

**Physical Education and Challenges towards Implementation of New
Education Policy 2020**
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Abstract:

Physical education and sports have great impact on the physical as well as mental development of children. Many contemplate that physical education is less significant field in whole curriculum but it is as important as other subjects such as science and math. Physical education in the educational institutes is the area to be targeted for the upliftment of sports. The survival of human being is primarily physical. The first lesson a human child learns is a lesson of physical activity. Curriculum is supposed to be designed in such a way that physical activities become a part of daily lesson plan. Sports are among the highlights of media these days and it is turning to be a big industry in the world. In spite of being ignored by majority of people in society, sports have noteworthy influence on most of them, directly or indirectly. The National Education Policy, 2020 aims to shift towards more scientific approach to education. It will help to cater ability of the child in different stages of development. This includes cognitive development, social and physical development. When implemented, the policy will bring India at par with leading countries of the world. The New Education Policy 2020, is a commendable step by the government to achieve the goal of providing quality education and having a skillful, talented, and professional youth population. Learning systems like online learning and digital courses are also being encouraged. Lastly, it also lies emphasis on learning and preserving traditional languages like Sanskrit in India which are losing fast. It is an exemplary policy as it targets at making the education system flexible, multidisciplinary, aggregate and aligned to the needs of the 21st century.

Keywords: Physical Education, Curriculum, Sports, NEP 2020, Digital courses.

Introduction:

Physical education is the main parts of our program of study for so many years. In spite of being having its relevant aspect in our life, it was ignored by the each part of the society like administration, professionals and students. In physical education, we deal with the theoretical and practical aspects as well. General concept of society regarding physical education is not so good. People think that playing is just a wasting of time that is ironically wrong. We use our time when we are under game situations and that must be considered fullest utilization of time devoted to that task. Awareness about health need to be spread to get maximum output from physical education and sports. So hurdle on the way of sports must be removed so that to enlighten the society with the brightest light of sports. Now that being the part of total education process, physical education and sports have great impact on the physical as well as mental development of children. Many contemplate that physical education is less significant field in whole curriculum but it is as important as other subjects such as science and math. Curriculum is supposed to be designed in such a way that physical activities become a part of daily lesson plan. Sports are among the highlights of media these days and it is turning to be a

big industry in the world. In spite of being ignored by majority of people in society, sports have noteworthy influence on most of them, directly or indirectly. Lots of issues which adversely affect the sports need to be settled. Cooperation with the advanced countries is required in this regard because we are not up to mark in sports field so far. We must set up an agenda of action plan for the encouragement and expansion of physical education and sport.

In present scenario the matter of concern is the declining status of physical education and sports. It is a key challenge for world's developing countries to set up a connection with other developed nations to get guidance from their coaches and authorities. Consequently, developing countries can gain knowledge about the world-class infrastructure and technological equipments related to sports. Physical education in the educational institutes is the area to be targeted for the upliftment of sports. The survival of human being is primarily physical. The first lesson a human child learns is a lesson of physical activity. No education, however ideal and decorous in its objectives without stress on motor activity. The human body is a gift of nature. Its growth, development and competency is mostly depend upon the quantity and quality of motor activities and its performs. Some people are often flawed in defining physical education. They often guess that physical education is sport education. Simply but, physical education is a process of education through physical activity. Way of physical education is different from education as it tries to fulfill it through the medium of physical exertion. Trend in the physical education has been changed recently in a manner that students are being introduced with other activities like bowling, hiking and walking and these may turn to be a habit during later stage of life. Stress which is a common phenomenon in general life and sports as well is being reduced through yoga. The trend of health and nutrition to the physical education curriculum is in early stage. All school districts with a central funded school meal program develop wellness policies that address nutrition and physical activity. Quality Physical Education programs will benefit the lifestyle of young people. It is more important for the elementary classes because they have no health and nutritional specific classes. Health and physical education classes are now added in the curriculum of primary schools.

Structured physical education must be made an integral part of school curriculums in India. For such a young and socio-economically diverse population, Physical education through schools can become a powerful holistic development tool for Indian children. Most schools in India have failed to integrate structured physical education into the school's curriculum. Focus is on mainstream subjects, as schools fail to see how a structured PE curriculum can add to the development of young children, by aiding in their physical, mental, emotional and social growth. With 29.5% of India's population under 14 years old (Indian Census, 2011), Physical education must be utilized as an effective tool for the holistic development of Indian children, from diverse socio-economic backgrounds.

Major Challenges in the Implementation of New Education Policy 2020:

The NEP 2020 is the first new education policy to be introduced in India in the 21st century, the last having been implemented in 1986, 34 years ago. The NEP, thus, replaces the National Policy on Education, 1986, which was modified once in 1992. Before that, the first education policy was passed in 1968. Major Challenges in the Implementation of New Education Policy 2020 is as follows:

Opening universities every week is a strenuous task:

India today has around 1,000 universities across the country. Doubling the Gross Enrolment Ratio in higher education by 2035 which is one of the stated goals of the policy will mean that we must open one new university every week, for the next 15 years. Opening one University every week on an ongoing basis is an undeniably massive challenge.

The numbers are no less intimidating in reforms to our school system:

The National Education Policy 2020 intends to bring 2 crore children who are currently not in schools, back into the school system. Whichever way you view at it, accomplishing this over 15 years requires the setting up of around 50 schools every week. This certainly requires a substantial amount of investment in classrooms and campuses which will be extremely challenging.

Need to create a large pool of trained teachers:

In school education, the policy envisages a sweeping structural reformulation of the curriculum a very welcome step. Many of the curricular changes require considerable mindset shifts on the part of teachers as well as parents.

Inter-disciplinary higher education demands for a cultural shift:

In higher education, the NEP 2020's focus on inter-disciplinary learning is a very welcoming step. In India, education has for decades been very isolated and monotonous. For the entire higher education system to be composed of "exceptions" professors who are curious about, respect and lean in to other disciplines while being experts in their own is not an easy task. This requires a cultural shift in the entire higher education ecosystem, over the next 15-20 years.

Challenge of effective use of Digital Devices by the Teachers and Students:

The challenges due to digital gadget usage in the world are not a new concept anymore and every citizen across the countries in the world including India is not an exception. The National Education Policy is looking forward to taking advantage of the habit of utilizing digital devices for a productive purpose is a welcome move. The iniquitousness in the availability of the digital devices for an affordable price by any citizen of this country will make this strategic move to survive in this country. The only hitch will arise is the quality of the 4G network and the accessibility for all the citizens and with special cuts on the cost of usage for the educational purposes. The recent COVID 19 have opened up various platforms for all the kinds of institutions to utilise ZOOM, Microsoft teams, skype and other apps as per the ability to use is a new beginning to stay forever. But the utility rate and the effectiveness of common man who is well below the payable capacity needs to be checked out.

The Implementation of National Educational Technology Forum:

This challenge is all about the ambitious goal setting of the NEP a new National Educational Technology Forum. Although a pilot study on the importance of the experiments and the use of technology for improving the quality of education in school as well as higher education have been undertaken all around the country over the last two decades, the level of utility and its benefits are to be analysed yet. Hence it is high time that it is required to be reviewed for their outcomes and carefully evaluated for their benefits, risks and effectiveness, as well as their potential to scale up, in the different contexts in which they need to be deployed. This complex task requires a wide range of expertise since the National Educational Technology Forum will be a platform for the free exchange of ideas on the use of technology to improve learning, assessment, planning and administration.

The challenges of translation of content into multiple languages:

The inbuilt challenges for creating new types of interactive and immersive content to strengthen educational planning and management and bring greater transparency and efficiency to the examination system as well as to administrative and governance processes needs to be done. The challenges for assisting and getting assistance from the top management of educational initiatives such as supporting teacher development programmers, for scaling up the ODL system so that it can respond to the growing demand for education from all age groups, across school education, higher education, professional and vocational education, adult education, and lifelong learning.

Conclusion:

Present paper concluded that the new education policy has a laudable vision but its influence will depend on whether it is able to effectively merge with the government's other policy initiatives like Digital India, Skill India and the New Industrial Policy to name a few in order to effect a coherent reconstruction. For instance, policy linkages can ensure that education policy speaks to and learns from Skill India's experience in engaging more dynamically with the private sector to shape vocational education curricula in order to make it a success. There is also a need for more evidence-based decision-making, to adapt to rapidly evolving shifts and disruption. NEP has encouragingly provisioned for real-time evaluation systems and a consultative monitoring framework. This shall enable the education system to constantly reform itself, instead of waiting for a new education policy every decade for a shift in curriculum. This, in itself, will be a remarkable achievement. The National Education Policy, 2020 aims to shift towards more scientific approach to education. It will help to cater ability of the child in different stages of development. This includes cognitive development, social and physical development. When implemented, the policy will bring India at par with leading countries of the world. The New Education Policy 2020, is a commendable step by the government to achieve the goal of providing quality education and having a skillful, talented, and professional youth population. Learning systems like online learning and digital courses are also being encouraged. Lastly, it also lies emphasis on learning and preserving traditional languages like Sanskrit in India which are losing fast. It is an exemplary policy as it targets at making the education system flexible, multidisciplinary, aggregate and aligned to the needs of the 21st century and the 2030 sustainable development goals.

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