



The Changing Face of Physical Education in International Schools

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Abstract

Physical education is a lifelong learning process, its way of teaching and learning keeps on changing with the passing times just like the images keep changing in a kaleidoscope. This is mainly because physical education is such a vast field – a science and an art. Experimentation in its scientific aspects and finer detailing in its techniques is always being researched for the betterment of the teaching learning process. The main objective of this article is to bring to light the ways in which the pattern of teaching and learning physical education has changed with the growing times. Nowadays curricula have turned inquiry based where the spoon feeding method like the teacher demonstrates and the student merely imitates is becoming redundant. The teacher’s role is turning into a facilitator as the learners are becoming more technically sound. The pattern of physical education in international schools is taking the phase of inquiry based learning. Just as all other subjects of study are taking an approach of beyond the classrooms, Physical education which is a doing phenomenon – is moving towards research and application of the mind and body dynamics beyond the playground.

Keywords: Lifelong, experimentation, teaching learning process, spoon feeding method, redundant, facilitator, inquiry based learning, technically sound, research, application.

Introduction

Physical education is a subject that has spread its roots into the education system far and deep. This is because every now and then the need of sports as a recreation, the need of physical training to keep disciplined and fit is felt. But, this subject has always been treated as an extracurricular activity. Now, as education is turning global the role of physical education is changing too¹. Curricula like the International Baccalaureate and the International General Certificate of Secondary Examinations consider developing young, caring, knowledgeable and lifelong learners who are active and can interact and have their own identity². Physical Education has been mainstreamed and given greater importance than it used to be given³. This is because research has shown that physical education helps in development of the entire human being as a whole and not just the development of the physical self.

Main Text

Face of physical education in the earlier times: During the earlier times physical education classes were more referred to as games periods or P.T (Physical training) in the time tables in schools. There were no set curriculum to be followed and it was just a recreational activity. It was more of playing a game by division into teams made by the teacher who acted as the referee or umpire E.g.: A five over cricket match. The girls on the other hand, played with skipping ropes or the swings. In the junior classes it was more of recreational games that were played. There were games played and school teams formulated but the

chosen few were given the specific training mostly after school hours or in an extra coaching class at school.

Physical education today: First of all in today’s times physical education has gone global and the meaning and need of it is felt by one and all. With the world of the internet and exchange program’s occurring globally a set curriculum for physical education was formulated. The curriculum is so designed to equip the 21st century learner to develop in the following areas: i. Physical self and well being to lead a healthy life style, ii, To broaden one’s own perspective in learning. iii. To interact and maintain a harmonious relationship with others in the society, iv. To develop one’s inter personal and inter cultural relation in the national and world community^{4,5}.

All of the above culminate into broadening one’s mental horizon. Moreover, with the curricula like the International Baccalaureate gaining momentum and young learners enriched with prior knowledge, which has become so reachable with the click of the mouse⁶⁻⁸. The teacher is also bound to research, plan and present their lessons with innovation to catch the learner’s attention⁹. The approach has become more inter disciplinary and bent to make the learners all rounder’s from the grass root level.

Table-1

The approach that a physical education class takes in an international school

Unit Of Inquiry	Duration	Grade
Potpourri of cultures	6 weeks	Grade V

This unit of inquiry will be followed by Grade V in every subject

Week wise plan that would be followed in physical education is given below:

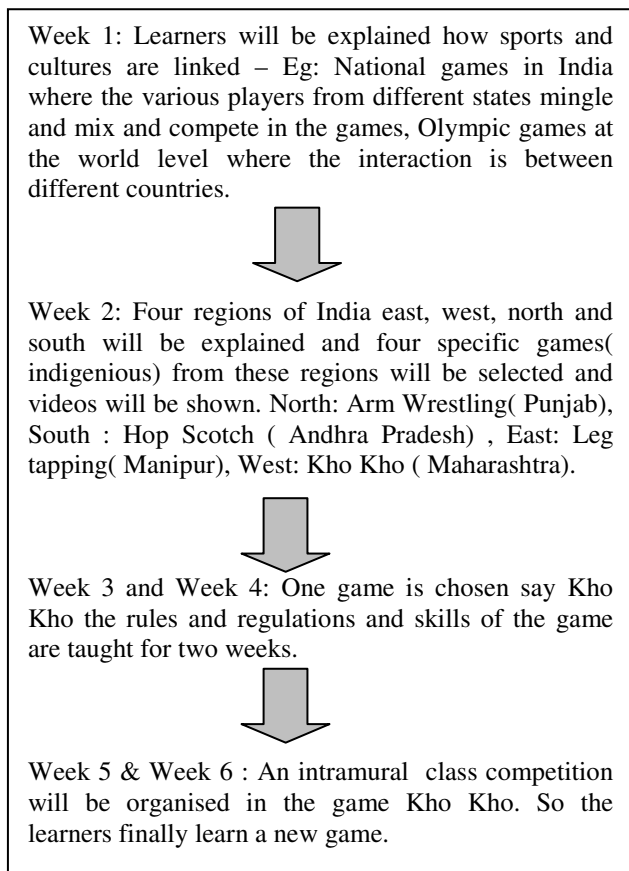
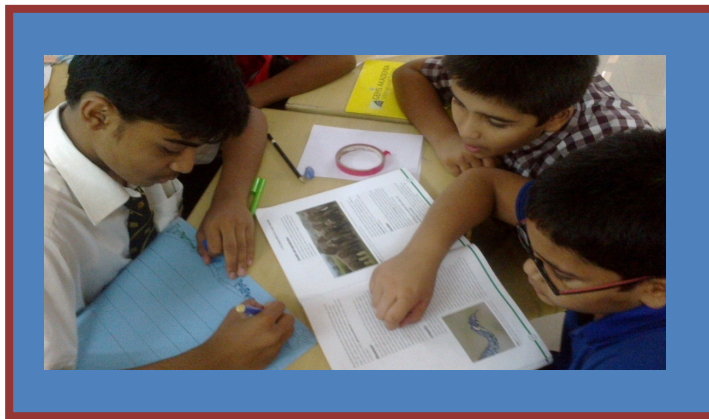


Figure-1

Discussion

Thus the learners are not just learning the new game Kho Kho, but they are multi tasking: i. Learners get to know about cultures in India¹⁰. ii. Learners are enlightened regarding the Olympic Games and how it acts as a platform for the players and athletes of the world to showcase their talent. iii. Questions in the learners mind are brought out in the form of activities. iv. Learners understand direction and the four parts of the country. v. Names of states become known to them. vi. They come across indigenous games, the concept and learn four games. vii. This can go further where they can be told to research and find one more game from each region. viii. Finally they learn the skills and techniques of one particular game and play it. ix. Learners understand the meaning of healthy competition and the vitality of intramural competitions in schools. x. Many videos, scrap book pages are made as the explanation to the learners is given. xi. There are two pictures as an evidence of group work being performed shown below.



Conclusion

Thus physical education, its need and facet in the modern era are changing immensely. It has gone beyond just playing games and participating and winning medals in competitions. Neither is it just calisthenics, drills and physical training. Physical education is now research and a thought instilling process in young minds making them active learners and thinkers.

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