

Life Skills Through Physical Activity Program

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Abstract

Life skills do not naturally occur just by playing a sport but are to be taught by physical education teacher, coaches and school authorities. If the team has a well-qualified coach and his philosophy focused on building relationships and involving student-athletes in decision-making. Proper opportunities provided by the coach for the athletes helps to improve initiative taking, make decisions, and take responsibility.

With the general objective to increase the life skills through physical activity program, researcher conducted structured Physical activity program on the students of grade 5 & 6 from Pune. It was observed that through interactions with peers in sport contexts, hard work and teamwork taught in sports, strong intramural program, frequent fitness testing improved many life skills. The results have been positive; students learnt social skills Hence Physical activity at the Primary Education is absolutely necessary.

Key Words: PE teacher, Skills, Personal Responsibility, Social Skills

Introduction:

Many people say and believe that various 'life are learned through sport. Many life skills such as improved self-esteem, emotional regulation, problem-solving, goal attainment, social skills, and academic performance have been associated with sport participation.

Life skills do not naturally occur just by playing a sport but are to be taught by physical education teacher, coaches and school authorities. If the team has a well-qualified coach and his philosophy focused on building relationships and involving student-athletes in decision-making. Proper opportunities provided by the coach for the athletes helps to improve initiative taking, make decisions, and take responsibility.

Research suggests physical activity can help adolescent children develop important skills such as leadership and empathy. In turn, these skills can influence healthy behaviours. While team sports and physical activity have been associated

with improved self-esteem, better nutrition and healthy habits and self discipline among children, several studies suggests that fostering leadership skills and empathy in children may reinforce healthy lifestyle behaviours.

Players or students in physical education classes are punished if they are not demonstrating respect to classmates, teammates or opponents. Also leadership and responsibilities can be improved with experiences in games, activities or in intramurals.

Methodology: Researcher conducted a physical activity program and checked whether life skills of the students can be improved or not by experimental research.

Population and Sample: Researcher selected students from grade 5 & 6 from the Magarpatta City club from Pune. Total 30 Students were selected by purposive sampling technique.

Physical activity program was conducted on them for 12 weeks and then on the basis of check list and observation sheet, life skills of the students were recorded for the analysis.

Conclusions: Regular participation in structured physical activity program helps in developing following life skills.

- Ready to participate actively and positively
- Sharing and understanding with group increases
- Learn to as a part of group in activity
- Respects ideas of others and shows consideration of others
- Encouragement of others positively
- Listens others actively
- Understanding, cooperation and use of good language when talking to others
- Works hard – able to monitor effort, aware of heart rate and intensity
- Sense of belonging – feels respected by others
- Sense of achievement and success through appropriate goal setting
- Confidence, leadership, and teamwork

Discussion: Studies have shown children attending an elementary school learned about life skills through their physical education (PE) classes, intramurals, and sport teams. In PE, the importance of a specialist PE teacher and establishing clear boundaries during lessons while providing children with perceptions of

choice were important. Children enjoyed intramural sports, but there were few attempts to create an appropriate developmental atmosphere during these sessions.

Physical Education in Primary Education is absolutely necessary. Coaches can help players in developing life skills by high involvement in decision-making, evaluate in terms of individual effort and improvement and learning new strategies and skills is encouraged. Within such a structure, coaches may then be able to target specific life skills, such as athletes taking personal responsibility for their preparation, equipment, behaviour, and effort.

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