

# Individuality Development with the Bases of Physical Education

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## Commentary

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## DESCRIPTION

Physical education is a subject that is taught in schools all over the world. It is frequently abbreviated as Phys Ed or P.E. In order to enhance health and physical fitness, it is typically taught in primary and secondary education. It emphasises psychomotor learning by employing a play and movement exploration context. Football, netball, hockey, rounder, cricket, four square, racing, and several other kid-friendly games are among the exercises included in physical education. Additionally, nutrition, healthy lifestyles, and individual requirements are taught in physical education.

The world over, there are several physical education curricula. When taught properly, physical education classes can have a favourable impact on students' behaviour, health, and academic achievement.

### Pedagogy

Modern physical education instruction's primary objectives are:

- To introduce kids and teenagers to a variety of physical activity and healthful hobbies. P.E. is one of the few chances that can provide useful and healthy activity in children because it is available to almost all kids.
- To impart knowledge on how to sustain lifetime fitness and health.
- To promote tracking and self-reporting of exercise.
- To customise the amount, kind, and pace of activity.
- Should emphasise the labour in feedback rather than the outcome.
- To behave as positive role models.

## Research & Reviews: Research Journal of Educational Studies

Physical educators must encourage and reinforce students' growing motor skills and give kids and teenagers a foundational skill set to expand their movement repertoire. This will enable them to participate in a variety of games, sports, and other physical activities throughout their lives.

There are numerous approaches to accomplish these objectives. Which standards must be taught in relation to physical education is frequently determined by national, state, and municipal regulations. These standards specify the subject matter to be addressed, the requirements for teachers, and the required books and materials. Teaching sports education, or the use of sports as exercise, fitness education, which deals with overall health and fitness, and movement education, which address movement in a non-sport setting, are some of these many criteria.

These methods and curricula are based on pioneers in physical education, such as Rudolf von Laban, Liselott Diem, and Francois Delsarte, who in the 1800s emphasised using a child's capacity for physical expression for self-expression. The 1960s techniques, which emphasised the use of the body, spatial awareness, effort, and relationships, combined with this to produce the current physical education curriculum. Children and teenagers can gain a plethora of health advantages when educated properly and in a good way. They include a lower risk of metabolic disease, cardiovascular fitness, and improved mental wellness. Additionally, studies have indicated a link between exercise and improved brain function. Academic achievement can also be enhanced by physical education. Kids who participated in 56 hours of physical education in a school year performed much better on English Arts standardised tests than students who participated in 28 hours of physical education.

Technology is used in many physical education classrooms to help students exercise effectively. A direct video recorder is among the most accessible and used instruments. With this, kids can record themselves performing tasks like throwing or swinging, and then review the recording to identify their errors. According to studies, pupils believe this to be more helpful than having someone try to point out what they are doing incorrectly before attempting to rectify it. Teachers can also set step and heart rate targets for kids using technologies like pedometers and heart rate monitors.

Video projectors and GPS systems are two other technologies that can be applied in a physical education scenario. It is also possible to employ gaming devices like the Wii, Kinect, and Wii Fit along with the games that go along with them. Projectors are employed to demonstrate proper technique or game play to students. Active exergames can be used by teachers to teach students how to stay fit both inside and outside of the classroom, and GPS systems can be utilised to encourage students moving in an outside environment.

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