

POSITIVE EFFECTS OF NEW EDUCATION POLICY IN PHYSICAL EDUCATION AND SPORTS – AN OVERVIEW

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ABSTRACT

Sports have been given a place of pride in the recent National Education Policy (NEP 2020). Sports, which was considered extra-curricular activity earlier is now being treated as part of the curriculum and grading in sports will be counted in the education of the children. Sports Village, India's largest youth sports platform, is in support of the emphasis on holistic development of children in the New Education Policy (NEP) 2020 announced by the Indian cabinet. Once the NEP gets implemented, children will benefit from the focus on balanced and all-round development from an early age.

Keywords: Implement, Curriculum, Sports Council, Union Minister of Youth Affairs and Sports

Introduction

Prime Minister Narendra Modi inaugurated the second edition of the Khelo India Winter Games in Gulmarg, Jammu and Kashmir, today. The annual event is organised by the Jammu and Kashmir Sports Council and the Winter Games Association under the aegis of the Ministry of Youth Affairs and Sports. The sports meet will go on till March 2. Union Minister of Youth Affairs and Sports Kiren Rijiju was present during the ceremony at Golf Club, Gulmarg along with Manoj Sinha, Lt. Governor, Jammu and Kashmir.

Prime Minister Narendra Modi delivered the inaugural address at the second Khelo India National Winter Games through a video conference. Speaking on the occasion, the Prime Minister said the second edition of the Khelo India-Winter Games is starting from today. This is a major step towards making Jammu and Kashmir a major hub with India's effective presence in the Winter Games.

The Prime Minister asserted that sports have been given a place of pride in the recent National Education Policy (NEP 2020). Sports, which was considered extra-curricular activity earlier is now being treated as part of the curriculum and grading in sports will be counted in the education of the children. The Prime Minister informed that institutes of higher education and sports university are being established. He emphasized the need to take sports sciences and sports management to the school level as that will improve the career prospects of the youth and will enhance India's presence in the sports economy.



PM Modi remarked that the number of players participating in this winter games from various states has doubled which demonstrates the increasing enthusiasm towards Winter Games. He said the experience from this Winter Games would help the players while participating in the winter Olympics.

The second edition of the Games will see a participation of over 1200 people, including 600 athletes across 27 States and Union Territories. The participation list of athletes also includes the Indian Army and the Jawahar Institute of Mountaineering and Winter Sports. The various sports disciplines include Sprint, Speed Skating, Ice Hockey, Figure Skating, Ice Stock, Giant Slalom, Snow Boarding, Vertical Race, Cross Country, Snowshoe, Long-distance running, Ski Mountaineering, Skiing and Nordic Ski.

Last year, hosts Jammu and Kashmir topped the medal tally with a total of 26 golds.

Positive effects of new education policy on sports

The legendary Nelson Mandela addressing a group of young sportsmen, had once said that he did not know how many of them would go on to play the sport professionally, but what he did know was that amongst that group were future doctors, lawyers, accountants and other professionals who would use the life skills and attitudes learnt from playing sports, in their future lives. (More Sports News)

The symbolic National Sports Day has just passed and the nation has duly paid tribute to its famous sportspersons. If you were to ask a classroom of young students how many of them like sport and are interested to play it, most hands would go up. We all know that children learn best when they are asked to do something they enjoy and love doing.

Should we then, not leverage this love for sport to impart the life lessons to children and young adults that would shape their future lives? Should we not think of sports as a medium of instruction that students would love to be taught in?

Most people confuse sport with either just the playing of it, or look at it as a subject to be taught in classrooms, out of text books. The National Education Policy 2020 leans heavily towards the latter view, without recognising that sports is so much more than either of these two things. Used properly, it could become a way of life that defines a young person and shapes what he could become.

The NEP however, fails to grasp this simple truth or leverage sports potential contribution towards moulding young minds and building personalities. It refers instead, to sports and physical education primarily as a subject, to be taught as part of the curriculum, with its applied aspects restricted to boring physical education sessions, much as they are at present.

In doing so, it misses out completely on the larger canvas of sports as an experiential, life shaping tool that can be used in the holistic education of young students. This is a major flaw that needs to be strenuously highlighted and addressed urgently.

➤ **Stressful life**

The overwhelming importance currently placed on marks and percentages has led to increasing self-isolation amongst young students, who live in 'little boxes' of their own and are sucked into a mindless, test-oriented rat race to get ahead in life, making coaching centres the multi-billion dollar Industry that they are in our country.

They seldom have the time or inclination to be a part of a sports team, or to come out and kick a ball or play a game - activities that could cushion or absorb some of the pressure on them and help to handle the shock of possible failure and disappointment.

Instead, they prefer to exist in the isolation of their pressure cooker cocoons, made worse by the expectations of parents, relatives and friends. No wonder, we hear heart-breaking stories of student suicides after every CBSE/competitive examination. Medical professionals say we could be sitting on the cusp of a mental health epidemic amongst our young students.

➤ **Sports teaches a Life lesson**

Playing sports inculcates camaraderie and team spirit, empathy and compassion. It also teaches stress management and the art of learning to lose, because unless you are Roger Federer, you will lose many more times than you win. Practised correctly, it can help build strong individuals with a positive mind-set, work ethic and basic honesty, that could in future, eliminate the indiscipline and non-adherence to rules that has been such a bane of our society in recent years.

Sport also teaches people to make on-the-spot decisions under pressure and work out success strategies in dynamically changing situations. Young people need to get used to this, because only winners perform their best under pressure. Sport does this brilliantly, in training sessions and competitions and thereby, prepares them for life itself.

In the planned and graded training processes of a sports team, one can easily discern the gradual erosion of selfishness and growth of teamwork and self-discipline. And over time, the emergence of the qualities of successful sportsmen -- intelligence, strength, stamina, courage, independence and adaptability. The very same qualities that ensure success in other walks of life!

It also automatically develops leadership skills and teaches man management strategies, as young players try to keep their teammates focussed and motivated, often in tough situations.

Most importantly, sport equips young people to handle failure. It teaches them to come back to the ground the next day, after a first ball duck the day before. Dealing with failure is an imperative life skill that builds self- belief and mental strength. Sport teaches this every day and to balance winning and losing, which becomes a habit for Life.

And these skill sets developed through meaningful sports participation, build personalities in ways that traditional classroom academics cannot.

↓ **The game changers**

This innovative use of sports can therefore become a huge game changer in our national educational environment, if only it is viewed as such by the New Education Policy. Let us endeavour to impart the holistic and experiential learning that the NEP envisages, through the medium of sports in the early years.

Holistic development is not new to our country. Rabindranath Tagore had envisaged it 100 years ago when he built Vishwa Bharati. It is time we integrated his vision into the fabric of the Nation's Education Policy. And if experiential learning is being recognised as a key teaching tool to promote holistic education, can we overlook the fact that there can be nothing more experiential than sports?

↓ **Sports as a teaching tool**

Let us simply ensure that everyone plays sport compulsorily, at least in the primary and middle school years, so that they may be exposed to the life skills that it teaches. Young children should ideally, start out by playing all sports, in order to imbibe the basic physical literacy skills associated with each of them.

Let us use trained sports coaches in these formative years, which can make children fall in love with sport and create a lifelong passion. Let us create viable pathways to facilitate progress from the play for fun stage at junior school, to the serious participation stage at high school and college. Let that game of cricket or football or tennis on the weekend, remain a cherished and much looked forward to thing for everyone, lifelong, enhancing the quality of monotonous, workaday lives.

Wherever coaches, infrastructure or resources are a problem, let us create after school programmes in collaboration with local sports academies. Let every child learn to play a sport and let the sports period not degenerate into boring physical training, but provide a viable window for sports coaching instead.

Let sports not be seen as a subject to be taught as part of the curriculum, and memorised and written in an exam paper to get marks and percentages, but as something that enriches lives. Only then would meaningful benefits accrue from sports education.

↓ **The challenges**

The biggest challenge of making sports accessible to everyone, would be the lack of resources and infrastructure at most government schools, when compared to private schools. This needs to be addressed and standardised across the board, to make sports a truly effective vehicle for imparting life skills and personality development training.

The only way to do so at the present time would perhaps be a collaboration between schools and sports coaching academies with proper facilities and trained coaches, in our towns and cities. This could turn out to be a win- win proposition for everyone.

If sports cannot be made a part of the school day because of lack of infrastructure and resources, let children play at these sports academies as part of the school curriculum,

after hours if need be. This could be partially funded through the Khelo India programme and would have the additional benefit of encouraging sports entrepreneurship and job creation in the sports education sector.

In villages where such academies are not available, resources can be made available through government agencies like the District Sports Officers and the Nehru Youth Kendras, which would further strengthen the reach of Khelo India. Mass participation at the junior levels will create significantly bigger talent pools for our state and national sides, which could translate into more medals for the nation. It would also, most certainly have hugely positive, inspirational impacts on rural lives.

❖ **Sports as a subject**

Parallely, the graded study of sports sciences and sports management as specialised professional subjects at the high school, college and university levels, will significantly enhance the professionalism of our national sporting ecosystem and will not only facilitate our quest for international success, but also enable us to tap into the 756 Billion USD global sports industry, creating meaningful employment and financial stability for many.

Most importantly, it would help change traditional mind-set towards sports and education in general, in a meaningful way and make it a viable, sought after vocation.

And as Mandela had said, it would also help us to produce better doctors and lawyers and scientists and businessmen who would use life lessons learnt from sports fields in their formative years, to live life with honour, courage and fairness. That would be true nation building for the future, for the India of our dreams, as we endeavour to take our rightful place in the new world order.

Sports Has Been Given Place Of Pride In National Education Policy

The annual National Sports Day has already passed, and the country has rightly paid homage to its prominent sportsmen. If you had to ask a group of fellow learners how so many of them enjoy sports and, therefore, are involved in playing it, almost all of the hands will go up. We also agree that children perform better when they have been asked to do what they like and desire to do. The government directives consider if we could use this passion for sports to teach students and teenagers professional practical skills that will affect their development lifestyle. Why should we not think of athletics as a means of instruction in which students would enjoy being educated?

❖ **National Education Policy 2021**

Often people misunderstand sports with only practising it or refer to it as a thing to be learned in schools, instead of curriculum. The National Education Policy 2021 tips strongly toward the above view, despite recognising that sports are far more than just either one of those two factors. Utilised effectively, this can easily become a lifestyle choice that distinguishes young school-going students and influences what they could develop into.

Nevertheless, this same NEP struggles to understand this basic reality or harness the critical application of sport to shaping impressionable students and creating identities. It corresponds once again to physical activity and physical education mainly as a concept, to be learned as a medium of instruction, with its implemented elements limited to dull physical training classes. This is because they're at the moment functioning in the most docile of manners without much innovation.

❖ **Disproportionate Emphasis**

While subjecting the country's kids to this policy, the policy itself is missing from the wider landscape of sports as an integrative, life-forming medium that could be used in the comprehensive development of the future for these young students. This is a huge vulnerability that needs to be recognised and resolved rapidly. The disproportionate emphasis currently attached to scores and statistics has contributed to an increase in self-isolation between adolescent students living inside their own 'tiny rooms.' They are pulled

into a senseless, test-oriented vicious cycle to move forward in life, rendering coaching centres the multi-billion profitable industries in our community.

They hardly have the opportunity or desire to be part of a sporting team or to go out and hit a football or play a tournament that may buffer or alleviate some of the burdens on them. Sports largely help them deal with the discomfort of potential defeat and frustration in other areas of life. Instead, they tend to live in solitude from their pressure cooker cocoons, rendered worse because of their peers, acquaintances, and family's demands.

❖ **Advantages of Sports in Syllabus**

Performing sports instils comradeship and winning mentality, sympathy, and understanding. It also demonstrates anger control and the art of handling defeat because if you're Roger Federer, you have more to lose than an average person gains in a lifetime. If put in optimum action, the policy will help create healthy people with a good mindset, job ethics, and simple integrity that will prevent misbehaviour in the professional lives of the kids throughout their future. Sports also help students make rather quick and rapid choices under stress and figure out effective solutions in rapidly shifting scenarios. Young adults have become used to this, and only champions do their best through stress. Sport achieves this beautifully in preparation exercises and matches and further trains them for existence itself.

The incremental deterioration of thoughtlessness and the development of cooperation and consciousness can accurately be discerned in the expected and graduated preparation cycles of the team sport. And over time, the development of the virtues of professional sportsmen—intelligence, power, agility, bravery, independence, and adaptability will help the kids live better lives. The same characteristics guarantee excellence in other sorts of backgrounds!

❖ **The Sports School**

Some of the leading schools in India, like The Sports School, understand this growing concern and the need to inculcate and engage students in sports as much as in academics. The parents to reckon with this thought. The Sports School is the nation's only comprehensive academy for athletics as well as academics. Ensuring emerging and skilled champions with such a forum for the pursuit of efficiency and success in sports by empowering everyone with international level equipment and instruction. The school has specialist trainers and globally famous coaches for cricket, basketball, tennis, badminton, and football. For more information.

New Education Policy And Sport: While interacting with the media during the opening session of the International Webinar on Olympism and Olympic Education in the 21st century,' the Union Sports Minister, Mr. Kiren Rijiju stated that in the country's new education policy, sports will be included as a part of the curriculum and will not be further treated as an extra-curricular activity. He was quoted as saying that, "The new education policy of India is also going to have sports as a part of education (and) sports not as extra-curricular activities." Check >> Yoga Olympiad 2020: NCERT To Hold Yoga Olympiad Online This Year, Check Details

The minister further added that sports must be made a mandatory part of the education and should no longer be considered as an additional or optional subject. He said that he believes that education and sports are the same and should be treated as equals. His exact words being, "Sports is also an education, so sports cannot be extra-curricular activities. Thereby sports cannot be treated as an optional subject. Sports, as part of education, has to be accepted by all."

The minister stated that "The new education policy of India is not officially declared yet, but it is almost in the final shape. My ministry has already pushed very strongly during our interaction and my participation in the national committee to make sports an integral part of the education system."

He also informed the media that the government has set-up a high-level committee to form the National Sports Education Board. He was quoted as saying, "I am very happy to share that we have already announced our National Sports Education Board. Now it is in a formation stage, and I have constituted a very-high level committee, and this committee is under discussion on how to bring the national sports education board into shape." Check Also >> Karnataka School: No Online Classes For Children Till Class 5, Karnataka Government

❖ **Olympic Museum Must Be Constructed In India**

The sports minister also expressed his keen desire to construct an Olympic Museum in the country. But he said that these plans would have to wait for some time until the COVID-19 situation normalizes across the nation. When asked about the plans for an Olympic Museum, he stated that "About the Olympic Museum, I personally feel that the Olympic Museum is a very important treasure. We need to have in every country and a country like India, we have a good legacy, we must have that. So maybe after this COVID-19, when everything is over, we will discuss having a beautiful (and) worthy of calling it (an) Olympic museum, maybe in Delhi, maybe in our National Stadium. I am very keen to have an Olympic Museum in India."

Conclusion

Commenting on the new initiative by the Modi government Saumil Majmudar, Co-founder, CEO and Managing Director, Sportz Village said that, "The new National Education Policy is a welcome change at a time when the health, happiness and immunity of children are becoming increasingly important due to the pandemic. The new NEP includes several key points that are instrumental for the holistic development of a child. By eliminating the rigid separation between curricular and extra-curricular activities, the NEP acknowledges sports to be equally important as any other subject like English or Science, thereby increasing the Fun and Engagement that children desperately seek in a school. Through Play, children can develop physically, mentally and socially. And we have also found Play to contribute positively to academic outcomes, classroom behaviour and attendance levels. Moreover, assessment-specific reforms such as the development of the National Assessment Centre and tracking a child's progress based on learning outcomes are great initiatives as they focus on the learning progress, thereby focusing on the all-round development of a child. We expect that sports and play, will be delivered and assessed with the same rigor and structure as core academic subjects, thereby ensuring all children experience the magic of Play and Sport, and we develop a nation of healthier and fitter children through the school system. The emphasis on Vocational Education is also a great step towards all-round development of children and we hope children will be able to choose Physical Activity and Sports as a Vocational subject. We look forward to the translation of the policy to reflect in a more playful, fun and engaging school environment for children while meeting the adult goals of learning outcomes."

References

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