

Awareness about Physical Activity for Elementary School Students

Dr. S. Manikandan

Assistant professor, Dept. of Physical Education and Sports Sciences, Annamalai University, Annamalai Nagar, Tamil Nadu, India.

Abstract

Physical activities can offer a great deal to individuals, communities and nations. Physical activities can help in a Childs development in a holistic manner. Regular moderate intensity physical activity – such as walking, cycling, or participating in sports – has significant benefits for health. The present study focuses on the how the school children involve in physical activity. The study focuses how they are using their PET hour in the school. The study focuses how the students utilizes spare time, lunch break for playing. Even though they get chance to play most of the time they play indoor games. They are never habituated to any kind of physical activity. So, it is very important to ask each and every child to involve in physical activities so that it will lead to some positive energy among them. Each and every school should have at least three P.E.T classes per week of each student.

Keywords: Physical Activity, Fitness and Children

1. Introduction

Physical activities can offer a great deal to individuals, communities and nations. Physical activities can help in a Childs development in a holistic manner. Regular moderate intensity physical activity – such as walking, cycling, or participating in sports – has significant benefits for health. Mental Health In recent years, there has been evidence of disturbingly high rates of mental ill-health among adolescents and even younger children, ranging from low-self-esteem, anxiety and depression to eating disorders, substance abuse and suicide Adolescents are particularly vulnerable to anxiety and depressive disorders: by fifteen years, they have experienced a major depressive age. They are also more likely than girls and boys to have seriously considered suicide. Research suggests ways in which physical activities can contribute to mental health. Firstly, there is fairly consistent evidence that regular activity can have a positive effect upon' psychological well-being; indeed, so physical activity is important for children.

In this study how children involve in physical activity in government schools and how they are using the PE class is necessary one.

Objective of the Study

The milk was heated in a stainless steel vessel. The present study focuses on the how the school children involve in physical activity.

The study focuses how they are using their PET hour in the school.

The study focuses how the students utilizes spare time, lunch break for playing.

2. Methodology

Sampling method

Random sampling method was used to collect data.

Collection of data

The data of the study was collected from 100 students. The Data were collected from four government schools around Madurai and Sivagangai district.

Tool used

PAQ physical activity Questionnaire consists of ten questions regarding their physical activity of the students.

Semi structured Interview was used to collect the data using with PAQ from the students and an analysis revealed the following.

Discussion

On the basis of the finding of this study it could be said that most of the school children were not involving in physical in a full-fledged manner which could activities whereas that lead to various health issues.

In most of the schools there is no P.E. class itself. The emergence of most of the diseases could be due to lesser physical activities among children. This could ever lead to mental stress and many psychological issues

Conclusion

Even though they get chance to play most of the time they play indoor games. They are never habituated to any kind of physical activity.

So, it is very important to ask each and every child to involve in physical activities so that it will lead to some positive energy among them. Each and every school should have at least three P.E.T classes per week of each student.

References

1. Reliability and Validity of the Dutch PhysicalActivity Questionnaires for Children (PAQ-C) and Adolescents (PAQ-A) Liene Bervoets, Caroline Van Noten, Sofie Van Roosbroeck, Dominique Hansen1, Kim Van Hoorenbeeck, Els Verheyen, Guido Van Hal and Vanessa Vankerckhoven.
2. High school student attitudes about physical educationG. Linda Rikard* and Dominique Banville George Mason University, USA.