



Physical Education–A Fitness Tool for School Children’s

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Abstract

Physical education in schools is a valuable fitness tool, promoting physical health, developing motor skills, and fostering social-emotional growth, ultimately contributing to a child's overall well-being and academic performance. Physical Education activities plays a important role for foundation of physical abilities among Children's in Schools. Many Schools recognized it is essential component of education which helps a child to promote physical and mental health. Physical education classes within schools play a crucial role in establishing a solid foundation for the development of comprehensive physical fitness and creating opportunities for recreational engagement among school students in India. Physical Education activities includes Team Sports such as foot ball, basket ball, Volley ball, cricket etc. Individual sports such as athletics, swimming, cycling etc. promotes all round development of the childrens. The physical education classes include Traditional Sports, Yoga, Kabaddi, Kho, Mass Drill exercises etc. Promotes healthy life style, mental health and also helps in talent identification among children's to train in different sports and games. The school Physical education Programme is foundation stone for athlete development. Key Words: Physical Education, Fitness Tool, Motor skills, Academic Performance etc

Introduction

Physical education in schools is a valuable fitness tool, promoting physical health, developing motor skills, and fostering social-emotional growth, ultimately contributing to a child's overall well-being and academic performance. Physical education and sports have always been an integral part of human civilization, evolving from basic survival activities to structured programs that enhance well-being. In the modern school system, however, the significance of physical activity often competes with academic priorities. The truth remains that physical education and sports are not just an extracurricular activity but a fundamental pillar of holistic development. Schools must recognize their role in fostering not only intellectual growth but also physical and mental well-being.

The idea that education is confined to books and classrooms is outdated. A child's development is incomplete without the balance of physical activity, discipline, teamwork, and resilience—all of which sports and physical education provide. Whether it is running on the track, playing a team sport, practicing yoga, or engaging in structured physical education classes, these activities shape young minds and bodies in ways that academic subjects alone cannot achieve.

The Role of Physical Education in Schools

Physical education in schools is more than just a break from academics. It is a scientific, structured approach to movement, fitness, and lifelong health. Through carefully designed activities, students develop motor skills, coordination, and endurance. It serves as the foundation for:

1. **Physical Fitness:** Children need at least 60 minutes of moderate-to-vigorous activity every day. Physical education provides a structured way to meet this requirement, improving cardiovascular health, muscle strength, and overall fitness.
2. **Mental Well-being:** Exercise is a natural stress reliever. It reduces anxiety, enhances mood, and improves concentration. In fact, studies show that students who participate in regular physical activity perform better academically.
3. **Cognitive Development:** Movement-based activities stimulate brain function, increasing memory retention and problem-solving abilities. Exercise promotes neuroplasticity, making learning more effective.
4. **Social and Emotional Growth:** Sports and physical education promote teamwork, leadership, resilience,



and respect—qualities essential for success in any field.

Unfortunately, many schools still view physical education as secondary to core academic subjects. It is often the first to be reduced when there is a time constraint. But the question we must ask is: Can we afford to compromise on a child's physical and mental health for the sake of extra classroom time? The answer is clear—we cannot.

Sports as a Fitness Tool and Character Builder

Sports go beyond fitness—they shape character, discipline, and perseverance. Every sport, whether individual or team-based, teaches valuable lessons.

1. **Discipline and Routine:** Training schedules, practice sessions, and game strategies require commitment and time management. Children learn to balance priorities, a skill that benefits them for life.
2. **Teamwork and Leadership:** Sports cultivate communication, cooperation, and leadership skills. Being part of a team teaches students the importance of collective success over individual performance.
3. **Handling Success and Failure:** Sports prepare children for the realities of life—one cannot win all the time. Learning to accept defeat with grace and victory with humility is an essential life lesson.
4. **Developing a Growth Mindset:** Athletes continuously work on improving their performance. They push their limits, learn from setbacks, and build mental toughness—an attitude that is essential for lifelong success.

Sports act as a fitness tool by encouraging habitual movement, cardiovascular endurance, and strength development. Whether it's through structured games like football and basketball or individual activities like swimming and gymnastics, children develop physical literacy, meaning they gain confidence in using their bodies efficiently.

The Rising Health Concerns Among School Children

Today, lifestyle-related diseases are no longer limited to adults. Obesity, diabetes, posture issues, and anxiety disorders are rising among school children at alarming rates. The root cause? Sedentary lifestyles, excessive screen time, and lack of physical activity.

- The World Health Organization (WHO) reports that over 80% of adolescents globally do not get enough physical activity.
- Childhood obesity is becoming a major concern, with poor dietary habits and lack of movement playing a significant role.
- Increased screen time is leading to poor posture, vision problems, and digital addiction.

- Mental health issues, including stress and depression, are linked to inactivity and lack of outdoor exposure.

If we continue on this path, we risk raising a generation that is physically weak, mentally exhausted, and socially disconnected. Schools, parents, and policymakers must come together to ensure that physical education is not just a class but an essential part of daily life.

Integrating Fitness into the School Curriculum

How do we ensure that sports and physical education remain an integral part of the school curriculum? It starts with policy changes, awareness, and commitment.

1. **Mandatory Physical Education Periods:** Schools must allocate dedicated, non-negotiable physical education sessions daily. It should be given the same importance as subjects like mathematics and science.
2. **Diversified Physical Activities:** Not all children enjoy the same sports. Schools should offer a variety of activities including athletics, martial arts, yoga, dance, adventure sports, and fitness training to cater to different interests.
3. **Encouraging Outdoor Play:** Traditional outdoor play should be encouraged instead of excessive reliance on technology-driven entertainment.
4. **Integration of Health Education:** Schools should educate students about nutrition, the impact of a sedentary lifestyle, and the importance of movement.
5. **Involvement of Teachers and Parents:** Educators and parents must lead by example, promoting fitness as a lifestyle rather than a task.

The education system should evolve from exam-oriented success to health-oriented holistic development. When students leave school, they should not just carry knowledge but also a strong, healthy body and a resilient mind.

Conclusions

Regular physical activity can help children to improve the Physical fitness, build strong bones and muscles, control weight, and reduce symptoms of anxiety and depression. It is concluded that physical exercises promote Physical fitness among school children. Hence the regular physical activity must be included in the physical education programs in the Schools. Schools are in a unique position to help students attain the Physical education classes of daily physical activity to promote the physical fitness and good health. Researcher has also observed that there are improvements in leadership qualities on positive side at the early ages. After the research we have also found that physical activity has also significantly improved their discipline and social behavior. The flow of oxygen to the brain is increased. The number of brain neurotransmitters is increased, which assists your ability to focus, concentrate, learn, remember and handle stress. Physical activity is one of the best ways children can improve

their health. Aim for at least one hour of activity daily, including aerobic, muscle-strengthening, and bone-strengthening exercises. Aside from health benefits, your children will likely do better in school, too.

Recommendations:

- Evidence suggests that increasing physical activity and physical fitness may improve academic performance and that time in the school day dedicated to recess, physical education class, and physical activity in the classroom may also facilitate academic performance.
- Physical Exercises to the students in schools will improve the Physical fitness, Health related fitness and specific fitness.
- Executive function and brain health underlie academic performance. Basic cognitive functions related to attention and memory facilitate learning, and these functions are enhanced by physical activity and higher aerobic fitness.
- Single sessions of and long-term participation in physical activity improve cognitive performance and brain health. Children who participate in vigorous- or moderate-intensity physical activity benefit the most.
- Given the importance of time on task to learning, students should be provided with frequent physical activity breaks that are developmentally appropriate.
- Although presently understudied, physically active lessons offered in the classroom may increase time on task and attention to task in the classroom setting.

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