

## Importance of Physical Education as a Compulsory Subject: from Pre Primary Stage

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### Abstract :

The main aim of this research paper is to know the opinion in importance of Physical Education as a compulsory subject. This paper helps to find out the status of importance of physical education. For the study forty (40) physical education teachers selected as sample. The data are collected by the researcher by using google form with the help of questioner. In the current research, it was seen that the 87.5 % physical education teachers have agree that physical education subject should be compulsory paper in our education system and 12.5 % are not agree. 62.5 % teacher has agreed that the physical education subject should be compulsory from the Pre- Primary. Keywords: Physical Education, Compulsory, Importance, etc.

### Introduction :

Physical education programs are needed to increase the physical competence, health-related fitness, self-responsibility and enjoyment of physical activity for all students so that they can be physically active for a lifetime. Physical education programs can only provide these benefits if they are well-planned and well-implemented. Some importance of daily life to doing physical activity for children.

**Improved Physical Fitness:** by doing physical activity Improves children's muscular strength, flexibility, muscular endurance and cardiovascular endurance.

**Skill Development:** by develops motor skills, its allow to safe and successful body rotation.

**Ordinary, Healthful Physical Activity:** Provides a wide-scope of formatively suitable exercises for all kids. **Support of Other Subject Areas:** Reinforces information learned across the educational plan.

Fills in as a lab for use of substance in science, math and social investigations.

**Self-control:** Facilitates advancement of understudy duty regarding wellbeing and wellness.

**Improved Judgment:** Quality actual schooling can impact moral turn of events. Understudies have the occasion to expect initiative, help out others; question activities and guidelines and acknowledge obligation regarding their own conduct.

**Stress Reduction:** Physical action turns into a source for delivering pressure and tension, and encourages passionate security and strength.

**Fortified Peer Relationships:** Physical schooling can be a significant power in assisting youngsters with mingling others effectively and gives occasions to learn positive relationship building abilities. Particularly during late youth and youthfulness, having the option to partake in moves, games and sports is a significant piece of friend culture.

**Developed Self-certainty and Self-regard:** Physical training ingrains a more grounded self-appreciation worth in youngster's dependent on their authority of abilities and ideas in actual work. They can turn out to be more sure, emphatic, autonomous and self-controlled.

### Purpose of the study :

The purpose of the study was to find out the physical education teachers opinion in the respect of importance of physical education subject. this study was also help to find out that is Physical Education subject given same importance like other subjects and is Physical Education Subject should start from which stage like Stage 1: Pre- Primary, Stage 2: Primary Stage, Stage 3: Middle Stage, Stage 4: Secondary Stage, Stage 5: Senior Secondary Stage.

**Methodology :**

This research study was using the techniques of online survey method. An online questionnaire was developed using google forms. The link of the questionnaire was sent through WhatsApp and other social media to collect data. On receiving and clicking the link the participants got the questioner, which the participants were to answer. It was an online study. Those Participants could access the mobile or laptop and also was using the internet, they only gave their answer in this survey. Participants with able to understand English.

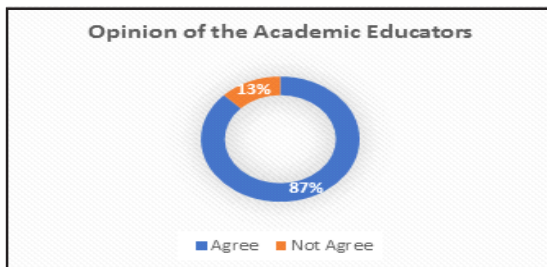
**Analysis of data:**

In order to analysis of the data, (40) physical education teachers selected as sample. The data are collected by using google form with the help of questioner. It was seen that the 87.5 % physical education teachers have agree that physical education subject should be compulsory paper in our education system and 12.5 % are not agree.

**Opinion of the Academic Educators -**

**Table - 1**

	Percentage
Agree	87.5 %
Not Agree	12.5 %



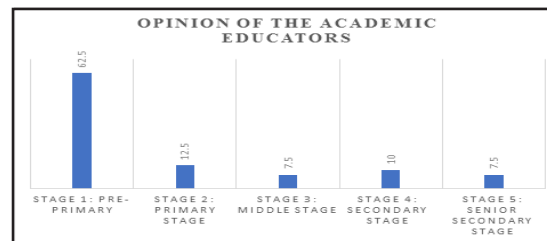
**Chart - 1**

In order to know that Physical Education Subject should start from which stage, it was observed that 62.5 % physical education teacher agreed that physical education subject should be start from Pre - Primary stage, 12.5 % physical education teacher agreed that physical education subject should be start from Primary Stage, 7.5 % physical

education teacher agreed that physical education subject should be start from Middle Stage, 10 % physical education teacher agreed that physical education subject should be start from Secondary Stage and 7.5 % physical education teacher agreed that physical education subject should be start from Senior Secondary Stage.

**Table - 2**

	Percentage
Stage 1: Pre- Primary	62.5 %
Stage 2: Primary Stage	12.5 %
Stage 3: Middle Stage	7.5 %
Stage 4: Secondary Stage	10 %
Stage 5: SeniorSecondary Stage	7.5 %



**Chart - 2**

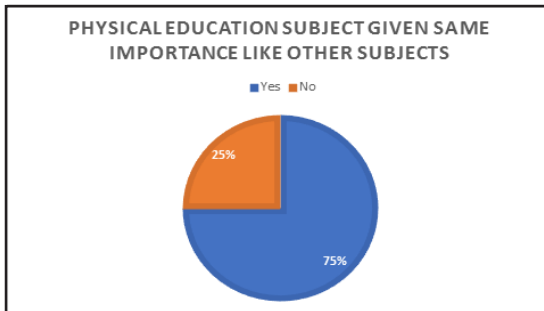
In order to know that Physical Education subject given same importance like other subjects, it was observed that the 75 % physical education teachers have agree that Physical Education subject given same importance like other subjects and 25 % Physical Education subject has not given same importance like other subjects.

**Table - 3**

Physical Education subject given same importance like other subjects

	Percentage
Yes	0.75 %
No	0.25 %

Chart - 3



**Conclusion:**

In the present study, it was observed that the 87.5 % physical education teachers have agree that physical education subject should be compulsory paper in our education system and 12.5 % are not agree. It also shown that 62.5 % physical education teacher agreed that physical education subject should be start from Pre - Primary stage and 75 %

physical education teachers have agreed that Physical Education subject given same importance like other subjects. So, it seems to be observed that physical education subject has equal importance from preprimary stage.

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