

Personal and Social Development in Physical Education and Sports

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ABSTRACT

This review paper provides an overview of physical education and sports and also explains how the Personal development and Social development takes place in Physical Education and Sports.

KEY WORDS *Physical education, sports, personal development, social development, social skills*

I. INTRODUCTION

Physical education is a type of education that uses physical activities to improve human performance. Because life begins with movement, physical education can be thought of as movement education. Throughout much of our lives, we're constantly on the move.

In other words, "education through the physical" is the definition of Physical Education. In order to help students achieve a more active and healthy lifestyle, this course focuses on increasing students' physical competence, knowledge of movement, and safety awareness.

Students' physical competence and self-assurance are fostered in physical education classes. Elementary and middle school students are taught how to run, catch, throw, and strike in order to prepare for sports like baseball, volleyball, and karate, among others. Ballet or gymnastics could benefit from balancing skills.

There should be an emphasis in high school on developing individual abilities like tennis or aerobic dancing, with a lesser focus on team sports.

The goal of school-based physical education is to help students become healthier, more physically fit, and more active members of society. P.E. programmes that work help kids build skills and self-confidence, keep them physically fit, teach them about their own health and well-being, and teach them how to interact with others in a positive way.

Physical education helps students become physically fit and encourages them to participate in physical activity for the rest of their lives. It is a goal of the high school curriculum to help pupils develop their skills in one or more sports and/or fitness activities.

In the senior cycle, physical education is an essential aspect of students' education. Young people's abilities in a variety of physical activities can improve thanks to the lessons they acquire in physical education. Learn about health-related fitness and take personal responsibility for being physically active today and in the future. All in all, they can cultivate a good attitude toward physical activity and its role in a healthy and satisfying existence.

Physical education will be offered in two formats for students in the senior cycle. It is being planned to include physical education in the Leaving Certificate exams as a separate subject. There is a distinct aim and focus for the senior cycle physical education framework (SCPE). Students in the senior cycle can use it as a flexible planning tool for physical education, and it is not part of the Leaving Certificate test.

Students in this age range have a diverse set of abilities, interests, and motivations that they bring to their physical education classes. Throughout the continuum of physical activity, they can be found. It is not uncommon for some young kids to be extremely active and/or perform at an exceptionally high level on a regular basis. However, there are some young people who aren't meeting the recommended levels of physical activity (Centers for Disease Control and Prevention [CDC], 2015).

Developing students who are resourceful, confident, engaged, and active learners is the general goal of senior cycle education. During senior cycle, students gain the information, skills, and attitudes essential to enjoy and succeed in a wide range of physical activities both now and in the future. Getting pupils physically active is a great way to teach them about physical education and all that goes along with it.

Physical education students can achieve success in a variety of ways. Getting better at sports may be the primary motivation for some people. In the eyes of some, getting people to participate in physical activity will be a sign of accomplishment. Others will have results if they include regular physical activity in their healthy living plans.

Teaching and learning in SCPE is centred on the utilisation of diverse curriculum models and physical activities decided by a class group and their teacher. Learners can be encouraged to enhance their performance in various physical activities as well as to gain an awareness of the elements that influence their participation and performance in physical exercise by employing diverse curriculum models.

Students can be encouraged to take on a variety of roles and duties, such as those of leader, coach, and official, by providing them with opportunities to do so. It is possible for them to gain the skills necessary to plan, organise, participate, and reflect on their physical exercise experiences. Fair play, teamwork, and how to treat each other with respect can be taught to students. Consequently, individuals develop the skills necessary to succeed in the various types of circumstances that regular physical activity exposes them to.

SCOPE AND WELLBEING

Being physically active as part of a healthy lifestyle is covered in this course. Students in the senior cycle are at a pivotal point in their lives when they must decide for themselves whether or not to incorporate physical activity into their daily routines. Students in senior cycle physical education learn the value of physical activity not just for their bodily health, but also for their social and psychological well-being as a result of this curriculum. It is widely understood that regular physical activity is essential to one's general health and well-being. At least sixty minutes of moderate-intensity physical activity is suggested for young people every day of the week (CDC, 2010). The school is a critical location for promoting health-enhancing levels of physical exercise for everyone, and young people are a primary priority. Physical education has a significant role to play in helping young people find methods to enjoy and commit to regular physical activity. Students' self-efficacy and commitment to regular, health-improving physical activity should improve after their experience with senior cycle physical education. They and teachers can work together to determine which activities students will participate in and which learning outcomes they will focus on. This can be accomplished through collaborative planning.

While it's easy to see the physical benefits of PE and sports, the mental benefits of working out are often underestimated. Children's mental health and cognitive development are enhanced by physical activity, and this can help mould them into better adults who can make a constructive contribution to society later in life (Sibley, 2003). PE teachers, according to Shields and Bredemeier (1995), Green (2003), and Capel (2003), have a specific empathy for children's needs, which aids in the development of PSH education (PSHE). However, I believe that teachers have a far greater impact on children and can affect them in a variety of ways, including but not limited to spiritual, moral, cultural, intellectual, and social development.

Taking part in sports and other group activities teaches people to be self-confident and self-assured, as well as how to be a good teammate and how to be a good friend to others. In general, group activities, such as team sports, aid in the social development of individuals. The goal of social development is to assist a person in adjusting to their social environment, both individually and within a group.

SPORTS IN PHYSICAL EDUCATION

Physical activity that aims to use, maintain, or improve one's physical abilities and talents while providing amusement for players and spectators is known as sport (or sports). Sport aids in the growth and development of children's motor abilities and muscle mass. Children will be better able to write and play an instrument if their fine motor abilities are improved. Regular participation in sports has a positive effect on a child's academic performance.

SOCIAL DEVELOPMENT

Prioritizing human needs in society's growth and development is known as social development. The norms and conventions that regulate human interaction are also influenced by social development.

Understanding one's self in relation to one's relationships with others is a crucial part of a child's social development. Feelings of belonging, group dynamics, social poise, personal connections with others, and overall social growth are all part of social development. Children's basic needs such as being recognized, self-respecting; feeling like a part of something, and being loved can be met through physical activities. The individual becomes a well-adjusted social person when these needs are met. Social attributes like cooperation, camaraderie, civility; empathy; team spirit; democratic living; sportsperson ship; and so on are learned when participating in physical activities such as athletics. It is crucial for the growth of society to possess these attributes.

There are numerous social advantages that children can derive from participating in sports and other physical activities. They can have a tremendous impact on the health, happiness, and future of a child through these four benefits.

As a person grows up, their perspectives on other people and how they interact with those of a different gender or how they define friendship evolve with them. From establishing friends to coping with dispute, the ability to connect productively with others is immensely vital. Children with great social skills find it easier to form healthy relationships and this has a favourable impact on their wellbeing.

PERSONAL DEVELOPMENT

An integrated field of study, Personal Development, Health and Physical Education, serves as a vehicle for students to grow in all aspects of their lives. In this course, students learn about and put into practise methods for preserving and enhancing their health.

What matters in a child's personal development is how well they know and comprehend themselves. An integrated field of study, Personal Development, Health and Physical Education, serves as a vehicle for students to grow in all aspects of their lives. It teaches students how to live healthy, active lifestyles and how to improve their health.

PERSONAL AND SOCIAL DEVELOPMENT IN PHYSICAL EDUCATION AND SPORTS

Involvement in sports and other group activities improves kids' social abilities, including accountability, problem-solving, enhanced interpersonal connections, decision-making, and social development.

Many cultural and societal values can be taught through physical education and sports. Taking part in sports and activities can help develop social skills such as self-discipline, teamwork, and leadership. Individuals who participate in physical education are more likely to become leaders.

All kids benefit from participating in physical education (PE). Groups and teams of people work together to build concepts of societal and personal responsibility. They take on a variety of hats, including that of leader, coach, and referee. There are numerous advantages to staying physically active. It maintains your bones and muscles healthy, regulates your weight, protects your body from disease, elevates your mood, enhances your cognitive function, promotes restful sleep, and increases your vitality.

Many of the social skills that children will need in the future can be learned through team sports. They learn how to work together, be less self-centered, and pay attention to what other youngsters have to say. Having a sense of belonging is also a benefit. As a result, they are able to broaden their social horizons beyond the confines of the classroom.

P.E. and fitness the use of sports to effect social change is known as "sport for social development." Sports-based youth development is a prevalent term in the United States. Health, social, and economic benefits can be gained through physical activity and competition in sports. Peace and progress can be achieved through the medium of sport. As an incentive for the students to improve their grades, the programmes make use of sports to teach them valuable life skills. Sport is used to achieve personal and community objectives. For the most part, this strategy is used by urban nonprofits to help poor children and teens.

II. CONCLUSION

The use of sports to effect social change is known as "sports for social development and personal development." Sports-based youth development is a prevalent term in the United States. Health, social, and economic benefits can be gained through physical activity and competition in sports. Peace and progress can be achieved through the medium of sport. As an incentive for the students to improve their grades, the programmes make use of sports to teach them valuable life skills. Sport is used to achieve personal and community objectives. For the most part, this strategy is used by urban nonprofits to help poor children and teens.

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