

## **NCERT, CBSE give special attention to physical education, explains HRD Ministry**

*Health and Physical Education is a compulsory subject and is gaining momentum in school curriculums across the country*

Union Minister for Human Resource Development, Dr Ramesh Pokhriyal 'Nishank' During the Lok Sabha on November 25, 2019, informed about how Physical Education is becoming an important part of the curriculum in schools.

### **Health and Physical Education**

As per the National Curriculum Framework, 2005, **Health and Physical Education** is a compulsory subject from Class 1 to 10. In this regard, National Council of Educational Research and Training (NCERT) has brought out material for **Class 6, 7 and 8 as Teachers Guide and for Class 9 Textbooks on Health and Physical Education (HPE)**. In addition, **Central Board of Secondary Examination (CBSE)** has introduced a streamlined and well designed **Health and Physical Education (HPE) Programme** to mainstream health and physical education in schools for students of class 1 - 12. The schools have been directed to reserve one period per day for HPE/ sports. This programme is compulsory for all affiliated schools of **CBSE**.

### **Government schemes supporting physical education**

Department of School Education and Literacy has launched an Integrated Scheme for School Education-Samagra Shiksha, with effect from April 1, 2018. The new integrated scheme envisages school education as a continuum from pre-school to senior secondary level and aims to ensure inclusive and equitable quality education at all levels. Realizing the need for the holistic development of children, under the **Samagra Shiksha, Sports and Physical Education** component has been introduced for the first time for the encouragement of **Sports, Physical activities, Yoga, Co-curricular activities etc.**

### **Draft National Education Policy and physical education**

Committee for the **Draft National Education Policy (NEP)** under the Chairmanship of Dr K. Kasturirangan submitted its report to the Ministry on May 31, 2019. **The Draft NEP states that all school subjects will be considered curricular rather than extra-curricular or co-curricular, including sports, yoga etc.** Further, it states that all students at all levels of school will have regular periods and opportunities to participate in physical activity and exercise, including **sports, games, yoga, martial arts, dance, gardening, and more**, in accordance with local availability of teachers and facilities.