Constitution. Which means that fundamental philosophy of the constitution itself give important to the children. Article 14 deals with Equality before law and equal protection of laws. It is available to every person including children. Article 15 (3) empowers the State to make special legal provision for children. It provides mandate to the government to ensure children's welfare constitutionally. Article 21 (A) ensures free and compulsory education for all the children in the age group of 6- 14 years. Based on 86th Constitutional Amendment Children's Right to Education Act 2009 was enacted. Which is a precious article as far the children are concerned. Article 23 imposes total ban on forced labour and is punishable under the Act. Article 24 prohibits employment of children below the age of 14 years in hazardous industries like mines, match industries etc. Article 51 A clause (k) and (j) states that the parent or the guardian's responsibility to provide opportunities for education to his child or as case may be ward between the age of 6- 14 yrs. The directive principles in Constitution of India also provide protection for the children under Article 39 (e), Article 39 (f), Article 41, Article 42, Article 45, and Article 47. so all these Articles give protection to the children but only by incorporating such articles in the constitution we cannot build up a strong nation with a healthy people

So as the National Policy on Children which was adopted in the year 1974 which lays down the recommendations for a comprehensive health programme supplementary nutrition for mothers and children, nutrition education and mothers, free and compulsory education for all children up to the age of 14, non-formal preschool education, promotion of physical education and recreational activities, special consideration for the children of weaker sections of the population like the scheduled castes and the schedule tribes, prevention of exploitation of children and special facilities for children with handicaps. The policy provided for a National Children's Board to act as a forum to plan, review and coordinate the various services directed toward children. The policy has identified survival, health, nutrition, education, development, protection and participation as the undeniable rights of every child, and has also declared these as key priority task. Here also we can see that promotion of physical education and development of the child. Nutritious food for the children and

educating the mothers not only the way for the development of the child but there should be proper physical activities for the better development of the children

When we look upon the National BalBhavan an institution which aims at enhancing the creative potential of children by providing them various activities, opportunities and common platform to interact, experiment, create and perform according to their age, aptitude and ability. It offers a barrier-free environment with immense possibilities of innovation, minus any stress or strain. BalBhawans caters to the need of children between the age group of 5 to 16 years

Children's Park as the very name indicates, is a park meant for children to come in the mornings and evenings to spend their leisure time in the open and fresh air of the park, away from their congested homes and busy environments. A children's park has several playthings for them to play with and enjoy. There are swings, slides, rods for hanging upon for exercise, and many other such items that provide for children their much required exercise, enjoyment, and refreshment away from their busy schedules of school and home. In these parks children come with their parents or elders in the morning for walks, exercises and jogging, while, in the evening time they are again there for playing and having a good time after a heavy school routine. On the open space in a park, we can see children, the bigger ones playing games like badminton, cricket, and hockey, while the small ones enjoy the slides and swings. This will help the children to improve their physical fitness

Sports plays very important role in the life of a child. Just in the past decade, it has become popular for children to join sports teams. Sports have a lot of beneficial outcomes for building a child's self-esteem at a young age. It also makes the children physically active and develop a healthy lifestyle throughout their life. Not only sports but physical activity of any kind built up from a young age can help lessen risks of developing adult diseases like diabetes and heart disease. Sometimes, building social skills in a classroom environment can be hard for children. Those who participate in team sports can learn social skills through teamwork, such as, taking turns and the responsibility of being a teammate. To be successful, everyone needs to take part and do their best; children can learn this through team activity and the guidance of taking direction from a coach. Team sports are helpful for the kids to make friends with others who have a similar interests. A positive team sport experience can have amazing emotional benefits. Learning the value of practice, the reward of succeeding, and the challenge of competition will play a role in all other parts of their lives. These are

important values and lessons to learn early on in life so that they can take these same values and apply them to classroom situations and other social situations.

What is sports?

‘Sports is generally understood to include physical activities that go beyond competitive sports. We can have a definition as ‘sport’ are all forms of physical activity that contribute to physical fitness, mental well-being and social interaction. These include: play; recreation; organized, casual or competitive sport; and indigenous sports or games.’”When we look upon the benefits of sports we can see that there is individual development, health promotion and disease prevention , economic development communication and social mobilisation etc

Challenges of Physical education in school

UNICEF has identified a number of components to the delivery of quality education which includes sport and opportunities for play, consistent with the rights of the child to optimum development. Even though sports has a positive impact on the education and child development ,physical education is being challenged within education which includes the amount of time allocated to physical education , lack of trained staff, the amount of training provided for physical education teachers, and spending on resources required to deliver physical education in schools.

Cases in which adults (including sports coaches and even parents) push young athletes to abandon their studies to focus almost full-time on their sport pursuits are prevalent in competitive youth sports.

Physical education is an integral part of the total education of every child in kindergarten through grade 12. Quality physical education programs are needed to increase the physical competence, health-related fitness, self-responsibility, and enjoyment of physical activity for all students so that they can be physically active for a lifetime. Physical education programs can only provide these benefits if they are well-planned and well-implemented.

Why do children need physical education?

Physical education helps to improve children’s muscular strength, flexibility, muscular endurance, body composition and skill development Develops motor skills, which allow for safe, successful and satisfying participation in physical activities Regular, Healthful Physical Activity Provides a wide-range of developmentally appropriate activities for all children. Quality physical education can influence moral development also. By this students have the opportunity to assume leadership, cooperate with others sharing mentality accept the

responsibility for their own behavior etc. Physical activity becomes an outlet for releasing stress anxiety , tension etc .It will also help in strengthening the peer group relations which in turn helps the children socialize with others and provides opportunities to learn positive skills from others. Physical education makes the child stronger in the sense that it improves the self-confidence and of the child make him independent and self -controlled person. It also gives the children the opportunity to set and strive for personal, achievable goals

CONCLUSION

Healthy Children are the asset of the Nation trough them is the nation is build. All the Human rights documents provide various rights for the children which includes their right to development also. Right to development is not a single right which include the development of the child it includes the right to mental and physical health also in order to enjoy this right in its fullest sense it is highly necessary that the child from the preschool its self, start his physical exercise and let children be grow with playing .There are various legal documents which includes this right including the constitution and there are specific National policy which deals with health of the children . Let us remember only through physical education that the child grow up with owe some qualities like sharing cooperation, leadership and peer group relation etc which as an essential part of his growth and development. So by considering the important of physical education for the development of the child the parents and the teachers should be made aware of the important and let the children be play and learn and develop through the physical education rather sitting idle in the home and watching television