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## Physical Education For Children

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Physical education for children is gaining increasing importance in the nation's various kindergarten schools. Undoubtedly, the early years of childhood represent a time when games and physical activity in general are of great value to boys and girls. As a result more teachers are now being trained as specialists in physical education, in many developing countries.

As a matter of fact, play is a child's work. And during the formative year a child utilizes physical movement and play in the growing process and for developing a strong physical base for the future. Muscles, heart, lungs and other organic systems of the body thrive and grow in an orderly manner with adequate amounts of physical activity. And in the tender years some of the foundations are laid for a child's success or failures in life.

It therefore follows that since play occupies a major role in such functions and activities, it should have a high priority in the elementary school curriculum.

Physical activity in the form of games and other movement experiences is important for social development too. A child needs to relate to other children to develop respect for others, to experience the give and take in playground. By interacting and communicating with other children, a child gains poise and self-confidence, as well as, understanding of human relationships.

Traditional physical education had as its primary purpose the building up of the human body, its strength and power of endurance. This has changed over the years. Today's physical education is different. Children are allowed more freedom of action. This is for the reason that in education thinking, mind-body relationship has changed.

Historically mind and body were looked upon as two separate entities that were not related. They were developed therefore separately and independently of the other. Now it is not the same.

Therefore, the need of the hour is that physical exercise must be made a compulsory part of the school curriculum in the primary stage in all public and private schools. Some hours may be exclusively earmarked for drills and callisthenics, and examinations taken in it as in other subjects and marks given according to the quality of performance.