



**Department of Sports Sciences and Physical Education  
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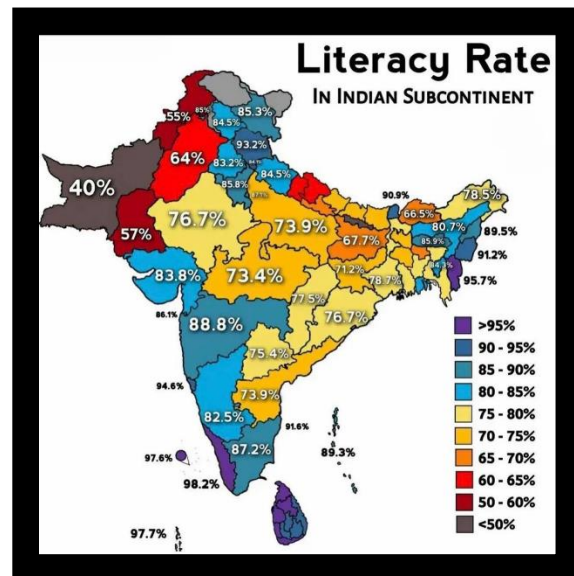
## Contents

1. Introduction.....	3
2. Primary Education System in India.....	4
2.1.General Education.....	4
2.2. Physical Education .....	5
3. Secondary Education System in India .....	5
3.1. General Education .....	5
3.2. Physical Education .....	6
4. Tertiary Education System in India .....	8
4.1. General Education .....	8
4.2. Physical Education .....	9
5. Challenges in India's Education and Physical Education Systems .....	10
6. Recent Developments and Policy Reforms .....	12
7. Conclusion .....	14
8. References .....	15
9. Group Members.....	1 Error!

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## 1. Introduction

India's education system is one of the largest and most diverse in the world, catering to millions of students from various backgrounds through a wide range of institutions. It is structured into three main stages: Primary, Secondary, and Tertiary education. While the focus has traditionally been on academic achievement, there is an increasing acknowledgment of the vital role that physical education plays in promoting holistic development.



In recent years, especially with the introduction of the National Education Policy (NEP) 2020, there has been a notable shift towards making physical education a core part of the curriculum. This policy highlights that education should not only focus on intellectual advancement but also enhance physical health, emotional well-being, and social skills among students.

Why is this change so important? In a time characterized by rising academic pressures, lifestyle-related health issues, and mental health challenges, the integration of physical education into the school system is more crucial than ever. It provides students with essential life skills such as teamwork, discipline, and resilience, which are key to their success both in school and in life.

This report will explore the structure and function of India's general and physical education systems across the three educational stages. By looking into the importance of physical education at each level, we can gain a clearer understanding of how it supports the overall development of students, equipping them to face the challenges of modern life effectively.

(19APE4199,19APE4200)

## **2. Primary Education System in India**

### **2.1. General Education**



The education system in India encourages children in the age group of 6-14 which is inclusive of Primary education and, hence, compulsory under the Right to Education Act 2009 as amended from time to time. This statutory provision provides for free and compulsory education of children in this age group with specific emphasis for removal of such barriers.

**Curricular Emphasis:** The curriculum at this level is primarily focused on development of basic skills in:

**Linguistic Competence:** Pursuit of reading and writing with comprehension in the native language plus in most cases English or Hindi.

**Numeracy:** The teaching of arithmetic operations and various concepts of opportune solving, geometry and measurement.

**Science:** Comprising geography and history, this subject helps children explore and learn about the world around them and develop consciousness towards the environment and the people.

**Modern Teaching Strategies:** There is a shift from the traditional to the more modern, participatory and collaborative way of teaching whereby technology and creativity are employed. For instance, under project-based learning, students narrate stories in pictures, which stimulates critical as well as creative thinking in them.

As young students in the primary level, most of the primary schools in the cities have started using some digital techniques in their methods of teaching. Smart classes with speakers, projectors, internet connections, and active interactive lessons have become the norm, enhancing the process of learning. What can however be said is that backward or rural schools still manage to operate with limited facilities at their disposal and this affects the quality of education received in different parts of the country. (19APE4179,19APE4178)

## **2.2Physical Education**

**Why Physical Activity Matters:** Physical education is a key part of the early school years, helping kids stay fit, learn social skills, and feel good about themselves. Schools offer many different activities, such as:

**Games and Sports:** Playing games like cricket, football, and traditional ones helps kids learn teamwork, strategy, and how to move their bodies well.

**Yoga and Exercises:** Yoga is popular because it helps kids become more flexible, focused, and calm, which can help them handle stress better.

**Health and Wellness Lessons:** Kids also learn basic health tips, like how to stay clean, eat well, and live an active life.

The National Education Policy (NEP) 2020 says that physical education should be a big part of school. It wants schools to have good places for sports and activities so kids can start building healthy habits from a young age.

(19APE4180,19APE4181)

## **3. Secondary Education System in India**

### **3.1. General Education**

United States involves students aged 11 to 14 years covering New Cancer Registration sections – IV - VIII (Grade 7-9). In leisure time too, this subject is challenging since it grooms students for university and higher-level activities.



**Complaints about Curriculum Enrichment:** Making of specific courses at this level is much better than in the primary education level. Secondary students must select one of the following streams:

**Science Stream:** Physics, Chemistry, Biology, Mathematics, as well as other subjects are put together for students wishing to join engineering, medicine, researches as their careers.

**Commerce Stream:** Covers subject such as Accountancy, Business Studies, and Economics. This is a stream meant for those who want to engage in business careers or work in finance and management.

**Humanities Stream:** Contains subjects like History and Geography Political Science Sociology, among others. Subjects appealing to arts students, law students as well as social sciences are politics geography, sociology, and others.

**Skills Training:** There is also great stress on elevating skills such as analytical thinking, practices, and problem-solving skills. The learning takes place in project work, group discussions, and presentations. Such research-based pedagogical approaches enable the students to relate what they learn in class to the real market by solving emerging issues within the society.

**Difficulties of the Students' Self Withdrawal Feasibility:** However, despite the curricular constraints stood as obstacles for learners' achievement, secondary education in

**Pressure and Competition:** The growing focus on academic performance frequently results in intense competition (among students). Many individuals feel compelled to excel in board examinations; this pressure can adversely affect their mental health.

**Quality Disparities:** The quality of secondary education is often markedly different between urban and rural areas. Urban schools typically possess better infrastructure, more qualified teachers and greater resources (however, this disparity can create unequal opportunities for students from varying backgrounds). Although the intention might be to improve educational outcomes, the reality is that many students are left at a disadvantage because of these systemic inequalities.

(19APE4183,19APE4184)

### **3.2. Physical Education:**

**The Significance of Exercise and Sport:** At the secondary level, physical education becomes increasingly formal and competitive. Schools also advocate taking part in various sporting events and physical pursuits for health accumulation. Major points include:

**Inter-School Competitions:** Most of the schools do host and take part in inter school sports events for the purpose of developing team spirit and sportsmanship within the students. Beyond the development of athleticism, those competitions are also a way for students to learn discipline and endurance.

**Fitness Programs:** There is also the provision of fitness programs in educational establishments which take in a wide range of activities including skill acquisition as well as health society. Athletics, social basketball, soccer assorted yoga comprise of all this within the school syllabus.

**Psychological Effects:** In addition, physical education is beneficial to one's mental health. Physically active persons tend to be less stressed, better able to focus, and possess a higher sense of self-worth, all of which are crucial in secondary education.

**Government Initiatives:** To tackle some of these issues and to improve the quality of secondary education the government of India has taken the following initiatives:

**Khelo India Scheme:** This scheme encourages school children and students to undergo training in sports and other physical activities with the devices and infrastructure built for them. The scheme focuses on spotting and supporting all potential athletes from an early stage.

**National Sports Policy:** The objective of this is to foster the growth of sports in the school system by creating a favorable atmosphere for such development which includes increased participation and commitment towards physical education.

(19APE4186,19APE4187)

## **4. Tertiary Education System in India**

### **4.1. General Education**

**Age Group and Structure:** Indian secondary education caters to students between the ages of 14 – 18 years in classes from IX a XII. It is considered as very important stage because this stage prepares student for the higher studies and vocations.

**Choice of Curriculum:** The curriculum in secondary education is richer and more varied as compared to that of primary schools, allowing students to opt from amongst various streams.

Science Stream – Subjects like Physics, Chemistry, Biology and Mathematics for those who wish to take an engineering/medical course or go into research

Commerce Stream Commerce is a completely different field that deals with accountancy, business studies and economics which mainly focuses on commerce students who study of trade or buying and selling like management finance, marketing etc.

**Subjects offered under Humanities Stream:** History, Political Science, Geography and Sociology for students who are interested in the same fields.

**The Process of Skill Development:** The secondary education scheme stresses the enhancement of problem-solving abilities, critical reasoning, and practical knowledge. The process of project work, group discussion, and presentations enhances many different learning styles. This scheme requires students to apply their theoretical learning into practical life situations for the purposes of imparting problem-solving techniques.

**Challenges in Academic:** Though with a structured curriculum, challenges faced by secondary education in India are:

(19APE4190,19APE4191)





## **4.2. Physical Education**

**Pressure and Competition:** This competitive trend along with a stress on academic performance, giving rise to the heightened competition among students, led to many high school students feeling great stress to excel in board examinations, imposing an inevitable toll on the mental health of students.

**Quality Disparities** There is a wide disparity in the quality of secondary education between urban and rural areas. Urban schools classically have better infrastructure, good teachers, and better resources. That being a wide gap often creates an unequal opportunity for the access of different societies' students.

**The Importance of Physical Activity:** Physical education at the secondary level tends to be more formal and competitive. Schools encourage participation in a variety of sports and physical activities, which are crucial for promoting fitness and well-being. Important aspects include:

**Inter-School Competitions:** Numerous schools organize and take part in interschool sports competitions, creating a spirit of teamwork and sportsmanship among students. The experience provided through these competitions improves the students' physical skills while they also learn discipline and perseverance.

**Fitness Programs:** It is a common trend to run different fitness programs in the schools, most of which focus on the development of skills and overall health. Athletics, basketball, football, and yoga are often part of this curriculum.

**Mental Health Benefits:** Physical education significantly contributes to the positive growth of mental health. Regular physical exercise can release stress, support the ability to focus, and build self-esteem-make it an essential component of the secondary educational experience.

**Government Initiatives:** The government of India has launched several initiatives to address challenges and augment the quality of secondary education.

(19APE4193,19APE4195)

## **5. Challenges in India's Education and Physical Education Systems**

- **Higher education problems:**

### **Quality differences:**

Urban-rural divide: There are significant differences in the quality of education between urban and rural areas. Schools in cities often benefit from better infrastructure. Qualified teachers and resources, while rural schools may struggle with inadequate facilities and a lack of trained educators. This difference limits educational opportunities for children in remote areas.

Teacher shortage: There is a shortage of qualified teachers in many schools. Especially in the field of special education this lack can lead to overcrowded classrooms and poor quality of teaching. This ultimately affects student outcomes.

### **High dropout rate:**

Socio-economic factors: Many students drop out of school due to socio-economic barriers such as the need to financially support a family. This is especially common in rural areas where children may be expected to work before attending school.

Academic Stress: The intense competition to get high scores and get into prestigious colleges can be demotivating for students. Fear of failure or poor performance may cause some to withdraw from education altogether.

### **Beginner course:**

Relevant to today's needs: Many schools' curricula may not be up to date with today's workplace needs or technology. There is a need for additional courses based on critical thinking. Creativity and practical skills More than rote learning

### **Imperfect Technology:**

Lack of resources: many schools especially in rural areas Lacking basic amenities such as clean water, sanitation and electricity, a lack of technology can disrupt the flow of learning and affect participation.

(19APE4196,19APE4197)

- **Challenges in Physical Education:**

**Limited Emphasis on Physical Education:**

Secondary Importance: In many schools, physical schooling is frequently considered as secondary to educational subjects. This belief can lead to inadequate time and sources allotted for bodily training applications, limiting students' possibilities for bodily hobby.

Lack of Trained Instructors: Many colleges do no longer have qualified physical education instructors, resulting in poorly prepared physical sports and a lack of established packages that promote health and nicely-being.

**Health Issues and Lifestyle Diseases:**

Rising Obesity Rates: The incidence of sedentary existence among college students, driven by way of increased screen time and reduced physical hobby, has contributed to growing weight problems rates and related fitness issues. This fashion underscores the significance of integrating normal bodily interest into the college curriculum.

Mental Health Concerns: Increasing educational strain can cause intellectual fitness demanding situations inclusive of anxiety and depression. Physical schooling and sports can play a critical position in addressing these issues through selling bodily fitness, reducing pressure, and fostering social connections amongst college students.

**Inadequate Facilities and Resources:**

Lack of Sports Infrastructure: Many schools, especially in rural areas, lack the essential facilities for sports activities and physical sports. Insufficient get admission to to sports activities device, gambling fields, and gyms limits college students' engagement in bodily training programs.

**Funding Challenges:** Limited financial resources frequently bring about underfunded physical education packages, limiting opportunities for college students to participate in diverse sports activities and sports.

### **Cultural Attitudes towards Sports:**

**Perception of Sports as Extracurricular:** In a few areas,

(19APE4182, 19APE4185)

## **6. Recent Developments and Policy Reforms**

### **Strengthening of Physical Education:**

**Integration of Physical Education into the Curriculum:** The NEP emphasizes the significance of physical education as a fundamental issue of the instructional enjoy. Schools are endorsed to allocate extra time for physical activities and sports activities, recognizing their function in selling health and nicely-being among college students.

**Khelo India Initiative:** Launched by way of the Government of India, this initiative pursuits to sell sports and bodily fitness among faculty students. It focuses on figuring out and nurturing sporting expertise, offering important infrastructure, and organizing competitions at various levels to inspire greater participation in sports activities.

**National Sports Policy:** This coverage targets to develop a way of life of sports activities in schools and higher schooling institutions, selling now not only bodily fitness but additionally sportsmanship and teamwork. It emphasizes developing higher facilities and schooling programs for physical education teachers.

### **Digital Transformation in Education:**

**E-Learning and Online Education:** The COVID-19 pandemic increased the adoption of online mastering systems. Initiatives consisting of the SWAYAM platform provide get right of entry to to first rate educational assets and guides across numerous topics. The authorities has additionally promoted digital literacy to prepare students for the increasingly technology-pushed world.

Integration of Technology in Physical Education: Schools are starting to utilize technology to decorate physical training. This includes the usage of fitness apps, on line training, and virtual sports competitions, making bodily education more engaging and reachable to students.

### **Focus on Inclusivity and Equity:**

Education for All: The NEP 2020 emphasizes the significance of inclusive training for marginalized communities.

Inclusive of Scheduled Castes (SCs), Scheduled Tribes (STs), and in another way-abled college students. It advocates for measures to make certain that each infant has access to pleasant schooling, no matter their heritage.

Gender Equity: The coverage additionally stresses the significance of promoting gender fairness in education, encouraging girls' participation in each instructional and bodily schooling. This includes addressing boundaries to training that ladies may face, consisting of societal norms and protection concerns.

### **Monitoring and Accountability Mechanisms:**

National Assessment Framework: The NEP proposes the establishment of a countrywide assessment framework to assess the first-class of schooling across faculties. This framework objectives to offer insights into studying results, taking into account facts-driven choice-making to enhance educational requirements.

Regular Evaluation of Policies: Continuous tracking and assessment of training regulations and packages are emphasized to ensure duty and effectiveness. This consists of remarks mechanisms for students, teachers, and parents to make contributions to the education system's development.

(19APE4189, 19APE4192)

## **7. Conclusion**

In conclusion, India's training machine, encompassing primary, secondary, and tertiary levels, is present process giant transformation, mainly with the advent of the National Education Policy (NEP) 2020. This policy ambitions to create a greater holistic, inclusive, and ability-oriented educational framework that prepares students for the complexities of the 21st century.

The NEP emphasizes the integration of academic studying with physical training, vocational education, and extracurricular activities, selling the general improvement of students. By addressing disparities in nice and accessibility, the reforms attempt to make certain that each infant, irrespective of their history, has the possibility to obtain a satisfactory schooling.

However, challenges persist, inclusive of first-rate versions among city and rural schools, inadequate infrastructure, and the want for better-skilled educators. Continuous tracking, investment in sources, and progressive coaching techniques will be crucial for overcoming these limitations.

Ultimately, the destiny of India's schooling and physical training systems depends on their potential to adapt to changing societal wishes. By fostering a tradition of inclusivity, ability improvement, and holistic well-being, India can rework education into a powerful vehicle for social equity, financial boom, and countrywide improvement.

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## **9. Group Members**

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