

PART-2 THEORY

LESSON - 13

MEANING OF PHYSICAL EDUCATION

Meaning of the following components will be learnt in this lesson:

- Meaning of Physical Education.
- Definitions of Physical Education.

Introduction:-

Physical education is a intergral part of general education, where as general education stresses the theoretical aspects and physical - education practical as well as theoretical.

Definition:-

1. Learning by doing various physical activities is physical education.
2. According to Marshal "Learning by doing is physical education".
3. According to C V Bukker "Physical education tends towards the overall development of human kind i.e., physical mental, social, and emotional."

"Sharira Madhyam Khalu Dharma Sadhanam"

A student can be made strong by giving exercises to various parts of the body through physical education . It helps in inculcating leadership qualities like courage, sportsman spirit, cooperation by means of enjoyable play. In this way physical education helps in creating good citizen of nation.

The aim of physical education is to provide physical activities to every child and create healthy environment. Physical education is through physical activities. It strengthens

physical, mental and social dimensions of a person. Sports, games and other physical activities included in physical education help in the development of personality.

“Better to construct a stadium instead of ten hospitals.”

-Swami Vivekananda

“Life without sports is equal to a rotten fruit”

EXERCISE

I Fill in the blanks.

1. Education is theoretical and physical education is _____.
2. Regular exercises develop _____.
3. Physical education helps in the development of body and _____.

II Match the followings:

A

1. Fit body
2. Life without sports
3. Exercise

B

immunity
sound mind
rotten Fruit
