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**Fwd: Regarding Physical Practicum at Sri Aurobindo Ashram, Nainital**

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**mansi aneja** <mansi.indy@gmail.com>  
To: sonia rana <soniarana09@gmail.com>

Wed, Nov 20, 2019 at 9:47 AM

----- Forwarded message -----

From: **Jesus & Mary College** <beled.jmc@gmail.com>  
Date: Wed, Nov 20, 2019, 04:35  
Subject: Fwd: Regarding Physical Practicum at Sri Aurobindo Ashram, Nainital  
To: mansi aneja <mansi.indy@gmail.com>

----- Forwarded message -----

From: **Prakash Sahoo** <swadharmm@gmail.com>  
Date: Tue, Nov 19, 2019, 21:44  
Subject: Regarding Physical Practicum at Sri Aurobindo Ashram, Nainital  
To: <beled.jmc@gmail.com>

Dear All,

This is to inform you that we have doing the physical education practicum at Nainital since 2012 onward till this year.

The following concept note is for your reference

## **Concept Note**

Sports often teaches us a whole lot more about life than anything theoretical learned inside the classrooms. There are many lessons to be learnt from sport for school kids, like hard work, team work, risk taking, decision making, discipline, concentration, strategy and execution, and most of all, taking defeat with dignity, and springing back again. These are values which are important to every human being. The lack of a sporting culture in our country may also explain some of the deficiencies that you may see in our public life!

In the NCF 2005, It has been mentioned that

“In order to define the scope of this subject one needs to identify areas that are related to the needs of the overall development of the child. *The access to basic needs in terms of food, clothing, shelter* is essential for the fulfillment of the psycho-social and higher needs. *Given this broad understanding, this subject needs to address the fulfillment of these basic needs at various levels of*

*schooling*. Within this overall framework both yoga and physical education are seen as routes for achieving not merely physical fitness but for psychosocial development as well. There are broadly four areas that are related to health, yoga and physical education. These are:

1. Personal health, physical and psycho-social development
2. Movement concepts and motor skills
3. Relationships with significant others
4. Healthy communities and environments

In order to address these four areas there is need to identify topics that are covered in various school subjects, co-curricular subjects and also government programmes like the school health and mid day meal initiatives. We recognize that the curriculum design for this subject is challenging both in terms of content and evaluation.”

## **Physical Education**

**[Based on ideas of Mirambika School’s physical education]**

### **WHAT IS PHYSICAL EDUCATION?**

Physical education means not only the proper functioning of the various organs of the body but also the development of strength, balance, and a sense of beauty. The best kind of moral training for a man, is, ‘to habituate himself to the right emotions, the noblest associations, the best mental, emotional and physical habits and the following out in right action of the fundamental impulses of his essential nature.

Physical education is an important component of integral education. The physical body will be an expression of perfect beauty and perfect harmony. Thus education should be directed towards realizations of 4 major goals:

1. To discipline and control the physical functions.
2. Harmonious development of the body and physical movements.
3. Developing capacities and abilities
4. Developing Senses

**[ These ideas have been taken from**

## **AIM of Physical Education:**

Aim of physical education, like general education, is to develop human personality in its totality well planned activity programs. In some words, physical education aim at the all round development of the personality of an individual or wholesome development of human personality and it includes physical, mental, social, emotional and moral aspects to make an individual a good citizen who is able to make contribution in process of nation in one's own way. Thus physical education means at making an individual physical fit, mentally alert, emotionally balanced, socially well adjusted, morally true and spiritually uplifted.

### **OBJECTIVE:**

#### **→PHYSICAL DEVELOPMENT**

▶ Through the carefully selected physical an individual who participates actively will develop and maintain good health aknd a high level of physical fitness. The acquisition of physical skills can motivate an individual to participate, further in physical activities hence his growth and development will be enhanced.

#### **→SOCIAL DEVELOPMENT**

▶ Participation in the physical education activities provides opportunities for the development of desirable social traits needed for adjustment to the social life in general. Some worthwhile traits are:

- friendliness
- cooperation
- respect for the rights of others
- good sports worship
- honesty in group competition

#### **→EMOTIONAL DEVELOPMENT**

▶ The informal nature of physical education activity offers opportunities for self-expression and emotional mastery. example of traits are:

- self confidence
- self control
- self- reliance
- courage
- determination

#### **→MENTAL DEVELOPMENT**

▶ Through participation in physical education activities the individual develops his mental capacities as he learns the mechanical principles underlying movement, as he acquired knowledge and understanding of rules and strategies of games and sports, and as he discovers ways of improving his movements in gymnastics and dance.

## **THEORETICAL PERSPECTIVE**

Physical education is an important part of every school curriculum and a class every pupil awaits. Physical education is that segment of the daily timetable that every student eagerly waits to attend, as it is the only official time when the students can be on the grounds, engaged in their favorite sports. **One of the main objectives of physical education is to bring in this element of joy to the academic orientation of schools.**

Physical education aims at dedicating a daily time for some physical activity for the students. The physical training class, as it is also called, involves sports, games, exercise and most importantly, a break from the sedentary learning indoors.

**One of the other important objectives of physical education is to instill in the students the values and skills of maintaining a healthy lifestyle.** Daily physical activity promotes an awareness of health and well-being among students. It boosts them to engage in physical activities on a daily basis. It promotes them to lead a healthy life in adulthood.

Physical education classes constitute programs to promote physical fitness in students, train them in sports, help them understand rules and strategies in playing and teach them to work as a team. A very vital factor in physical education is to develop interpersonal skills in children. Sports aim at making them team players, developing a sportsman spirit in them and enhancing their competitive spirit. Sports that form a part of physical education classes help the students invest time in fruitful and competitive activities.

The sports, which are a part of the physical education class, help in developing motor skills in children. The ability to hold a racket or a bat, the ability to catch a ball and the ability to swing a bat are some examples of the motor abilities that can develop with the help of sports. The physical activity that is involved in physical education helps the students in bringing discipline to body posture and body movements. Hitting a ball with a bat or a shuttle with a racket as also aiming a ball for a goal or catching it to get the opponent team out, are some of the commonly observed actions in sports and are extremely beneficial in improving hand-eye coordination.

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## **WHAT DO WE COVER IN THE RESIDENTIAL PROGRAMME?**

1. THEORETICAL PERSPECTIVE
2. MINOR GAMES AND ENERGIZERS
3. MAJOR GAMES
4. ADVENTURE SPORTS
5. YOGA
6. ASSESSMENT

**Regards**

**Prakash**