

Importance of Games and Sports for School Going Children



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Abstract

Today's children are tomorrow's leaders and investing in development of healthy children is an investment for the future. In this the purpose of the study was to elaborate the importance of games and sports for school going children. According to various studies it was noted that children always try to focus on their academics, neglecting the physical activities which in turn affect their health. Playing sports is recreative way that focuses on overall development of a student. This paper focus on the types of sports, general benefits of sports, benefits of school sports and job opportunities. School sports play an important role for developing the social etiquettes in school going children. By participating in school sports and games, students develop the qualities like loyalty, sympathy, cooperation, honesty etc. All these developments is possible only when the PET (teacher) /coach/mentors is sufficient qualified, efficient and competent.

Keywords: Sports, Children, Health, Fitness, Career.

Introduction

It is well said by Billie jean king, "sports teaches you character, it teaches you to play by the rules, it teaches you to know what it feel like to win and lose, it teaches you about life". Sports, all over the world have gained popularity due to its beneficial role in an individual's life. It not only helps an individual to achieve proper health but also enhances his mental, social and economic conditions. Sports as an activity adopted for recreation or exercise purposes. According to experts, sports are a group of physical exercise which is to be played with specific rules. Mostly the term "sports" is considered when there is a sense of competition among individuals or teams sports is a wide concept & involves various types like cycling gymnastic, athletics etc.

There are huge benefits regarding participation in sports. The increasing problem of high blood pressure obesity, diabetes, cholesterol and all other health related threats is due to a sea change form healthy lifestyle to unhealthy lifestyle. The awareness of adoption of sports has increased the chances of healthy lifestyle manifolds.

In some countries, the participation in school curricular activities along with academics is compulsory. This extracurricular activity is regarded as school sports and games. This generates a healthy & competitive environment in the school. In Indian education system, most of the schools do not focus on extracurricular activities throughout the session and confined to academics only. This generates an inactive character among the students which cause physical as well as mental problems. So, the need of proper co-curricular activities along with academics is essential for overall development of an individual.

Objective of School Sports

The aim of school sports is wholesome development of a child. Sports are highly significant aspect of physical activities. In National Education policy, it has been shown that the overall development of a child is the focus of this educational policy. Only learning the class syllabus is not sufficient for overall development of a child, it must be compulsory that games and sports are included in the school curriculum. It is designed to development basis movement skills, physical fitness as well as to enhance mental, social and emotional abilities of a child.

Types of School Sports

Sports are wide concept and it includes many aspects such as aquatic sports, athletic sports, combat sports, gymnastics etc. Sports in any institution are of two types:

1. Intramural sports
2. Extramural sports

Aim of The Study

Taking part in sports and physical education is important for school going children as it reduces stress and enhances their mood. It builds healthy bones and muscles, increases fitness, improve sleep, helps them socialize, improves their Co-operation skills, boost self- Confidence, lower the risk of getting obese, enhances leadership qualities, better patience and perseverance. Along these benefits games and sports gives various job opp

Intramural Sports

The sports, which are organized within the walls of an institution is called as intramural sports. The students within a school or institution are allowed to participate in them. It helps students to develop the spirit of sportsmanship. The mass participation in these kinds of sports enhances the physical as well as mental fitness. It develops the leadership quality among the students.

Extramural Sports

The sports which are organized outside the boundaries of the school i.e. the sports in which different school/institutions participate together. The rules and regulations are strict as compared to intramural competitions. Skills & techniques are two main components of extramural sports. Students participate with great enthusiasm because the victory is defined for one institution only.

General Importance of Sports

Sound mind lives in a sound body. Sports is essential for physical fitness, mental fitness, social and economic well being. Participation in sports develop sportsmanship, winning and losing attitude, cooperative attitude, develop good character, leadership quality, boost morale and enhance the economic conditions. It reduces academics pressure and stress. Sports prepare the student for the future challenges. Sports help an individual to think creative and extra ordinary. The individual maintains a healthy and cooperative attitude with his colleagues. Sports activities are organized in every society, companies and industries once in a month for the purpose of recreation and enjoyment. It not only helps in attaining the physical & mental fitness but also enhance the mood of an individual.

Importance of School Sports

We all know air, water, food and shelter are considered as primary and basis need of life but to live a life which is considered to be healthy and immune to various diseases, a healthy lifestyle is needed. This healthy lifestyle includes balance diet, exercise and participation in sports and games. Sports and games are inseparable part in human's life. Active participation in sports help students to improve their health and also cure and prevent some dangerous types of diseases. Those students who do not take part in physical activity tend to be overweight, have respiratory problem, cardiovascular problem, emotional stress etc. On the other hand students who take part in game and sports always live happy and positive life. A child participates in games and sports by his choice without any external pressure. So, schools act as an important platform to take out the hidden talent that lies within the students. School

provides different opportunities for choosing the game or sports according to their interest. If the student wants to play individual then he/she can choose cycling, swimming, fencing etc. On the other hand if he/she wants to play in team he/ she can join football, cricket, volleyball etc. While participating in school sports various social qualities are development such as loyalty, sympathy, cooperation, honesty etc.

The qualities of sportsmanship such as correct attitude, acceptance of lose, control emotions, and follow the rules in real life, respect the senior players etc are developed due to school sports. These qualities are not to only important while playing sports but also important while spending a valuable life.

The role of sports for the overall development of students is stated under:-

Physical Development

Participation in sports enhances the physical fitness of the student. It helps for the betterment of the various systems in human body such as circulatory system, respiratory system, excretory system and digestive system. Sports are related to physical activities. It helps to attain proper shape which enhances the confidence level of the student. It develops the overall personality of the student.

Mental Development

Alertness of mind, deep concentration and common sense are important factors which are developed through participation in games and sports. Alertness of mind increase when the student understands the new situations and these situations can be created in sports and games. It enables the student to take decisions independently. It creates the leadership qualities among students.

Social Development

Social development is an important aspect to live better life. Games and sports provide number of ways to develop these qualities. Sports prepare the students for facing the challenges of life. When a school team participate in a competition, the students of different ages, religions, classes, caste ,sex etc. gets an opportunity to participated together and learn the sense of brotherhood, cooperation as well as coordination. Students who participate in games and sports live happier & has positive attitude towards others and stay healthy.

Economic Development

As we discussed about some benefits of participation in school sports, there are other addition benefits which is directly related to economic conditions of an individual. With the increasing demand of professionalism in sports, it can be opt as career. Due to this, many countries frame new policies for the educational institutions for grooming the sports.

School offers various competitions and tournaments to display the talent of students. School sports are a right pathway for achieving the success in sports category. Schools organize intramural sports and select the excellent player, and then these players get an opportunity to participate in extramural sport. The experts had an eye over these tournaments. The capable students get an opportunity to participate in national and international level. There

are many famous athletes who initiated their journey from school. School sports is considered to be a good platform for the initial.

It is the responsibility of the school administration to encourage students for participating in different games & sports. School should appoint professionals and trained P.E.Ts and coaches to train the students. Co-curricular activities should be made compulsory along with school curriculum. Along with sports, school should organize awareness of healthy lifestyle such as avoiding smoking and drinking, staying away from crime, utilizing their leisure time to build character etc. Following are the data collected about the awareness benefits of sports.

Total number of students = 160	
Number of boys	97
Number of girls	63
Total number of students who participate in sports	27
Number of students who are aware regarding sports benefit	13
Number of students increased after the awareness regarding sports and its benefits	28
Total number of students who participated in sports after awareness	55

Career opportunity

Sports involve huge career opportunities for youth. As people were less aware about physical activities and health, this subject is newly introduced to create the awareness about health and physical activities. The recent introduction of this subject creates a lot of vacancies in schools and colleges. Eminent sportsperson offers a lot of career opportunities such as sports academy, health clubs, sports goods manufacturing companies, training to athletes etc. Following are some career options.

1. Teaching career: To make the awareness of health and benefits of sports, teacher plays an important role. Teachers are required to maintain discipline and to teach students how to live better and happy.
2. Coaching career: Many sportsperson opt coaching as a career. In colleges and universities, these coaches are appointed to give special training to respective team so that they can participate in inter college and interuniversity competitions. Numerous job opportunities are also available in state sports department and sports authority of India.
3. Health related career: In this 21st century, every individual desire to be physically fit and healthy, this desire can be only fulfilled when the

individual does a lot more exercise, have a balanced diet and have proper nutrition. Only a dietitian can suggest all these to an individual so the career option as a dietitian has a wide scope.

4. Performance related career: Only a few skilled players get an opportunity to participate in Olympics and world championship, but remaining players get other opportunities such as they get jobs in various government sector i.e. defence services, railway, education department. The professional players in various games such as UEFA league (FB), IPL (Cricket), US open League in tennis etc. earn more than an average worker during their life time. Lionel Messi is currently one of the world's highest paid sportsperson. Along with Messi, Cristiano Ronaldo (FB), Roger Federer (tennis), Tiger wood (Golf) MS Dhoni (Cricket), Virat Kohli (Cricket) etc. are also among highest paid sportsperson.

Conclusion

Thus, sports and games develop the overall development of school going children. It enhances the physical, mental, social and economic well being of an individual. It helps to eliminate various diseases. It develops the social qualities such as loyalty, interaction, cooperation, honesty etc. School sports makes an individual healthy and a healthy person tend to live happy life. School sports are a platform where students display their talent and skills and get various opportunities to participate in national and international tournaments. We can conclude that sports and games are essential part of an individual's life. It has an equal importance as that of academics.

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