

## Reasons Parents & Schools Should Encourage Physical Education & Sports

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### Abstract

Sports in the PE curriculum have become so popular that they are now widely acknowledged as a potent cultural influence. Some argue that sports constitute a unique field worthy of their own study. The very name "Physical Education" suggests the positive effects physical exercise may have on a student's growth. Based on an analysis of the available literature, it was determined that there is a growing body of work investigating why it is important for schools and parents to promote kids' participation in sports and physical activity. The parents realized that their children would be more motivated to participate in sports if they provided them with financial and material support. The future of their children is more important to Indian parents than their personal convenience.

**Keyword:** Parents, Schools, Encourage, Physical Education & Sports

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### INTRODUCTION

Learning about the many forms of physical exercise, one's individual preferences, and community engagement options may help students determine whether or not to keep up an active lifestyle. Kids need opportunities to practice and perfect skills they may use for the rest of their lives, which is why PE should be a required subject in schools. Through individual, collaborative, and group actions, they deepen their grasp of responsibility and fairness. They are in charge of a variety of things, including leading, coaching, and officiating. Opportunities in physical education help them acquire the tools they'll need to thrive in a wide range of challenging, cutting-edge, and competitive fields. Participation in physical education programs has been shown to promote both mental and physical health. Physical education's fundamental objective is to improve students' cognitive and motor abilities so that they can take part in a variety of activities with confidence and competence. It helps a person develop a more refined way of living and come of

age. Regular exercise is beneficial for the health of your muscles, bones, and complete body.

Regular exercise has several potential health benefits for people of all ages and fitness levels. Some of the many benefits of leading an active lifestyle include increased muscle and bone density, enhanced coordination, and increased endurance. Children love to exercise because it's fun. Physical education (PE) teachers are a common fixture in American classrooms. Physical education programs may help students in many ways, including their social and moral growth and their awareness of the advantages of regular exercise and the disadvantages of a sedentary lifestyle.

Physical education, which may range from simple callisthenic exercises to instruction in hygiene, gymnastics, and the performance and management of sports and games, is an important part of any well-rounded education. According to the Central Advisory Board of Physical Education and Recreation, PE is "an education through physical activities for the development of the child's total

personality to its fullness and perfection in body, mind, and spirit." Sports, outdoor activities like trekking, hiking, and camping, gymnastics, dancing, and aquatics are all part of physical education and may help improve a person's motor skills and fitness level. Physical education is essential for schools to accomplish their mission of helping students grow as individuals and as members of society. An education that lacks PE is lacking something important. It has a major impact on the effectiveness of health and education programs. In addition, it gives children the tools they need to lay the groundwork for a lifetime of healthy physical activity.

### LITERATURE REVIEW

**Wei, Xie. (2021).** Due to the increased number of data and the ease with which it can be disseminated, information is now more fascinating than ever. Big data allows for a more objective and scientific evaluation of the effectiveness of physical education programs at the university level. Teaching physical education in higher education in the era of big data is most often done via micro-classes, massive open online courses (MOOCs), and flipped classrooms. The use of innovative online teaching tools and tactics has helped certain universities reform their physical education programs. Now more than ever, children in the era of big data benefit most from individualized lesson plans in the classroom. Therefore, starting with the big data era and the development of college physical education, as well as unique teaching scenarios, a wide variety of college physical education teaching models are supplied to enable college physical education instructors in carrying out class instruction.

**Singh, Laishram. (2020).** About This Book the Fit India Campaign Committee, the Fit India Club, the Department of Physical Education and Sports Science, and the National Association for the Promotion of Exercise and Sports Science (NAPESS) hosted a two-day international e-conference at Manipur University in Kanchipuram on the topic of "Trends, Issues, and Development in Physical Education and Sports," and this book is a collection of the best papers presented at the conference. Publishing research pieces and promoting the exchange of experiences and discoveries, this book aims to improve

communication between specialists in the fields of physical education and sports science. In this book, experts in the domains of physed and sports sci evaluate several strategies for addressing persistent problems. Keeping the swimming skills of sports and physical education together requires some effort. We appreciate the numerous people who contributed to this possibility, including the many unsung physical education instructors, researchers, students, sports enthusiasts, coaches, and administrators. Dr. Santosh Singh is in charge. **Li, Fengmai. (2023).** Given the health crisis's impact on the classroom, this qualitative research explored the challenges and possible advantages of administering physical education programs online. The information for this research was gathered using a descriptive-qualitative approach. Ten randomly selected Chinese physical education teachers participated in the study. This method helped us comprehend informant experiences and translate them into actionable codes and themes. Despite their candor about the difficulties, they had during the shutdown, the majority of teachers believe that online learning provides exciting new potential in Physical Education.

**Dzhym, Viktor & Saienko, Volodymyr & Pozdniakova, Olena & Zhadlenko, Iryna & Kondratenko, Viktoriia. (2023).** This academic work focuses on technical and humanitarian applicants to higher education, with the goals of providing an assessment of scientific research and learning the crucial practical components of the activation process of athletic activities. In order to define the scientific literature on the issue of sports-based applicant development, the author of this work had to use critical thinking abilities such analysis, synthesis, abstraction, and comparison. The basic theoretical goals of the research were to characterize the components essential for effective physical training of students at various types of higher education institutions, and the secondary goals were to clarify certain practical aspects of these components.

**Ward, Phillip & Dervent, Fatih & Iserbyt, Peter & Tsuda, Emi. (2022).** We hypothesize that with fewer models to teach and acquire, preservice teachers in Physical Education Teacher Education programs might become more proficient in a shorter amount of time. Future teachers need

sufficient time to experiment with the approach in the classroom and evaluate its efficacy. We conclude the study by speaking to practicing teachers and urging them to start with an appealing model in a subject area about which they already know something and experiment with their teaching in order to enhance their own competence.

### **REASONS PARENTS & SCHOOLS SHOULD ENCOURAGE PHYSICAL EDUCATION & SPORTS**

A sound body is said to house a sound mind. Anyone who has ever spent time with children at play would know that they are happiest when they are free to run about and play. It doesn't matter whether you're playing casually, competitively, or simply for pleasure.

However, modern education is mostly theoretical. This perspective must shift persuasively if we are to achieve sustainable growth by teaching kids to prioritize their health. This encompasses growth in all spheres of existence. Parental pressure has been promoting academic preparation, although at the expense of health and physical fitness, as the world places a greater value on education and scientific and technological advancements move at a breakneck pace.

According to research published in the British Journal of Sports Medicine, kids' activity levels may begin to decline as early as seven years old. Getting kids of a certain age to move about enough every day might be difficult. Therefore, it is important for parents and schools to work together to foster a "playing" culture in children from a young age. The best way to get kids interested in sports is for parents and schools to work together. There is an increasing need to establish a firm groundwork and fortify physical education and sports in schools as the proportion of school-going youngsters rises. To foster a healthy generation, it is essential that schools include physical education, sports, and other forms of leisure, with the full cooperation of parents.

Why, therefore, should we try to promote sports and physical education?

It has already been shown that play is the activity most associated with a child's sense of well-being. Children's development and learning may all benefit from time spent playing. Children also

benefit greatly from engaging in regular physical exercise. Let's write down every justification:

#### **Better academic performance**

The connection between the brain and the rest of the body has been confirmed by medical research. Physical exercise has been shown time and time again to boost academic achievement by influencing cognitive abilities, attitudes, and behaviors. Improved focus and attention, as well as better conduct in class, are among these benefits.

#### **Helps to forge character**

Children develop a feeling of community and learn to cooperate with others via team-based play and sports. It helps children develop a healthy sense of team pride and teaches them to accept defeat with dignity. This is really a win-win scenario.

#### **Promotes a healthy lifestyle**

Kids nowadays may daydream of becoming very fit adults like their favorite actors, musicians, sports, etc. The irony is that youngsters nowadays are more sedentary and sicker as a result of this trend. Children may be cured of unhealthy habits via sports and physical education. Chronic disorders including heart disease, high blood pressure, diabetes, and osteoporosis may be managed and their risks reduced with regular exercise. Kids who play sports are more likely to develop into healthy, physically active adults.

#### **Teaches life skills**

Children may be taught to respect themselves and others by making physical education and sports more interesting and accessible to them. They learn to work together, think critically and creatively, and take responsibility for their actions as a result.

#### **Holistic Education**

Physical activity and competitive sports are vital components of a well-rounded education. Children's growth and academic success may be greatly aided by using PE as a teaching strategy. Schools and parents should ensure that children have enough time for play to ensure their healthy growth in all areas.

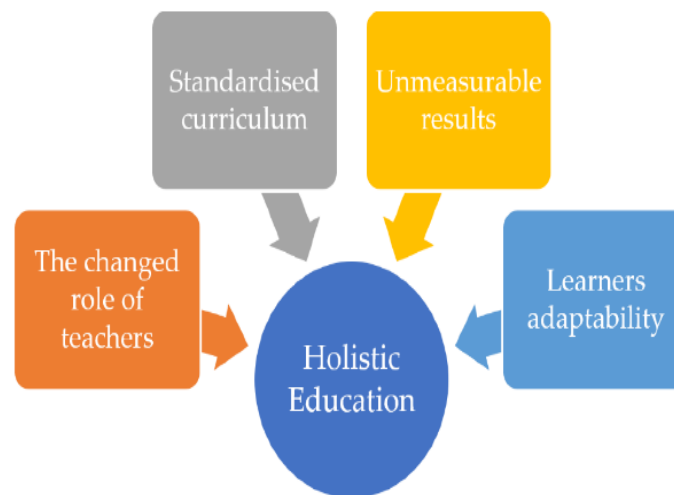
There are several barriers that must be overcome when trying to establish sports education programs on a global scale. The momentum of play and sports may be maintained with the help of parental involvement and school assistance. It's common

knowledge that schools consume a significant portion of kids' time. So, it's clear that the school is the greatest venue to implement new policies regarding sports and physical education. The finest setting for encouraging children to play is found in schools, which offer a play space, infrastructure, friends, teachers, etc.

Parents may help by setting a good example by engaging in more physical exercise themselves and encouraging their children to do the same. With some self-reflection, parents may better direct their children to the school's physical education programs. Parents may provide a good example for their kids by engaging in physical activity themselves, in addition to providing encouragement and support. It's a proven truth that

kids who grow up with active routines are more likely to continue such routines into adulthood and even pass them on to their own kids. Therefore, parents who advocate for and encourage their own fitness are more likely to instill the same values in their offspring.

**Embracing a sporting mindset at a young age is a huge step in the right direction. The adoption of this sports-oriented culture by parents, schools, and the society at large is crucial to achieving this paradigm shift toward physical education and sports. Talent may win individual contests, but only a well-coordinated group can bring home the hardware. As a group, you can do more.**



**Fig 1: Holistic Education**

#### **A- Promoting physical activity in children through family-based intervention**

Regular exercise has long-lasting positive effects on one's physical and mental health. Regular exercise has several health benefits, such as lowering blood lipids, reducing the prevalence of overweight and obesity, improving bone mineral density, and reducing the severity of depressive symptoms. It has been shown that exercise-related behaviors or habits may be passed down from generation to generation. Those who start being physically active as kids and teens are more likely to carry it into adulthood. Recent research suggests that kids' brain power and school success might both improve with regular exercise. It is essential for young people's current and future health that they obtain adequate physical activity.

#### **B-Inactivity in children:**

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### **C-Children's physical activity habits and parental influence**

When it comes to getting youngsters to start exercising regularly, parental guidance is invaluable. This is particularly true of younger children, who spend a disproportionate amount of time relying on their parents' care and attention compared to older children and teens. In the first stages of life, a child's primary socializers are his or her parents. Parents and their children who engage in similar levels of physical exercise tend to have similar levels of health and well-being as adults. In their meta-analysis, Yao and Rhodes found that parental support and example influenced children's physical activity levels. Scientists have shown that there may be benefits for everybody involved if families work to increase their exercise levels.

Parents in Australia are more likely to urge their children to play sports and be active than their Hong Kong counterparts. This might be because parents in Hong Kong value academic success more highly than physical activity. Contrary to the beliefs of these parents, studies have shown that restricting children's physical exercise might have a detrimental impact on their performance in the classroom. Regular exercise, for instance, has been linked to improved intelligence and academic performance in children. Therefore, for the physical activity promotion programs in Hong Kong to have any effect on children's cognitive and academic performance, parent engagement and teaching or reinforcement are key components.

**Weekends are a time for families to come together and spend quality time in Hong Kong. That leaves you with plenty of time to get some physical activity done with the kids. Given this, it makes sense to promote healthy lifestyles via community programs in Hong Kong. This matters because parental involvement and attitudes toward physical activity tend to spread from one generation to the next. Consequently, the intervention's long-term effectiveness may be improved by increasing the activity levels of both children and parents. Research has shown the efficacy of family-based therapy. However, not every effort to get parents moving had the desired effect. New**

**therapeutic approaches, for best success, should build on and expand upon prior studies. For instance, many services geared at families mostly aimed at women. Morgan and his colleagues found that therapies aimed specifically at dads were also effective. Conclusions It's possible that both moms and fathers are major social actors who have an impact on how effective treatments are. However, to the best of our knowledge, none of these initiatives relied extensively on theoretical frameworks. There is also a dearth of hard evidence about the success of such programs.**

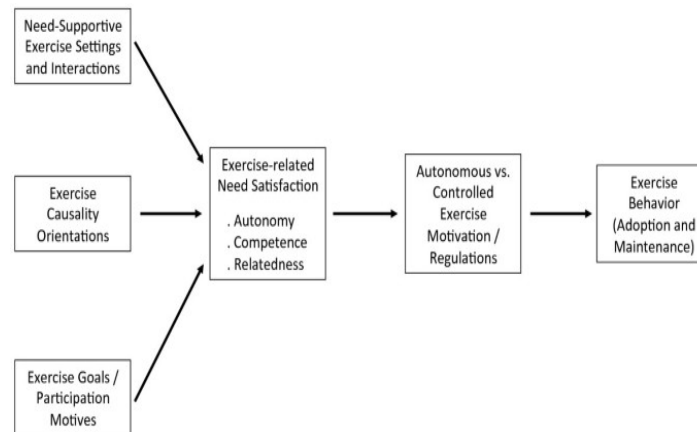
### **D-Physical activity and self-determination theory**

According to self-determination theory (SDT), receiving need-supportive vs regulated assistance may have different effects on motivation or behavior. However, a controlling parent could resort to threats or rewards to persuade their child to obey instead of understanding their feelings and giving them choice. SDT advocates a need-supportive parenting style that has been found to improve children's behavior and mental health by fostering a feeling of competence, autonomy, and relatedness in the kid. However, if controlling actions lead to the frustration or weakening of these crucial needs, children's physical and mental health may suffer. This latter interaction has been investigated in other contexts, including physical education and parenting, but not in parent-child dyads in the context of exercise.

The "Active 1 + FUN" program is an example of a family-based physical activity intervention designed to get fathers and sons moving more. Our secondary goal is to examine how parental communication methods relate to kids' health and levels of physical activity. We believe the proposed intervention will lead to more caring and less strict parenting from parents. The intervention will draw on previous studies while also being tailored to the specific social and cultural context of Hong Kong. The children and their parents will be able to participate in the intervention by attending workshops and other events specifically designed for them. Courses promoting physical activity outside of intervention settings will make use of affordable and widely available sports equipment (such skipping ropes, soft volleyballs,

and sponge flying discs). The courses, which are influenced by SDT, will be interactive and include topics such as healthy living, time management, and successful parenting practices, and will be available to both parents and children. The workshop's organizers want to provide parents a chance to listen to their children's feelings about physical activity and teach them effective ways to

react to such sentiments. In order to better understand FMS, participants will be offered activity planning consultations, parent-child physical activity homework, and online resources, all of which will aid in setting attainable, achievable goals and increasing total physical activity.



**Fig 2: Exercise, physical activity, and self-determination theory**

## CONCLUSION

Parents may inspire their children to participate in physical activity by modeling healthy habits themselves. Participation in sports and other forms of physical activity outside of school is highly valued by Indian parents. Support from parents is crucial to expanding PE and sports programs in Indian schools. To encourage their children to take part in sports and other forms of physical activity, parents should set a good example. In India, parents are generally supportive of their children's involvement in sports and physical education. School-age children have parents who understand the value of exercise for their development. Parents' attention is taken away from sports because their kids are interested in school.

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