

Scholar Name: Monika Dewan

Supervisor: Prof. (Dr.) Popinder Singh Kullar

**INSTITUTE OF ADVANCED STUDIES IN EDUCATION
FACULTY OF EDUCATION
JAMIA MILLIA ISLAMIA, NEW DELHI-110025**



**COMPARATIVE STUDY OF QUALITY OF
PHYSICAL EDUCATION PROGRAMME IN
GOVERNMENT, PUBLIC AND FOREIGN
SCHOOLS IN DELHI**

FINDINGS

PE classes should be taken seriously by the Indian education system and treated as a learning experience. **PE deserves its long due respect by our society.**

- ❖ Importance of PE as a subject for overall development of children should be emphasized greater in all types of schools. CBSE must provide a written curriculum for primary classes which is age/ developmentally appropriate and thoughtfully created. At the existing levels where the curriculum is available, it needs to be revisited.
- ❖ A major issue of concern is the gender ratio participating in PE program. Government schools have gender based game preferences, public schools have both mixed play and gender based participation, foreign schools encourage mixed games at all levels..
- ❖ Government schools do not have assessment categories at any level and very few public schools have assessment categories. Government and public schools must catch up on modern and interactive techniques of assessment and use it in combination with traditional methods. Administrators and supervisors must ensure that an authentic and accurate assessment system is in place and the teachers follow the same while evaluating the students. All PE teachers must decide the breakup of weightage for various categories and grade the students accordingly.
- ❖ Availability of a regular counselor and dietician is low in the three types of schools. The administration and management of all schools must be aware that

these positions are important to cater to the needs of sports persons and to guide them appropriately to improve their diet, participation and behavior.

- ❖ There is a wide variation in class size in the three types of schools. The foreign schools are doing a fine job in line with NASPE guidelines. Public and Government schools are way above the NASPE recommendations. A compromise is being made in these schools with respect to teaching in PE. Class size must be revisited at government and public schools and this aspect not be overlooked, since there will be an increased opportunity to learn with optimal class size..
- ❖ Professional development opportunities must be made available to the teachers for their upgradation. The summer break is a good time to offer on-campus/ refresher courses, or send the teachers to attend conferences. This provides the teachers to update themselves, and stay with the latest research in their field.
- ❖ The budget in the government schools is the lowest, hence, these schools may attempt to look for sponsors to help raise funds for events/ infrastructural facilities. Sponsors can even fund the awards for events like the Sports day.
- ❖ National organizations like the American Heart Association, the American Cancer Society, the American Diabetes Association, NASPE, Centers for Disease Control and Prevention recommend 150 minutes of PE each week for children in elementary school and 225 minutes per week for middle school and high school. Hence, the PE time allocation at various levels must be increased.

The study has been an attempt to highlight the ongoing practices in various types of schools. A PE teacher must be a role model and as professionals from this field, they must deliver their best. A qualitative approach to the PE Programme will help upgrade the standard and status of the academic area.