

Aims and Objectives of Physical Education

By

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Physical Education

Education

“ Change of behavior of an individual ”

Physical Education

“ Change of behavior of an individual through the medium of big muscle activity or Physical activity ”

Aim of Physical Education

**“ Wholesome development of human personality or
complete living ”**

Physical Education

Education

“ Education is a process in which and by which knowledge, character and behavior of the young are shaped and molded”

Physical Education

“ The word Physical education is derived from two separate word,

Physical and Education

Physical is relating to body it may related to any or all the bodily characteristics, it may be physical strength, physical endurance, physical fitness or physical health.

The word education means systematic instruction or training preparation for life,

A combined meaning of these two words would be that systematic instruction or training which its relate to physical activities or programme for development and maintenance of human body.



Physical Education

Definition

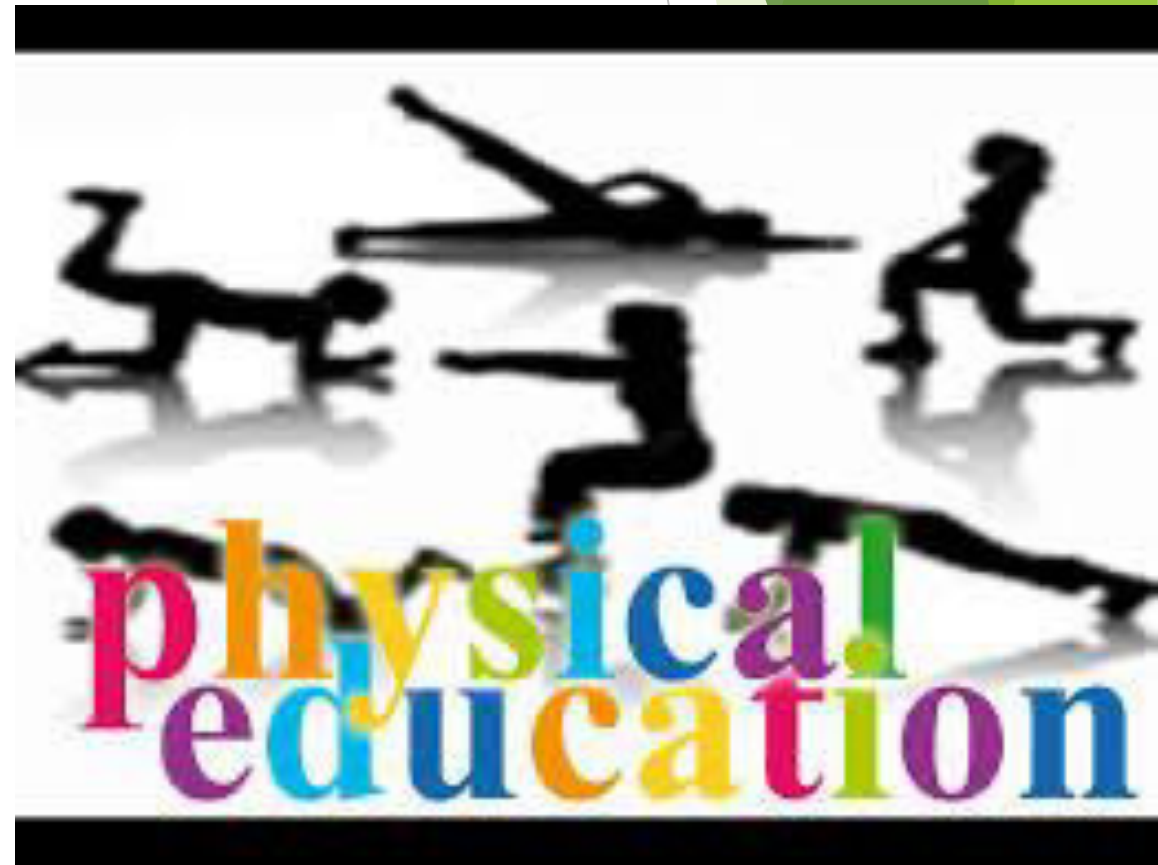
Physical education is that part of the general education programme, which is concerned with the growth development and education of children through the medium of big-muscle activities. It is education of the whole child by means of physical activities, Physical activities are the tools they are so selected and conducted as to influence every aspect of child's life physically mentally emotionally and morally

-HC Buck



Objectives of Physical Education

- **Development of Physical fitness components**
- **Development of Neuro muscular co-ordination**
- **Acquisition of Motor skills**
- **Development of Mental ability**
- **Social development**



Objectives of Physical Education

Development of Physical fitness components

- **Physical activity**
- **Physical fitness components**
- **Speed**
- **strength**
- **Flexibility**
- **Co-ordination**
- **Power**



Speed



Objectives of Physical Education

Development of Neuro muscular co-ordination

- **Ability to cutdown the waste movement**
- **Developing body awareness- Body control, efficient movement**
- **Physical movement**
- **Graceful movement**



co-ordination



Objectives of Physical Education

Acquisition of Motor skills

- **Technique- Motor procedure for tackling a motor task – movement of body parts in a definite sequence is called motor procedure.**
- **Sports skills**
- **Leisure activity**



Motor skills



Objectives of Physical Education

Development of Mental ability

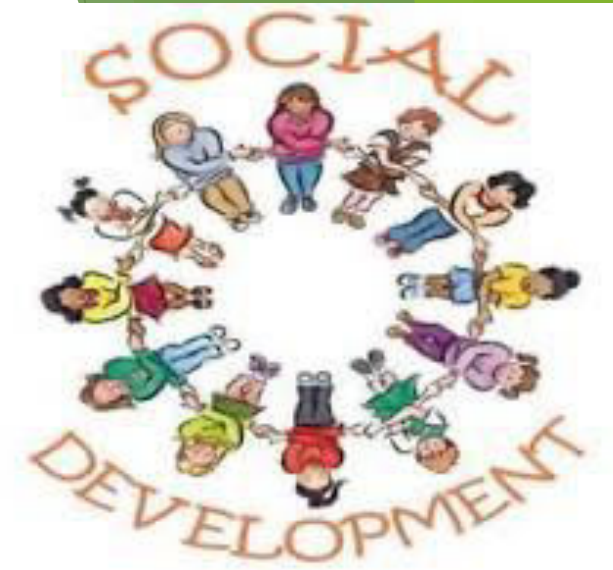
- **Acquire knowledge- rules of games, new technique**
- **Know about body**
- **Importance of sanitation**
- **Importance of exercise**
- **Disease prevention**



Objectives of Physical Education

Social development

- **Social qualities**
- **Helping an individual**
- **Personal adjustment**
- **Co-operation**
- **Friendship**
- **Courtesy**
- **Honesty**
- **Respect for authority**



Importance of Physical Education

