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Strengthen child and youth education through sports

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Abstract

Sport for development and peace looks beyond the formation of elite athletes and refers rather to the intentional use of sport, physical activity and play as a tool to reach development and peace objectives. The benefits of sport reach beyond the impact on physical well-being and the value of the educational benefits of sport should not be under-estimated. We can say that educational institute are the ideal framework to promote Physical Education and Sports especially in Schools because sports based programs for children and youths build up and enhance the learning performance, encouraging school attendance and ambition to succeed academically.

Keywords: Child and youth education, sports

Introduction

Sport in A Development Context?

Sport for development and peace looks beyond the formation of elite athletes and refers rather to the intentional use of sport, physical activity and play as a tool to reach development and peace objectives.

The definition of sport for the purpose of Sports Development Program, as:

“all forms of physical activity that contribute to physical fitness, mental well-being and social interaction, such as play, recreation, organized or competitive sport, and indigenous sports and games.”

Sport, Child and Youth Education?

Physical activity is vital to the holistic development of child and youth, cultivate their physical, mental, social and emotional health. The benefits of sport reach beyond the impact on physical well-being and the value of the educational benefits of sport should not be under-estimated.

Research shows that physical education and sport play an important role in school/College life and may help to improve; physically, psychologically, socially, emotionally and economically and also have a positive influence on academic performance.

We should not under-estimated the benefits of sport reach beyond the impact on physical well-being and the value of the educational benefits of sport.

School Is An Ideal Framework To Promote Physical Education.

Research shows that sports based programs for children and youths build up and enhance the learning performance, encouraging school attendance and ambition to succeed academically. It is important to promote sport within schools as:

- Schools offers physical activity program to reach out to the large majority of youth.
- Schools provides equal opportunity for admittance to participation e.g. travel to school and going back to home, breaks, physical education lessons, extracurricular activities, Tours.
- Schools contribute a variety of motor skills, through offering a variety of sports.
- Schools amplify positive active lifestyle in promoting awareness about healthy lifestyle.
- Schools boosts positive active behaviour through the promotion of social skill.
- Content:

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Policy Recommendations

- Make comprehensive child and youth accession to physical education and sport. Play should be a clear-cut attainable objective in the context of national education, health, and sport policy design.
- Make child and youth development programs in which an essential fundamental of all coaching and training programs for physical education teachers and sport coaches.
- Account for fulfilment challenges with impaired communities and groups should kept in mind When developing sport and physical activity policies for children and youth.
- Design national strategies and programmes to acquire research programs to determine the ultimate essential factors influencing physical activity within different child and youth groups.
- Amplify, Intensify or Extend physical education activities to all children.
- Adopt planning that consist necessary comprehensive, daily physical education program for students in kindergarten through secondary school.
- Promote schools and teachers to effectively deliver educational programs.
- Accept or Follow national physical activity guidelines for children and youth.
- Actively endorse them through multi sectoral approach that target clubs, schools, families, sport clubs, community organizations and municipal governments

Programme Recommendations

- Invite Ministry of Education, Ministry of Sports, Ministry of Youth and welfare to work with schools and community sport companion to offer extracurricular physical activity programs that address the essentials, needs, importance and interests of all students.
- Frame structure for competent planning and purposeful action into all programs.
- Design programs to engage parents in physical education instruction/ information, in extracurricular, community sport and physical activity events.
- Start health education courses in schools to help all students to access and acquire the knowledge, approach, attitudes, behaviour, proficiency, determination and confidence desired to cultivate a physically active lifestyle.
- Establish an integral dimension of development relevant and appropriate community based sport and physical activity programs are available for children and youth.
- Deliver Sport for Development programmes to include all children and youth, with strategies to ensure the participation of all ages and sex with intellectual and physical disabilities, out-of-school children and youth, and those from Destitute and/or minority ethno-cultural communities.
- Develop simple, clear and practical resource materials on sport, child and youth development, with physical activity guidelines, for use by parents and community volunteers who may not have access to training programmes.
- Evaluate school and community physical activity instruction, sport programmes, and facilities on a regular basis.

Brazil

Segundo Tempo programme: Segundo Tempo is one of the main program of the Brazilian Ministry of Sport. This program addresses youth (7-17 years of age) from disadvantage communities.

The project was proposed to develop sports as a result of the lack of access to sporting activities for students. Actually, The fact that public education in Brazil is part-time. This action provides youth an alternative to spending their free time on the streets. This program aims to improve, quality of life while promoting social integration.

The program merge school education in the morning and managed physical activities and games in the afternoon (includes extracurricular lessons).

The programme has benefited over 1.2 million children, it is present in 1,3000 of the 5,000 Brazilian cities and counts over 800 established centers.

The Government of Angola established a similar programme aimed at reducing school absenteeism and youth violence through a Sport for Development cooperation agreement with Brazil,

Palau

The Pacific island of Palau has made physical education a compulsory part of its curriculum. School report that this change:

- To have resulted in improved student academic achievements,
- Increased participation,
- Better physical health,
- Higher concentration in class.
- Classes on health and nutrition are being run in parallel to combat high rates of child obesity.

UNESCO

In 1952, the link between sport, child and youth development, with education was first formalized on the international level. The United Nations Educational Scientific and Cultural Organization (UNESCO) accepted sport as a tool for education and integrated sport into its programs at the 7th session of its General Conference in Paris.

UNESCO ordered to improve the quality physical education, because of its

Education for All ambitions, as well as its physical education and sport (PES) programme and International Olympic Committee's goal of Sport for All. Pilot projects have been designed for Africa and enlarged to other regions in order to:

- evaluate teacher training and Physical Education and Sports facilities;
- to bring educational structures up to a university level;
- initiate Physical Education and Sports teaching at the primary school level;
- improving human resources;
- progress on UNESCO's Education for All initiative.

UNESCO has precise programs devoted to develop, promote and boost physical Education and sport.

UNESCO has recognized that both teachers and students are benefited from the creation of training syllabus in physical education and sport within the wider curriculum.

UNESCO and the European Inclusive Physical Education Training Programme (EIPET) made partnership to promote

complete and versatile asset for organizations and training design to incorporate comprehensive physical education and sport (PES) into training programmes globally.

UNESCO is continuing in encouraging work

- in promoting a higher standard of physical education for children and youth,
- promoting the value of sport for development and peace initiatives
- and on the unique value sport has in inculcate values and teaching important life skills such as interaction, communication, cooperation, tolerance and just having fun.

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