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All-round development of children through sports in School

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Abstract

(In National Education Policy 1986 it has been shown that the child is the focus of this education. The development of a child is related to learning. In true sense, teachers should protect children's self esteem, value, and status by playing sports & physical education).

By games Children learn sympathy, edurance, loyalty to the stability group, collective action. There are games to play in the open ground. So that Social qualities are developed. That is why a family is Spirit develops.

Keywords: Spirit of lipe, sympathy, endurance, loyalty, morality

Introduction

Different activities of sports and physical education are an integral part of school education. This program is not Only meant to indicate the time- table of the school, to make appearances or to keep students motivated, but it is an indispensable part of general education also. Today's Era of Information, Not only the whole lifestyle of mankind, But the vision and mentality toward life is totally changed. Television has stabilized the life of today's human being by stabilizing the chair. Computer has limited the viewpoint of human beings. If we rememberize our childhood means the games come infront of oureyes such as: Adko – dadko, Hide & seek, Nagario, Base & Stick, Marbles etc... Nowadays all these games have been forgotten.

A healthy child is the future of country. If the children of the country are Disrepair and sickly, then how can the nation become the world's spinal cord, and how can it create the world's powers. In National Education Policy 1986, it has been shown that the child is the focus of this education. The development of a child is related to learning. In true sense, teachers should protect children's self-esteem, value, values and status by playing sports and physical education.

Game should be an essentian part of a student and a persons' life. Equality, physical and mental healthiness automatically come in a student through games.

According to Swami Vivekanand, a student or youngster should spend their most of the time on the playground body is trained through games and become healthy. Sound mind in a Sound body. If a body would be healthy then only person can understand The Geeta, The Ramayana, The Mahabharata, The Quran or The Bible very well.

With the experience of hundred years, mankind has defined happiness as a universal and general, "Health is first happiness." means physical health is the biggest happiness not only the whole intention of life is contented in physical healthiness but the body and mind both should be healthy.

The future of nation is depended on healthy students. Our students are the citizen of future. So it is the basic need that they are to be healthy and sound in a famous gujarati poetry "a letter from a blind mother," a poor mother says to her son, "keep your body healthy, it is only our wealth."

Children's overall development is achieved through the activity of sports and physical education. Sports has been given an important place for the development of children's physical, mental, social. At the school level, students' social activities and creativity are developed through co-curricular activities. They tend to be useful to others. Leadership power

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grows in them. They learn noble virtues like social service through games India is a democracy country. Physical education and sports activity play an important role in strengthening democracy.

The importance of sports in life

To sustain life as it is needed air, water and food; for the healthy and sound healthy life, physical activity is required by various sports. By participating in sports, the qualities of socialism are developed in children by games children learn sympathy, endurance, loyalty to the Stability group, collective action. There are games to play in the open ground. So that social qualities are developed. That is why a family's spirit develops.

If person is healthy, then the nation will become healthy so that to remain healthy, to be strong healthy is a kind of service to the nation. If person wants can face the disease decreasing the physical standard of a nation should be considered as a matter of unhappiness. The foundation of the nation's revival needs to be strengthened from the school level. The body of the growing population should be completely immunized and strengthened. Therefore, it is necessary to create awareness of sports at the school level, and to promote the hunger of health in the people. Sports develops high ideals in children. And can be served to the nation. It has been said, "शरीर माध्यम खलु धर्म साधनम्" in today's modern age, our life has become mentally chaotic due to the blindness of earning money and excessive burden of work. Through which the body is beginning to suffer from various diseases. Sports is mirror for culture and people's life. An important aspect of game activity is sportsmanship. Sportsmanship means; acceptance of winning defeat without acceptance of joy, tolerance, the ability to keep everyone's thinking, correct attitude towards their competitors and opponents, strict observation of rules, strict rules of sports, abandonment of false instruments, loyalty acceptance of the judge or judge's judgment.

These qualities are not only important in sports but also in ordinary life. And these qualities provide direct and invaluable assistance to enrich sports to get success in life, leadership and obedience of leaders are very important. If you want to achieve any kind of success in life, then it is impossible without these two things. The leader has much leadership power, they have art to draw others, they have skills to work from others the basis of victory over it is.

Even though a person is given the highest and full education, but it will remain incomplete till the body is not educated. These qualities can be developed by sports activity. The people with these qualities can contribute the most to establish unity in the world, to establish dialogue in the life of the world. Only such a unity in the world is the hope of the future of our human race.

School Sports

Sports activity is universal in living organisms. And since ancient times, it has been woven as an inseparable organ of human beings' lifespan. Without any external pressure or intension of revenge, a person plays by his on intuition, is a game. Every country has its own unique culture and art of living. Games are the culture and the art of the populist RC. Different types of sports are organized for the overall development of children in school. Different sporting activities are distributed in the following sections in terms of management in school.

(1) Individual game

This includes race, jump, throw, cycling, Yoga san games. In which the person participates in the same competition.

(2) Dual games

In this type of games, the player in the pair of two is playing the game. Such as judo, wrestling, boxing, archery, table tennis etc. M

(3) Collective games

In this type of sports there are teams of each game and the group has to take part with the other team. Such a sport, such as hockey, kabaddi, volleyball, football etc., develops co-ordination in the player

Generally sports activities are organized as a means of sustaining and developing health and strength. Today as games and physical activities have taken their place in the world, we can't stay reminding Greece. In Greek, art poetry and drama in the mental field was given as importance as yoga, chariot-race and body exercises in the field of physical education. The world's greatest play-festival, Olympic was initiated in Greek. Today even in India, due to propaganda and encouragement of sports, our players also get gold in the Olympic Games. The reason for this is the increased influence of sports. Our athletes, at state level, nation-level and international, can easily participate in the contest.

Conclusion

Thus, the Sports activities develop the overall development of children. Social development is closely related to physical development. Because the child who has a proper physical growth can easily associate with the society. A sound mind in a sound body. Structural thought, rationality, instant judgment, correlation of body and mind etc. such qualities are very important for children. These qualities are developed due to participation in sports activity. It is an important contribution of schools and colleges to the development of social behavior and the development of the child. The student learns the rules and regulation of society and laws of society by staying with another student. It is important for each child to stay in touch with each other as children play in a team in sports activity. So that it develops qualities such as mutual, contact, collaboration, tolerance, interaction, friendship, equality, discipline, leadership.

It is clear from the above mentioned points that physical education and sports contribution is very important for the overall development of a person.

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