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## Curriculum development in physical education from the perspective of NEP 2020: An overview

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### Abstract

Much awaited National Educational Policy updates which are buzzing around the whole education system of India. Curiosity to know what is being added and included. The policy changes and an overview of the NEP is the next boom. This new modification may bring lot of dreams coming true for each and every young academician and student in India. A comprehensive framework for elementary and higher education as well, this is going to throw light upon the whole education system in India. Vocational training being the key developmental area for young youth of India The up gradation of Indian education in both rural and urban areas is being the ultimate key sector.

**Keywords:** national education policy, elementary education, physical education curriculum

### Introduction

The age of twinkling stars and budding artists who are painting a beautiful landscape of their life ahead, have fewer knowledge about actual factors helping them to travel a long way to effectiveness, the realization of the source ; may it be home, school, experiences or society. An early developmental stage and a time when children are likely to be introduced to sports, in spite of the fact that children also develop at different rates, times and age. Today's research shows the importance of physical activity in children is much stronger than ever, the medical researchers have also observed that children who are physically active are less likely to suffer from high blood pressure, diabetes, obesity and coronary heart disease in later stages of life.

In response to contextual and dynamic changes in the world, we have seen the exorbitant advances in the field of science, technology, engineering, rapid developments in the social and economic sectors. However advancements in technology may have intensified the existing problems of children being sedentary.

Therefore, student participation in physical activity should be continually emphasized, encouraged and upheld. All in all there is an essential need for a designed program of physical education curriculum, which can further be customized based on underlying rationale and sustainable strategies which can be identified for better implementation of the curriculum. Rich Physical Education experiences would provide students to develop essential capabilities, skills, knowledge, values, etc. which are necessary for wholesome development of an individual.

Participation in quality physical education is one of the entry points necessary for students' lifelong participation in physical activity, sport and in society at large (UNESCO, 2015). Participating regularly in physical activity enhances students level of fitness, cognition ability. Facing the challenges of physical inactivity, which is recognized as a global public health issue (WHO, 2014)

### Objectives of Physical Education Curriculum

- To develop motor qualities,
- Acquiring essential knowledge through physical activities
- Cultivating attitudes and positive values which aids in leading an active and a healthy lifestyle

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- Possessing good health, maintain good physical fitness
- Achieving desirable ethical values, moral behaviors, hormonal communal life, decision making
- Appreciating the aesthetics, developing generic skills
- Ability to possess basic competency skills to face challenges

#### **Modern day principles of curriculum planning**

- Organizing learning experiences to have a maximum cumulative effect
- Evaluating the curriculum and revising those aspects that did not prove to be effective
- Define appropriate learning objectives
- Establishing useful learning experiences

Physical Education Curriculum is essentially needed at schools at an earlier age of 6-12 years as physical education is one of the entry points for student's participation in sports and physical activity for life long. Physical Inactivity challenges across the globe are a major concern with regards to health.

#### **A Road Map towards development of Effective curriculum**

According to Crow and Crow; Curriculum includes all learners experiences in or outside the school that are included in a programme that has been devised to help him develop mentally, emotionally, socially spiritually and morally.

#### **The content of the curriculum must go hand in hand with the central curriculum**

The schools can use the curriculum framework and make necessary adaptations, taking into considerations of students, needs, interests, abilities, teachers preparedness, school facilities, support to provide significant experiences for the child. Schools must furnish broad based learning experience to the students. To accomplish the schools objectives and aims, the schools must be aware of the actual contents of the central/state curriculum. The necessary adaptations shall be made according to the desired outcome of the schools. The target set by the school also needs to be catered, certainly suitable strategies in teaching and learning can be identified.

The Physical Education curriculum must be a structured framework as its variety of features must aim at providing ample opportunity is provided for students to enjoy an open flexible, and a balanced program based on movement experiences. The designed curriculum shall be based on network of domains which is interlaced in nature.

The strands used in the designed curriculum must be strong enough to bind each other and strongly support each other and shall result in a fruitful outcome.

#### **The threads of Physical Education Curriculum could be**

1. Motor Skills and Fitness
2. Health Education
3. Physical Literacy
4. Movement Awareness
5. Safety
6. Generic Skills
7. Cognitive skills
8. Gender Sensitivity
9. Cross Curricular Subject Integration
10. Values and Attitudes

**The content of Physical Education curriculum should have a direct relationship to the objectives of the**

#### **school/child – Need based Questions to be answered**

1. Are the objectives designed conducive to the social ideals in the changing democratic society
2. Does the activity have a direct relationship to the overall objectives of the school
3. Do the activities contribute to the conditions of problem which boy and girl face on a daily basis (Gender equality, gender sensitization, gender stereotyping)
4. Does the contents actually capitalize on previously acquired (Utilizing previously acquired knowledge effectively in the scenario)
5. Do the large number of activities bind in possibility for naturally accompanying development such as interest, attitudes, ideals, tastes, & appreciation
6. Do these activities have a carry-over value so that children can engage in their out of school houses.
7. Do these activities demand unreasonable administrative constraints in terms of space, equipment, leadership, time allotment, amount of noise
8. Thus this learning Physical Education experiences value of content may be appraised in terms of basic criteria suggested in these seven questions.

#### **A Few evidences to substantiate - NEP 2020**

- Education is fundamental
- Rapid progress in the world of education
- Fast moving changes in the employment and global ecosystem

#### **India eyeing**

- A refined system of education ensuring equity in access to the Highest Quality of Education
- Bridging gap between the present state of learning outcomes with the desired state of learning outcomes
- NEP focuses on addressing many growing developmental essentials

NEP emphasizes fostering the creative potential of each individual in all its richness and complexity. It stresses developing both foundational skills of literacy and numeracy and higher order

1. Cognitive skills: critical thinking and problem solving
2. Social Skills and Emotional Skills
3. Soft Skills: Cultural Awareness and empathy, Perseverance and Grit, Team Work, Leadership and Communication

As it is mentioned in the NEP 2020, the rich heritage of ancient India Knowledge has been a guiding light for the above policy, as the aim of education in ancient India was not only acquiring knowledge but to prepare for the challenges faced in real life.

NEP clearly mentions the significance of the World Class Institutions based in India such as Takshashila, Nalanda, Vikramashila and Vallabhi that their highest standards of multi-disciplinary teaching and research have produced the greatest scholars of time who hail from different sections of society. These Scholars have immensely contributed to the World in their expertise sectors and have been instrumental in carrying forward the torch of the Nation.

These legacies have to be preserved, researched and enhanced to put to new uses to help develop the creativity and originality of students and to subsequently innovate.

## Principles of NEP 2020

### Foundational Pillars of the policy are

- a. Access
- b. Quality
- c. Affordability
- d. Accountability

### Policy has been based on certain principles and they are;

- Flexibility
- No hard separations
- Multi-Disciplinary
- Conceptual Understanding
- Creativity and Critical Thinking
- Ethics and humans
- Constitutional Values
- Life Skills
- Regular Formative Assessment for Learning
- Respect for Diversity and respect for the local context
- Equity and inclusion
- Teachers and Faculty as the heart of learning
- Light but Tight, oversight and regulatory system
- Autonomy, Good Governance and Empowerment
- Outstanding Research
- Continuous Policy Making based on regular assessment of realities on ground
- Education is a public service
- Substantial investment in a strong, vibrant public education system.

### Vision of the Policy

Aims at building a Global Best Education System rooted in India Ethos and aligned with principles mentioned above, thereby a transformation of the existing country to a Global Super power Nation.

### School Education

#### ECCE- Early Childhood Care and Education: The foundation of learning

Consists of Flexible, multi-faceted, multi-level, play based activity, discovery based learning about eg, alphabets, numbers, counting, shapes, indoor, outdoor play, puzzles, logical thinking, problem solving, drawing, painting, puppetry, music and movement.

#### Foundational Literacy and Numeracy: An urgent and necessary prerequisite to learning

- Increased focus on foundational Literacy and numeracy, mathematical thinking through out primary curriculum.
- The Peer tutoring concept has been strongly recommended as research studies have shown remarkable efficiency in learning through voluntary and joyful activity for fellow students under supervision of trained teachers.
- Nutrition and Health, including mental health is being stressed upon here with a focus to the balanced nutrition and provision of midday meals
- An overhaul of curriculum to make it more engaging and useful for all students
- The focus is on having less emphasis on input and greater emphasis on output potential concerning desired learning outcomes.
- Curriculum and Pedagogy in Schools -Learning should be holistic, integrated, Inclusive, Enjoyable and Engaging

## Restructuring School Curriculum and pedagogy: (5+3+3+4)

### Foundational Stage

Consists play/activity based learning and the curriculum, pedagogy of ECCE.

### Preparatory Stage

Gradual transition from activity/play based learning more formal but interactive learning with the introduction of some (light) textbooks, in order to lay a strong ground work across subjects, including reading, writing, speaking, physical education, art, languages, science, and mathematics.

### The Middle Stage

Will see the introduction of subject teachers, an abstract of concept in each subject is being discussed across the mathematics, sciences, arts, social sciences and humanities.

### The Secondary Stage/High School stage

Comprises of four years of multidisciplinary study, which is built upon the pillars of pedagogy and curricular style of the middle stage, laying emphasis on much deeper, higher critical thinking and greater attention to life aspirations which is more flexible and is based on student choice. The module evaluation and assessment is expedited to a maximum in this stage.

Described stages at the above may seem to be much pedagogical and curricular oriented, which is designed to optimize learning for cognitive development. All these four stages may consider moving towards a semester system of education for paving way for the inclusion of extra-curricular courses like arts/ are taught on alternative days, in order to allow exposure to more subjects and enable greater flexibility with more frequent formative assessment for learning. The states have also been given freedom to look into various such innovative methods which can increase flexibility and helps in creating more exposure and enjoyment in students to learn a wider range of subjects such as arts, sports, humanities, languages and vocational subjects.

To close this gap between the current state of learning outcomes and to what is the desired essentials, there is a necessity to adopt experiential based education. The classroom transactions may slightly be shifted in certain subjects. Experiential learning plays a very important role here, adopting this experiential based integrated system of education such as sports, arts, and storytelling - NEP focuses on bridging the gap between the extracurricular and the co-curricular activities, that's why the activities which were previously a part of extracurricular subjects are now going to be a part of curriculum. Based on this objective provision is made to include various extracurricular subjects that can be chosen as elective courses.

### Discussion

The Physical Education experiences in this week must be planned such that it should add meaningfulness and must add to learning outcomes resulting in improvement of a students knowledge of movement, fitness, health, growth, development ( both physical and cognitive)

Reinforcement of learning experiences in physical education from last season to current season, so that each it increases in complexity which leads to increased skill, increased understanding and ability of greater appreciation in subsequent experiences.

Relating learning experiences in physical education to social sciences, Sciences, Mathematics, Communication skills so that the students build up on an ability to unite life and learning as Cross Curricular Subject Integration

Facts about health, growth, exercise and nutrition become organized around the problems and concerns of the children which will definitely help them in realizing the significance of health in one's life for the survival of the fittest.

The ultimate aim of education to children would be fruitful if it is focused on attempting to make education functional, which help to meet the needs of the people and to solve their problems.

Social responsibility, responsible citizenship and ethical values can be optimally understood through actively involving in sports, games and physical activity. Educational situations, meeting basic personality needs. It requires teacher instructions as well as teacher pupil planning mechanism.

Physical Education curriculum must produce most desirable cumulative effect having the specific objectives along with general purposes of the society; a sound philosophy of life leading towards worthy common goals. Breaking subject matter barriers also help in functional learning of an individual. Most importantly Transfer of learning in education through Physical Education is the need of, the hour.

Providing youth experiences, which leads the children to become responsible citizens. All these can happen only with the school management and parental cooperation which can give desired learning outcomes and have a carry-over value. In previous years there was a notion among people that boys and girls have to be taught separately, for purposes of physical activities, which almost started from the fourth grade. This judgment was predicated upon physiological grounds with particular reference to the safety and security of girls while considering the needs and capacities of both genders.

In the recent years the necessity of the coeducational system of education is widely practiced as based on a philosophy that the boys and girls work together in the current global scenario throughout the life. Some of the activities in physical education are structure and designed particular for boys and girls based upon structural and organic differences, and some activities are specifically designed for both gender to participate together.

Socialization is also an important part of education, breaking the stereotypes of gender bias that females are weaker than males, or girls are fit to only play with the dolls and do not hold a place in the boys team even while playing recreation activities have to be dealt seriously. Gender sensitization is a critical aspect in the trending world of sensitization of gender equality concerns.

There should be certain modification of behavior amongst teachers and parents towards children which can have a causal effect on gender equality. Education that is gender sensitive benefits both boys and girls, it helps the children understand which of the assumptions are in matters of gender are valid and which are only stereotypes. Gender sensitivity helps in generating respect for individual regardless of their sexes.

### **Conclusion**

Exercise and sports gives the child more than just physical social and psychological well-being. Physical activity and sports for children is a real asset these children possess at a very young age. Physical Education aims at educating students through physical activities.

A major change in perception requires orientations of policy

makers, curriculum developers, media professionals and society at large. Inculcating ethical and social values, the importance of health and fitness among children is essential. Prevention of Juvenile Delinquencies, Suicidal deaths, Depression, Malnutrition, Obesity and Gender bias can be tackled through effective construction of Physical Education Curriculum. A well designed and structured curriculum in Physical Education will help in accomplishing the objectives of the school and also aid in building a strong and prosperous nation.

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