



Before we explore the meaning, aims, and importance of Physical Education, let us ask ourselves—how does Physical Education shape our bodies and improve the quality of our lives? How are movement, discipline, and fitness closely linked to living a better life?



"Physical education is education through physical activities for the development of the total overall personality of the child and its fulfilment and perfection in body, mind, and spirit." — *J.P. Thomas (1963 Indian educationist)*

Policy Support: The NEP 2020 mandates Physical Education and

Physical Literacy includes:

- Physical ability such as running, throwing, balancing, and jumping
- Confidence in one's own movement and skills
-

these skills for chasing, dodging, and changing direction quickly.

Non-locomotor Skills

Non-locomotor skills are movements performed



Fig. 1.6



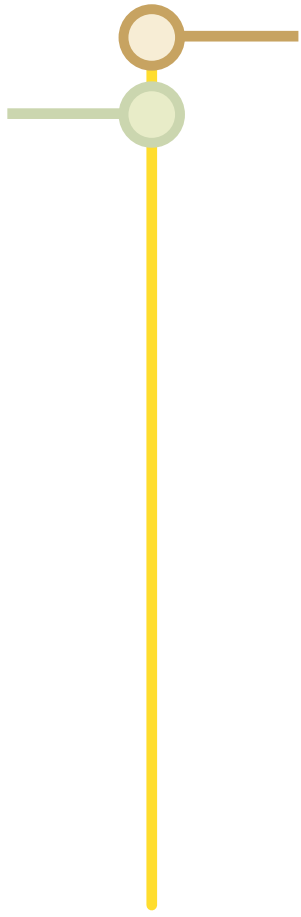
Fig. 1.7

Exercises

1. At the Middle and Preparatory stages, you have played traditional games. Discuss how these games helped you to attain the objectives of physical education.
2. From the



Evolution of Physical Education in Indian Culture



1948

1957

1964

2005



Activity

scenes, use of weapons, and collective activities indicating that physical movement was central to daily life and social organisation.

People of the *Sindhu-Sarasvatī* civilisation led active daily lives.



Medieval Physical Culture

The The

Global Origins of Physical Education

While India followed its own traditions, in Europe the modern subject of Physical Education began to take shape in the 18th and 19th centuries. The term itself first appeared in English in 1748, in



British sports like cricket, hockey, and football entered Indian schools and clubs, often promoted by the princely states and their rulers. Indian rulers like the Maharaja of Patiala and Maharaja of



The Sargent Report of 1944 made physical education compulsory in all schools, and the All India Physical Education Conference in Amravati in 1946 brought educators from across the country together on one platform. These steps laid down the groundwork for India to step forward and make Physical Education an integral part of every student's education.

It was Sports Day at School. The physical education teacher was giving warm-up instructions, the coach was guiding the relay team, the doctor was ready with first aid, the announcer was calling out the events, and the camera

Area/Category: Teaching and Coaching

Role	Description	Qualification

On the first day of fitness week at school, the Physical Education teacher asked the students to start with a short run. Ravi completed the lap quickly. Aisha ran at a steady pace without stopping. Anurag could not run very fast, but he balanced extremely well during a yoga pose. Observing all the students, the

Cardiovascular Endurance

It is the ability of the heart and lungs to supply oxygen to the body during physical activity. A student with good endurance can run, cycle or swim

Speed is the ability to move from one point to another quickly. For example a short sprint in athletics or relay, or daily activities like catching a bus, etc.

Importance of Skill-related Fitness

Skill-related fitness helps learning in the following ways: