

## **CHALLENGES AND INNOVATIVE IDEAS IN PHYSICAL EDUCATION AND SPORTING ACTIVITIES**

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### **Abstract**

The aim of this paper is to spot this trends and challenges in education and sports and supported these current challenges, future trends and challenges would be discussed. There are various factors which are diminishing the interest of scholars in education activities. Although the education is being taught as part of curriculum all told the colleges but lack of adequate time and trained teachers, good facilities are accountable for little interest during this field. the long run challenges to create this field interesting involves an adequate curriculum, sufficient funds allotment for holding various competitions and role of technology to form awareness about the importance of physical activities and sports in our lifestyle of these issues are discussed within the present study.

**Keywords:** Challenges, education, sports, technology, activities

### **Introduction**

Importance of education has never been emphasized quite it's today. It's widely recognized that education (PE) and sports has relevancy and important in developing an energetic and healthy lifestyle and therefore the solution to rising obesity rates worldwide. Although in most countries, education is a component of the college curriculum, lessons aren't given, thus resulting in a reduced experience of physical activity for youngsters and youth. The practice of a physically active lifestyle together with healthy nutrition, however, must be started in infancy. Therefore, ensuring that each one children engage in regular physical activity is

crucial, and also the schools are the sole place where all children is reached. Quality education is that the simplest and inclusive means of providing all children, whatever their ability/disability, sex, age, cultural, race/ethnicity, religious or social background, with the talents, attitudes, values, knowledge and understanding for lifelong participation in physical activity and sport and is that the only school subject whose primary focus is on the body, physical activity, physical development and health. the current study will identify this trends, issues and challenges in PE and sports supported which future challenges are going to be addressed.

Physical Education (PE) develops students' competence and confidence to require part in a very range of physical activities that become a central a part of their lives, both in and out of faculty. A high-quality PE curriculum enables all students to enjoy and achieve many forms of physical activity. They develop a good range of skills and also the ability to use tactics, strategies and compositional ideas to perform successfully. after they are performing, they consider what they're doing, they analyse the case and make decisions. They also reflect on their own and others' performances and find ways to boost upon them. As a result, they develop the boldness to require part in several physical activities and study the worth of healthy, active lifestyles.

#### Challenges in School PE and Sports:

The "reality check" reveals several areas of continuous concern regarding current trends in PE and sports. These area embrace: education not being delivered or delivered without quality, insufficient time allocation, lack of competent qualified and/or inadequately trained teachers, inadequate provision of facilities and equipment and teaching materials, large class sizes. it's noted that the quantity of your time dedicated to education has been diminished within the school curriculum throughout the globe. The responsibility rests directly on the shoulders of physical educators to confirm that the importance of their subject material is known and embraced as part of their schools' overall curriculum. Today, over ever, the education curriculum must be linked to the well-being of kids and youth as they matriculate through the curriculum. Furthermore, the importance of physical activity as some way of making greater attentiveness within the classroom has not been recognized.

## Competencies in PE and Sports

“The aim of education is to develop physical competence so all children are able to move efficiently, effectively and safely and understand what they're doing. Schools often work with community agencies altogether sectors of society— private and commercial, non-governmental and government organizations— to plan and develop programs on a cooperative basis. a crucial component in developing the joint use of resources is that the establishment of a program of communication and interaction. because the joint use of resources implies a sharing of human fiscal and physical resources, it requires that the leaders of cooperating organizations develop close relationships and partnerships among people, agencies, and institutions. A key consider building cooperative relationships is that the importance of leadership that's willing to beat issues associated with territoriality, inertia, legal mandates, tradition, fear of the loss of power, feelings of ownership, the misunderstanding of programs, and others. Such cooperative activities improve the accessibility to programs and services, additionally as areas and facilities. during this way, the talented students are going to be sponsored through different agencies to require part in numerous competitions. In India specially where there's such a lot talent but because of lack of monetary funds, many students lacks behind even being so talented.

## Role of Technology

Children born within the early a part of this millennium are called the “iGeneration” (Rosen, 2010, 2011). This group of people has access to types of technology exceptional just twenty years ago. they need never known life without wireless high-speed internet connections, cellular phones with data connections, texting or video gaming consoles. Most of them are very aware of technology interfaces, using apps and social media on a daily basis. The implications of such dramatic changes in access to technology among children and youth should be self-evident all told learning areas. Applications in health and education pedagogy are available and may be applied to complement and enhance curricular offerings in most school settings. Numerous technological applications focused on promoting physical activity and fitness are available and simply accessible. Students are going to be required to demonstrate competency in basic motor

skills and also competence in using technology. Teachers also will be required to realize knowledge of up to date, technology-based instructional strategies. Technology holds promise for the way that students learn and also for the way within which teachers teach. Physical and health educators are challenged to become more tuned in to a technology-driven environment that has enhanced opportunities for learners well beyond the walls of the standard classroom setting. Technology thus can play vital role in generating the interest in education and sports activities.

#### Conclusion:

The current practices and present curriculum must be modified to get interest of scholars in education and sports activities. the long run challenges will mainly be the suitable curriculum to be made and followed and to form available adequate funds from various organisations so as to support the needy but intelligent children in order that they will only specialize in their game without fear about the funds. The technology will play a crucial role in expanding and creating the interest in physical activities. The importance of education and sports activities are being identified in today's world and efforts are being made to enhance the situations so more and more talent will be recognised.

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