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### **Physical Education For Children**

Physical education is gaining increasing importance in all countries of the world. The early years of childhood represent a time, when games and physical exercise are of great value to children. Therefore teachers are now being trained as specialists in physical education, and kindergarten classroom teachers are being provided in-service courses in physical education, so that they may impart education to children in a manner that boys and girls can understand their physical limitations and various functions of their bodies better.

As a matter of fact what is play to others is a child's work. During the formative years a child utilises physical movement and play in the growing and development process. The business of childhood is to do such things as to develop a strong physical base for the future, to learn how to perform simple foundational skills such as running, skipping and jumping. Furthermore, during childhood the child is exploring, cruising, investigating and doing such things as trying to discover what kind of environment exists around him. Therefore, play becomes a child's work since much can be learned in these tender years.

And play being child's work, there is ample evidence to show that a child who is physically active has a better chance of being healthy than one who is sedentary. A healthy child invariably achieves better in school than the one who is not physically active for if the child is sickly he or she lacks such qualities as strength and endurance.

Now that primary education has been made compulsory and free particularly for girls upto class-VIII, physical exercise in schools may be made compulsory. It should be made a part of the school curriculum both in public and private schools. Some hours may be exclusively earmarked for drills and callisthenics as well.