

Vidya Bhawan Balika Vidyapith

Lakhisarai

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BASED ON NCERT

Aim and Objectives of Physical Education:

Aim is the ultimate one, i.e., all-round development of an individual. The

means and ways we adopt to achieve our aim are called objectives and those

are:

Physical development Mental development

Social development Emotional development

Spiritual development

All Round Development

Physical

Development

Mental

Development Social

Development

Emotional

Development

Spiritual

Development

Fig. Aim and Objectives of Physical Education

Objectives :

1. Physical Development: The main objective of physical education is

physical development. Physical education is related to several physical

activities. When we do any physical activity, it effects our different body

systems— blood circulation, respiratory system, muscular system,

digestive system, etc. It results in the development of the size and shape

of organs. It is helpful to make body healthy and strong. If our body

systems are fine and healthy, only then we shall be able to do our work

efficiently and be safe from several disease like high blood pressur diabetes, obesity and arthritis. For e.g., Running increases the heart rate

which helps the blood to flow efficiently through the whole body.

2. Mental Development: This objective is related to mental development.

There should be some activities in physical education which keep our

brain alert and concentrated. Now-a-days, physical education is not related

to physical exercises only but it also includes rules of game, principles,

structures of body, personal cleanliness, etc. These

physical activities

sharpen the brain. By taking part in physical activities a person learn to

tackle various situations. During sport many situations occur in which

player takes his/her self-decision. So, this results in their mental

development and decreases the stress level.

3. Social Development: This objective of physical education is related to

social skills which are helpful in coordination. During a competition,

players of different region come together on single platform. So, they

learn cooperation, support, respect, good sportsmanship, etc. through

these skills, players can make their nation healthy and strong.

4. Emotional Development: The objective of physical

education is to make

an individual emotionally develop through physical activity. A man is

endowed with different emotions like happiness, jealousy hope, despair,

joy, fear, loneliness, weal and woe, etc, If they do not control these

emotions, thes there will be no place for them in the society, which can

be harmful for them. Physical education programme develop these

emotions and teach us to control them.

5. Spiritual Development: The objective of physical education for an

individual is to reflect time to evaluate their experiences to allow them

to build a positive mindset and promote progression.

Vibhuti kondilya P&HE