

Chapter – 3

Physical Education

Answer the following questions

1. Define physical education and discuss its main objectives.

Ans. Physical education is defined as a subject that not only concentrates on physical development but also on the development of several skills, capacities, values, and attitudes for leading a healthy lifestyle. Physical education, on the whole, contributes to the physical, social, emotional, and mental development of a child.

2. What is the scope of physical education?

Ans. Scope of physical education:

Scope of the physical education not confined to physical fitness and knowing the rules of games and sports. It includes many subjects under the scope of physical education. Some of the subjects are stated below.

1. Games and Sports as a Cultural Heritage
2. Mechanical Aspects in Physical Education
3. Biological Contents in Physical Education
4. Health Education and Wellness Contents in Physical Education
5. Psycho-social Content of Physical Education
6. Talent Identification and Training Content in Physical Education

3. Describe a process that can ensure equal participation of all students of a class in a game of your choice.

Ans. Physical Education Cards (PEC) method, provides essential information needed for engaging all students of a class in the selected game or activity, even though the class has larger number of students.

4. Prepare a report on the actual implementation of health and physical education in your school.

Ans. Health and physical education subject has not been treated at par with other core subjects. Schools are not engaging all the students in physical education. Only a selected group of students are engaged in games and sports as extra-cultural activities.

5. How the community and its sources can be used for promoting health and fitness of children?

Ans. The community and its sources can be used for promoting the health and fitness of children by conducting awareness programs on health and fitness, engaging children in school physical activities, transforming to healthy options in life, and adopting healthy eating habits.

6. A teacher is regularly training 11 students for playing cricket. Do you think, the teacher is working towards the attainment of physical education objectives? Give adequate reasons for your thinking.

Ans. Yes, A teacher is regularly training 11 students for playing cricket is working towards the attainment of physical education objectives. The regular training of any game includes dedicated physical activities and healthy food habits. This contributes to the physical, social, emotional, and mental development of a student.

Fill in the blanks

(i) Physical education has evolved as a multi..... subject.

Ans. Physical education has evolved as a multi disciplinary subject.

(ii) All children should getto participate in games.

Ans. All children should get adequate opportunity to participate in games.

(iii) Through physical education activitiesof a child is developed.

Ans. Through physical education activities personality of a child is developed.

(iv) Physical education subject is at.....with other subjects.

Ans. Physical education subject is at no par with other subjects.

Tick (P) mark either Yes or No

(i) Agility, balance and coordination are fundamental movement skills that are developed through participation in games and sports. (Yes/No)

Ans. Yes

(ii) PEC means Physical Education Codes (Yes/No)

Ans. No

(iii) Physical Education has been made a compulsory subject from Class I-X.
(Yes/No)

Ans. Yes

(iv) Yoga is an integral part of Health and Physical Education Subject.
(Yes/No)

Ans. Yes

(v) PEC ensures that every child finds equal opportunity to play game and sports. (Yes/No)

Ans. Yes