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BASED ON NCERT

Meaning and Definition of Physical Education :-

***Physical Education is composed of two words
'Physical' means body and***

***Education' means modification of behaviour thus
means Education through***

***the medium of physical Activities. It aims on overall
development of human***

***being through participating in various games and
sports activities. Modern***

***Physical Education was started in 18th century in
Germany. Where Physical***

Education was an integral part of School Curriculum,

Since then many changes have taken place and various aspects have emerged with time.

Definitions of Physical Education: -

In fact the basis of physical education is difficult and very broad with changing

time, its meaning also kept changing. Following time, its meaning: According

to Charles A Bucher, "physical education is an integral part of total education

process and has its aim in the development of physically, mentally, emotionally

and socially fit citizens through the medium of physical activities which have

been selected with a view to realize these outcomes."

"Physical education is the sum of changes in the individual caused by

experience which can bring in motor activity.”

1.2 Aims and objectives of Physical Education :-

Physical education has been defined in different ways by experts and institutes

in this field. These are as follows:

“Physical education is that phase of education which deals with big muscle

activities and their related responses.” —J.B. Nash

“Physical education is that phase of education which is concerned, first, with

the organisation and leadership of children, in big muscle activities, to gain

the development and adjustment inherent in the activities according to social

standards, and second, with the control of health or growth conditions naturally

associated with the leadership of the activities so that the educational process

may go on without growth handicaps.” —Clark W. Hetherington

“Physical education is an integral part of the total educational process

and has as its aim the development of physically, mentally, emotionally, and

socially fit citizens through the medium of physical activities which have been

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