



Role of Sports in School Education

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Abstract :

This article explores the scientific evidence that has been generated on the contribution of sports in school education for both students and children and for education system. The researcher has received evidence in terms of literary works and psychological reference published in different books and articles. This article aims to put the role of sports in children's all round development like physical, social, linguistic, lifestyle, and cognitive levels. Different articles and literary works suggested that physical education i.e. sports have the potential to make distinctive contribution to the development of children's fundamental movement skills and physical competences by nurturing different school activities and by adopting psychological platforms. There is an introduction fantasy games in this article that promotes students in the world of fantasy and develop their imaginative world as well as psychomotor abilities. Sports in school education provide opportunities of social and emotional abilities to develop and make students to make their minds free. This article also finds role of Psychologist John Piazzzi, Sigmund Freud,

Introduction :

In the magic world of sports, there are different games and each of them has their own rules. These games are involved with different physical activities which are being performed either by an individual or in a team in order to pursue leisure, entertainment or compete the opposite team or an individual. The concept of sports is very vast as it can serve the purpose of therapy as well tool in different aspects of life which can help to change world. Sports are also beneficial for schools going children by which they can achieve fitness and skill of doing different physical exercises.

There is no unanimity between the philosophers and learning experts about what the sports really means. But this matter should be the matter of children only. If given an opportunity, children will be in touch with nature. Any how, to identify the importance of sports in children, is difficult to understand for old and young people and there is also a social and cultural difference.

The significance of the sports of young children in Western culture has been recognized since the nineteenth century. In India, game and work are different from each other, especially, from educational perspective. The developmental phase of childhood development is limited in Indian education system. [1] Since early childhood, study in India is conducted on the theory of Western education/studies. Fredrick Frobel, the western educationalist of early 19th century, is considered the father of child pedagogical movement. He insisted that when children play, self-motivated with nature and objects, they are very much excited to learn the way. He had planned to play games that encouraged his childish curiosity to get education through the way of its own search process. He also strongly convinced the importance of human interaction development and environmental care from children's development prospective [2]

How does a child learn? In the ninetieth century, many scholars, have reported the importance overall development of children and education. John Piazzzi, Bruner, Lew Waygostick are the most important scholars among them. Piazzzi has given attention to the two major issues related to child education and they are recognized all over the world. He explained that children have an intense learn and what is the meaning of what children learn, their sense of knowledge arises. For this, they take care of the ecosystem of the around and take it seriously. The small children's game develops very fast in the initial years, this development of games is directly related to child's intellectual development. However, Piazzzi didn't say much about whether there would be any impact due to social and cultural context. His contemporary, Vygotsky and Bruner, who come after him, however, focused on the social interaction and cultural environment education. How does a child be able to learn while it is small, and surrounded by a social emotional environment and elderly people around him have a vast majority of population to him.

Maria Montessori, the educationalist had very faith in learning from children's self-motivation. Similarly, she thought that the action program planned for this purpose would be very beneficial. The practice of thinking, rout to thinking is increased in the planned action program and sureties' of learning through the explicit action program are the tools and features of Montessori's pedagogy and learning program. But in terms of sports, her opinion was different from her contemporaries. According to her, when everything else is not to be done by the children, they are created in the sports.[3]

Concept of Sports: To understand the role of sports in school education, it imperative to understand the concept like



game, play, and sports. Although, sports involves play which may be seen a useless activity, it has a very important function. Play is a learning process and has different importance according to the culture of a child. But what is to say is about that play performance important role in children's development indicated from energy point of view. According to the Bill Harper a play philosopher, play is a voluntary, spontaneous light and one of the tradition sources of pure pleasure of human'. According to Loy (1968), game is 'any form of competition whose outcome is determined by physical strategy, skill, or chance employed singly or in combination.' Furthermore, a sport is a form a game, played by children and adult, alike where the players train for physical skills. [4]

What does Sports bring in Children? Western nations, now, have accepted game as an integral part of education. Children participate in both physical and social sports. Body movements are a major cause of physical activity, so breathing is carried out in large amount, which helps in concentrating and increasing concentration. In addition, the benefits of sports that increase bones in body, since the movement in body is large, and physical skills are easily acquired. Self-confidence in children with physical abilities and skill is greatly increased and hence, the risk of physical activity of any kind increases. Playing on the ground on the hand gives students the opportunity to interact and behave with other. Students get an experience of sharing of experience with each others and expressing their feeling to others. Games play an important role even in the development of language transactions. In the educational institutes, that don not have a little space to interact and play with each other, alternatively, the development of such education instructions is limited to the education. When students get the opportunity to freely interact with other, they are in the true sense of language development, and through different sports activities, the students also get the opportunity to freely communicate. By giving suggestions, asking questions, giving instructions, or receiving skill from other teammates of inside or outside, the language of the students develops.

Playing fantasy game is a key step in personality development. When two or more children come together and interact with each other, they experience the experience of life by creating a fantasy world. Such fictional games have been edited through television, school campuses, texts, and surrounding. In this form of play, they perform their role of either younger person or an adult. This form of fantasy game develops their language at high level. In this form of sport, a large of intangible concepts and the problems solving concept is involved.

The role of such games is also extraordinary for the emotional development of school going students. Some research studies have found direct connection between these type of sports and writing, reading skill of students. It is important to organize such games for educational development of the finically backward children in school life. Sigmund Freud, a German Psychologist, researched much pedagogy, while Freud has not worked in form of fictional sports. But has mentioned the need of this form of game is to improve the mind of children. When children play sports, there is not pressure on their mind and such an open mind is needed to face the annoying emotions of life. Children have to face many situations in school life like examination stresses, fear of doctor, scolding of parents and teachers, decision making, applying new things etc. in such saturation, free mind is essential and practice of making mind free is done through sports.[5]

Sports and education: Schools are generally defined to be an institute meant of academics for developing language proficiency and exploration of scientific and geometric concepts. But especially, with the advent of technology, there are lot of ways to custom information and education itself. So if the only reason a student goes to schools is for academic experience. But there are so many efficient way to learn in school. And physical activity, that is sports, is one of these ways. According to the report presented in 'journal of school health', "The Relationship between Youths and Sports Participation and Selected Health Risk Behaviors 1999 to 2007." It has been observed that sport at education level brings weight control, problem solving, skills, self-esteem, social competences, and academic achievements and reduces the rate of juvenile arrests, teen behavior, and school drop-out.

In addition to this we have observed emotional benefits, intangible benefits of school and community as a whole. Sports enable students to participate in communal activities for contributing school in social as well as community activity and that bring a prior relationship towards the society. It brings the society to know values and identification. (Richard Duglas 2004.)

Sports avoid sexual bares i.e. sex equality in teen girls of school levels have chance to see the social benefits by participating in team sports. The psychical activities combined with the camaraderie and purpose lead to a winning combination for girls. According to Anderson, "Girls who compete in sports get better grades, graduate at higher rate and have more confidence.'

Sports at school level develop team work. Team work is a form that gather people towards common goal, by creating a positive atmosphere of learning and supporting each other to combine individual strength. When an event of sports is conducted at school level, a team work is observed especially in the form of team play like kabaddi, kho-kho, Cricket, Football and Volley Ball.

In short, it can be said that sports has an immense role in school and for school going children, even for teachers and society because, by this, it is simple to study the nature of growing students in different form sports and the company which





a child learns and plays together. There is positive influence on the psychology of children by participating in different school sports activities. An emotional attachment of students is easily empowered by keeping them in continuous physical activities in group and in team.

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