

Learning Objectives



Historical Journey

Understand Physical Culture in
Ancient India and Physical
Activities during Medieval India.



Modern Era & Schemes

Explore Physical Education in
Modern India and key
government initiatives promoting
fitness.



Literacy & Careers

Learn the components of
Physical Literacy and explore
diverse Career Prospects in
Sports.

Physical Culture in Ancient India

Physical education was an **important part of** **daily life** and education.

Key Features

- The **Gurukul System** emphasized physical, mental, and moral development.
- **Yoga** improved health, concentration, and self-discipline.
- **Traditional Martial Arts** developed strength and self-defence.
- **Traditional games** promote teamwork and fitness.



Gurukul System

Students lived with their teacher (Guru) and received holistic education aimed to **develop discipline, fitness, and character.**

Activities Included:

- Yoga and Meditation
- Archery
- Swimming
- Running and Wrestling
- Horse Riding
- Physical Exercise

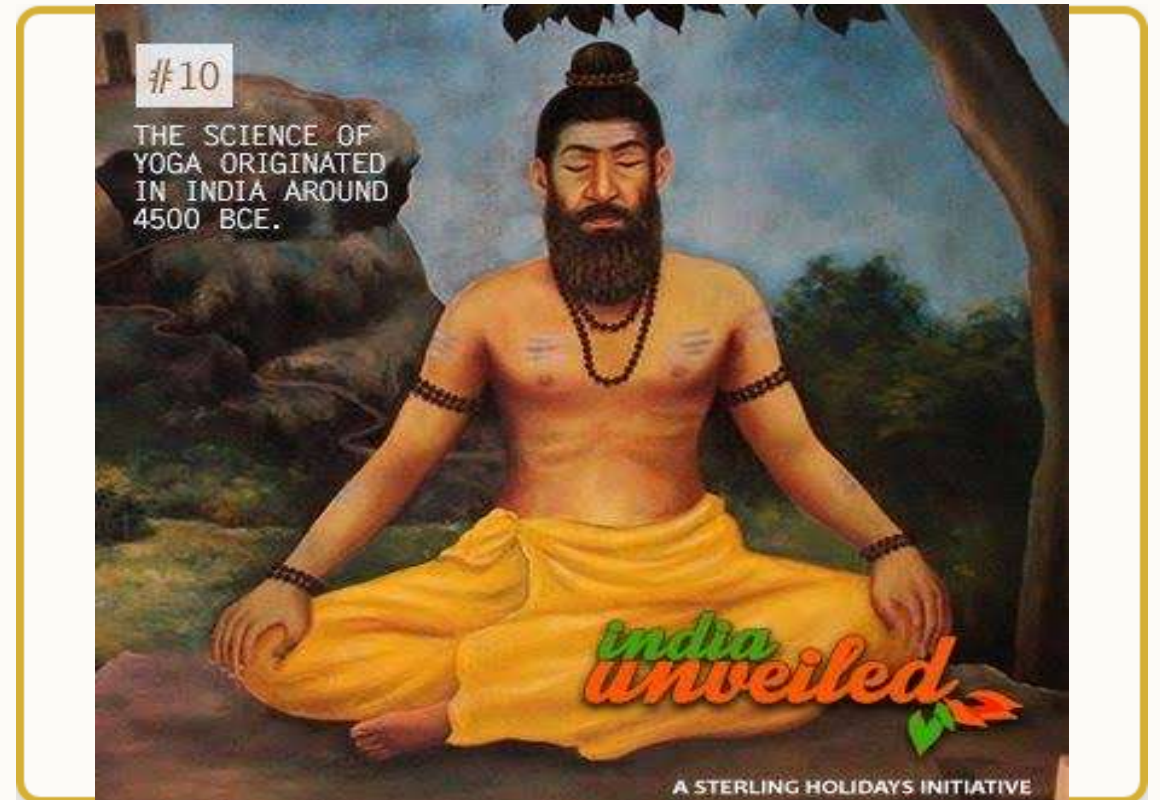


Yoga in Ancient India

Yoga is India's ancient system for maintaining **physical, mental, and spiritual well-being.**

Benefits of Yoga

- Improves flexibility and balance
- Enhances concentration
- Reduces stress
- Promotes overall health



Traditional Indian Arts & Sports

Martial Arts

Kalaripayattu

Gatka

Thang-Ta

Silambam

Traditional Sports

Kabaddi & Kho-Kho

Wrestling (Malla Yuddha)

Archery

Mallakhamb

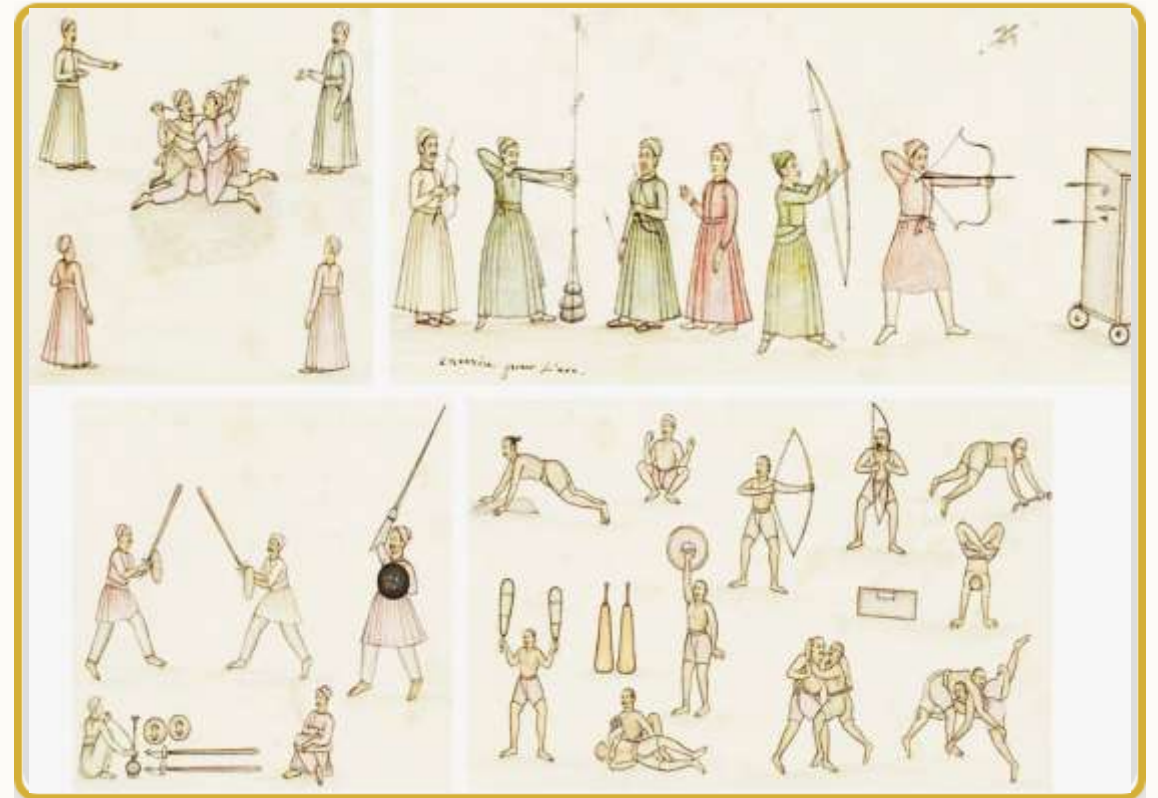
Purpose: Fitness, courage, discipline, and self-defence.

Physical Activities in Medieval India

Physical activities were mainly associated with **warfare and military training**, improving strength, endurance, and combat skills.

Popular Activities

- Horse Riding
- Wrestling
- Polo (Chaugan)
- Sword Fighting
- Archery



Physical Education in Modern India

The Government of India has launched several programmes to promote sports and fitness.



Sports Authority of India (SAI) – Developing sports talent and infrastructure.



Khelo India Programme – Reviving sports culture at the grass-root level.



Fit India Movement – Promoting daily physical activity and healthy lifestyles.



Netaji Subhas National Institute of Sports (NSNIS) – Coach education and high-performance training.

Sports Authority of India (SAI)

Established: 1984

Key Functions:

- Develops sports talent across the nation.
- Provides high-quality coaching and training.
- Manages and upgrades sports infrastructure.
- Supports elite athletes for international competitions.



Khelo India Programme

Vision: Sports for All

Launched in 2018

Objectives:

- Promote sports among youth at grassroots
- Identify and nurture talented athletes.
- Improve sports infrastructure nationwide.
- Encourage mass participation in sports.



Fit India Movement

Motto: "Fitness Ki Dose, Aadha Ghanta"

Launched in 2019
Roz

Objectives:

- Encourage daily physical activity.
- Promote healthy lifestyles.
- Increase awareness about fitness.
- Reduce lifestyle diseases.



Netaji Subhas National Institute of Sports

Known as: The "Mecca of Indian Sports"

Functions:

- Coach education and certification.
- Sports science research.
- High-performance athlete training.
- Development of sports professionals.

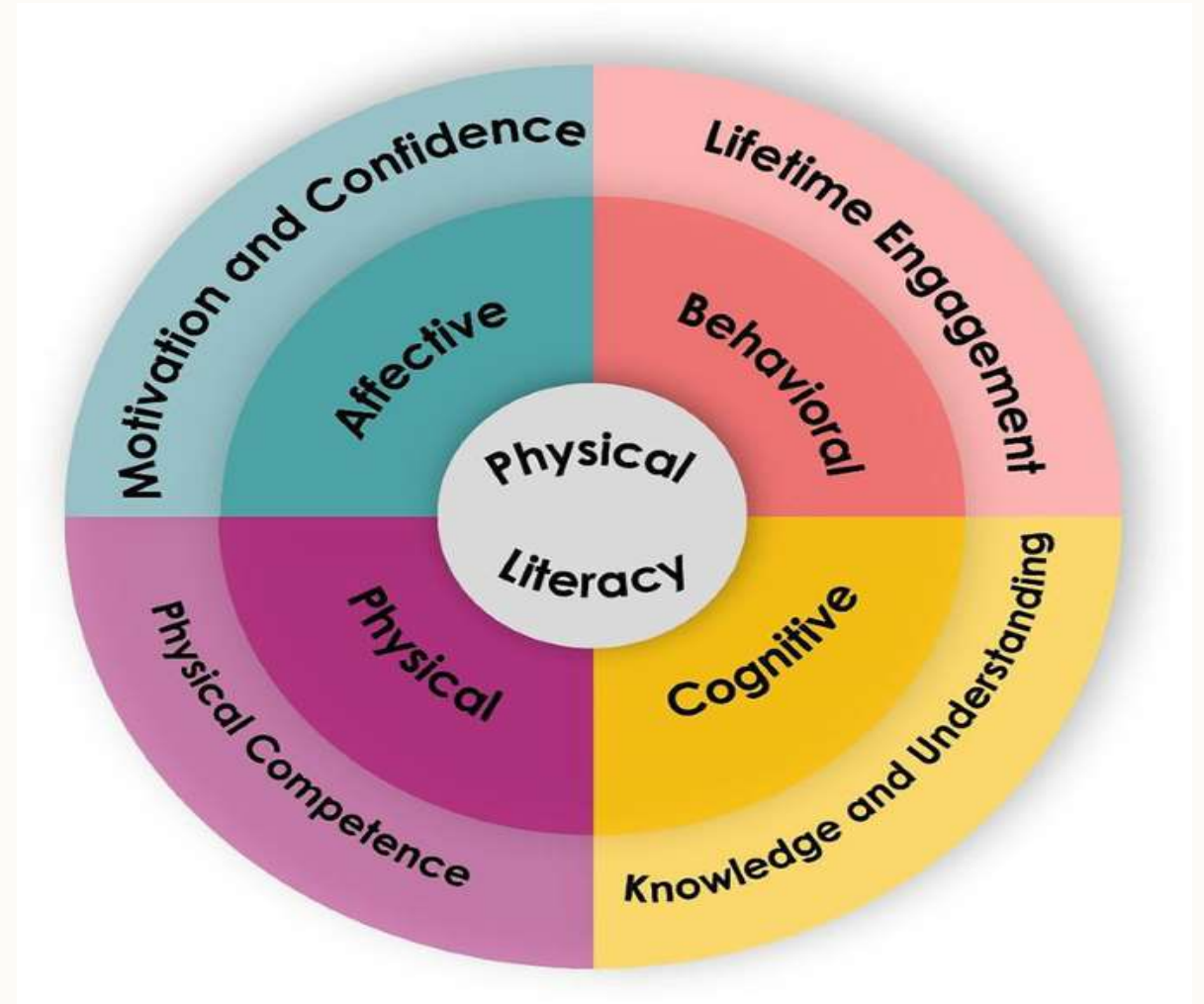


Introduction to Physical Literacy

Physical Literacy is the ability, confidence, and motivation to participate in physical activities

It helps students:

- Stay active
- Develop movement skills
- Build confidence
- Maintain lifelong fitness



Components of Physical Literacy



1. Movement Skills

Running
Jumping
Throwing
Catching
Balancing



2. Physical Fitness

Strength
Endurance
Flexibility
Speed

Components of Physical Literacy (Cont.)



3. Motivation & Confidence

- Positive attitude towards physical activity
- Self-confidence
- Willingness to participate



4. Knowledge & Understanding

- Importance of exercise
- Health and nutrition
- Safety during activities
- Benefits of active lifestyle

Career Prospects in Physical Education

- Physical Education Teacher
- Sports Coach
- Fitness Trainer
- Yoga Instructor
- Physiotherapist
- Sports Nutritionist
- Sports Psychologist
- Sports Journalist
- Sports Manager
- Referee/Umpire

Summary: Key Points

✓ **Ancient India:** Promoted physical culture through the Gurukul System, Yoga, Martial Arts, and Traditional Sports.

✓ **Medieval India:** Emphasized military-based physical training and warfare skills.

✓ **Modern India:** Supports sports aggressively through SAI, Khelo India, Fit India Movement, and NSNIS.

✓ **Physical Literacy:** Develops lifelong participation, skills, and confidence in physical activity.

✓ **Careers:** Sports and physical education offer diverse and rewarding professional opportunities.

Thank You!

Questions & Discussion

*"Physical Activity Today, Healthy Future
Tomorrow!"*