

FOUNDATION OF PHYSICAL EDUCATION

CLASS IX | CBSE | CHAPTER 1

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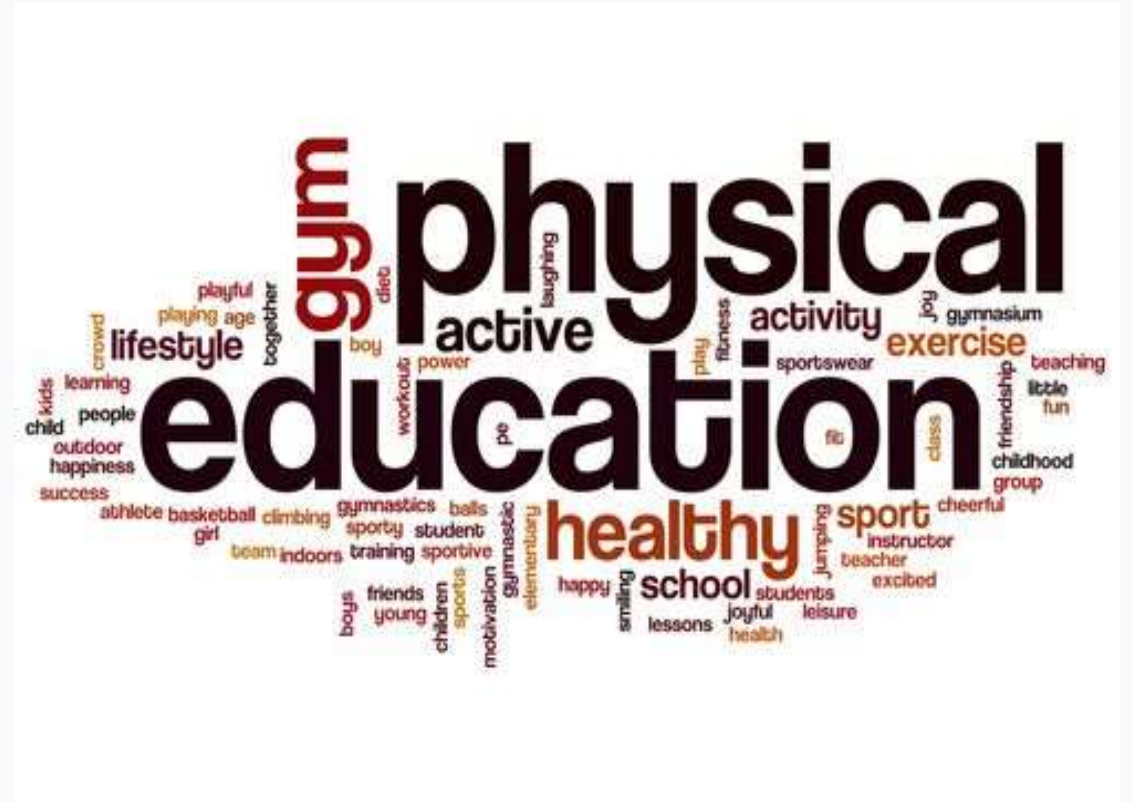
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Meaning of Physical Education

- **Physical Education** is education through physical activities such as games, sports, exercise, yoga, and recreation.
- It actively promotes the overall development of an individual and encourages a sustainable, healthy lifestyle.

Key Point:

Physical Education = Education through Physical Activities for Overall Development.



Definition of **Physical Education**



Physical Education is an integral part of the total educational process that aims to develop an individual physically, mentally, emotionally, and socially through selected physical activities.



— **Charles A.
Bucher**

Simple Definition: Physical Education helps in the complete holistic development of a person through carefully planned physical activities.

Aims of Physical Education

Holistic Development

The primary aim of Physical Education is to achieve the overall, comprehensive development of an individual.

This is accomplished by continuously improving:

- ✓ **Physical Fitness**
- ✓ **Mental Health**
- ✓ **Motor Skills**
- ✓ **Social Values & Character**

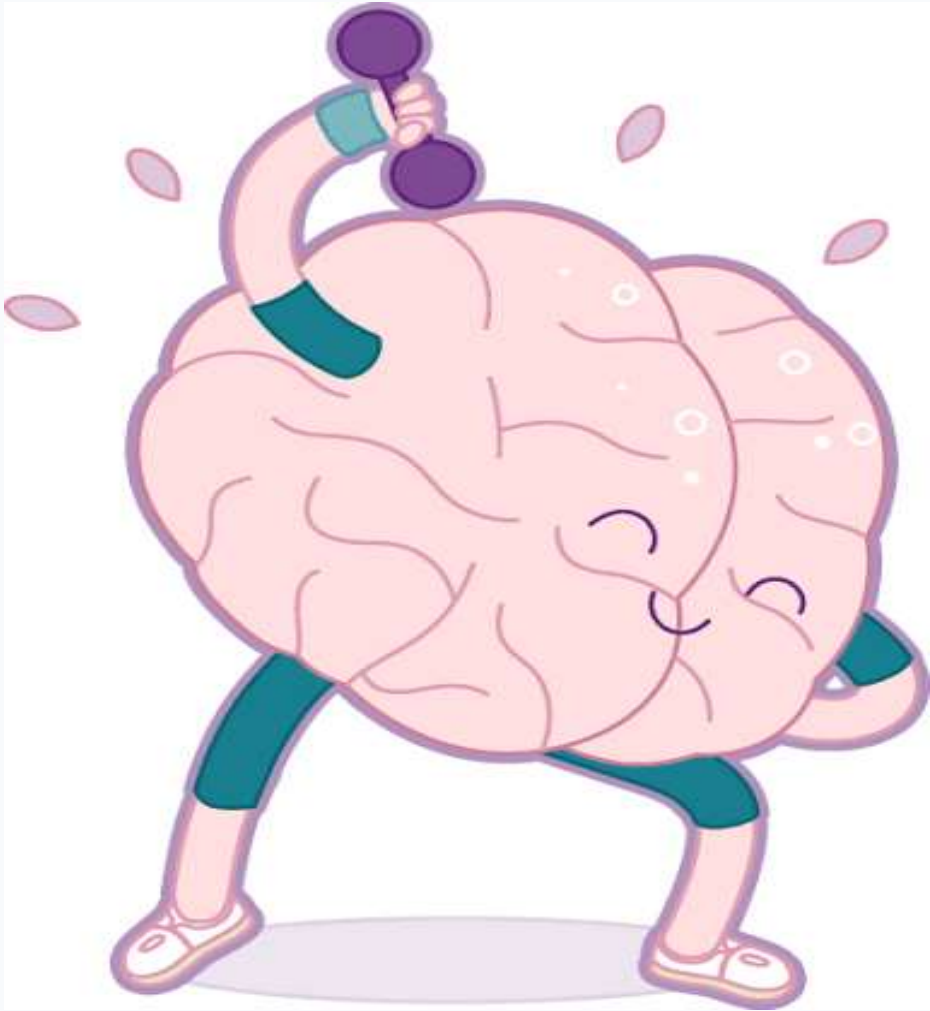


Objective: **Physical Development**



- Improves foundational **strength, endurance, flexibility, and stamina** necessary for daily tasks.
- Enhances overall physical fitness levels and critically corrects body posture.
- Promotes healthy organic growth and serves as a strong barrier for disease prevention.

Objective: Mental Development



Sharpening the Mind

-  Improves cognitive concentration and active memory retention.
-  Develops critical decision-making and rapid problem-solving skills during play.
-  Significantly reduces stress levels and improves overall mental well-being.

Objective: Motor Skill

Physical Education profoundly enhances the nervous system's command over the muscular system.

Balance & Coordination Improves general body coordination and core balance.

Speed & Agility Develops agility, raw speed, and split-second reaction times.

Movement Efficiency Enhances accuracy and overall movement efficiency in performance.

Gross Motor Skills

Examples of everyday movements that are gross motor skills include:



Standing.



Riding a bike or skateboard.



Running.



Bending over.



Throwing and catching a ball.



Waving your arm.



Doing a cartwheel.



Raising your arms and hands.



Swimming.



Jumping.



Twisting your torso.



Walking.

Objective: Social Development

Building Team Players



Teamwork: Encourages working cooperatively towards shared goals.



Leadership: Develops leadership and effective communication skills on the field.



Sportsmanship: Promotes mutual respect, discipline, and fair play among peers.



Objective: Emotional & Character



Emotional Development

- Builds solid self-confidence and emotional self-control.
- Helps manage emotions positively, even under high pressure.
- Develops internal courage, patience, and mental resilience.



Character Development

- Develops honesty, integrity, and ethical behaviour.
- Encourages a deep sense of responsibility and strict discipline.
- Promotes absolute fairness and builds a positive life attitude.

Chapter Summary: **Key Takeaways**

 **Core Concept:** Physical Education is education through active physical activities.

 **Ultimate Aim:** It aims at the absolute holistic development of every student.

 **Key Objectives Achieved:**

✓ Physical Development

✓ Motor Skill Development

✓ Emotional Development

✓ Mental Development

✓ Social Development

✓ Character Development

**"A Healthy Body Leads
to a Healthy Mind."**
