



ISSN: 2249-894X

UGC APPROVED JOURNAL NO. 48514

IMPACT FACTOR : 3.8014 (UIF)

VOLUME - 6 | ISSUE - 5 | FEBRUARY - 2017

THE STUDY OF THE CONTRIBUTION OF PHYSICAL EDUCATION AND SPORTS IN THE DEVELOPMENT OF CHILDREN WITH SPECIAL NEEDS

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Abstract :

We can call children with special needs special children. A typical child differs from a normal child in physical, mental, emotional, and social characteristics to the extent that he/she needs assistance, guidance, correction in school programs, and specialized educational services for optimum development of his/her abilities. keeps. This is a clear indication that the needs of special children are also different. Today the whole world is changing very fast. The traditional form or structure of physical education is not capable to meet the needs of the future society, hence integrated or integrated physical education has become the need of the hour.

Today the concept of integrated or holistic physical education is very broad, it is not limited to physical activities and sports, but it has become a complete subject. The knowledge in this field has increased tremendously in the last two decades. Various sub-disciplines have come to light due to research work. For example, sports sociology, sports biomechanics, sports medicine, sports pedagogy, sports psychology, sports psychology, sports philosophy, and sports management, etc. Integrated physical education emphasizes multidisciplinary learning, with the integration of its sub-disciplines. Integrated physical education provides many opportunities for the students to see new relationships, transfer what has been learned from one background to another background, and emphasize learning in different ways. This paper has been written to know the contribution of physical education and sports to the development of children with special needs.



KEY WORDS: Sports Psychology, Integrated Physical Education, Children With Special Needs, Sports

DATA COLLECTION METHOD USED FOR RESEARCH:

Data for the research paper has been collected from books, websites and newspapers.

Objective of Research:

- 1) To know the contribution of physical education to the development of children with special needs.
- 2) To know the contribution of sports to the development of children with special needs.
- 3) To find out the problems of children with special needs during sports and physical education.

INTRODUCTION:

Considering the benefits of sports, the Government of India has made it mandatory to play sports in schools and colleges for the welfare and good health of students and children with special needs as well as to improve mental skills. It has been made mandatory for the students to participate in any sport. Sports are very important for the development of children with special needs growing up, as it develops good habits and discipline in them. In addition to improving health and well-being, sports play an important role in maintaining mental skills and concentration, as well as in improving social development and communication skills. Playing sports regularly keeps us safe from many physical ailments, especially overweight, obesity and heart diseases. Sports are the easiest and most comfortable way for our physical and mental exercise. Apart from encouraging children and students to participate in sports the government, sports for children with special needs are organized at the national and international levels to gain popularity through it. A better future is being dreamed of in the modern era as compared to the ancient games. A player gets a good job in addition to a variety of convenient items for performing better games.

Many sports are played in India since ancient times. Hockey is considered the national sport of the country. Children, in particular, are very much fond of playing. They play in the nearby area, in parks, and in gardens. They usually participate in sports in school. Many sports activities are organized at the school level, district level, state level, national level, and international level for maximum participation of children and youth of the country. Still, Indian athletes have not been able to achieve the standard status in international-level sports. But it seems that they will be able to do so in the coming time as the field of sports has increased in the present years.

The Education with Disabilities Act (IDEA) states that physical education is an essential service for children and youth between the ages of 3 and 21 to be eligible for certain education services because of certain disabilities or developmental delays. Use at no cost Structured Instruction (FAPE) with parents to meet the unique needs of a child with a disability, including school teaching and physical education. The specially designed program is showcased in the Children's Individualized Education Program/Plan (IEP). Therefore, physical education services, especially if necessary, should be made available to every disabled child receiving FAPE. The performance and demand for participation will naturally depend on the student's ability to participate. The child's special educator will consult with the physical education teacher and classroom support staff to determine whether light, moderate or limited participation in the physical education program is required. Remember that you adapt, change and modify activities and tools to meet the needs of students with special needs. Big balls, shine, aid in transformation, use different limbs or provide more comfort. The goal of children should be to take advantage of physical education by achieving success in physical work that produces long-term physical activity for life. In some cases, a specialized instructor with specialized training may be involved in general education and physical education.

It is commonly said about sports that "in a healthy body resides in a healthy mind". It means that it is very important to have a healthy mind in a healthy body to move ahead in life and achieve success in life. To achieve any important goal, it is very important to have mental and intellectual health to focus on it. Playing sports instils a high level of confidence and it teaches us discipline, which stays with us throughout our lives.

THE CONTRIBUTION OF PHYSICAL EDUCATION AND SPORTS IN THE DEVELOPMENT OF CHILDREN WITH SPECIAL NEEDS:

Sports are the best tonic for our all-around development. Sports are very important for the development of children with special needs. When the child is very young, he keeps on moving his arms and legs while lying on the cot, due to which he gets pregnant and his milk gets digested. He keeps himself fit in sports.

Sports are deeply intertwined with physical, mental, psychological, and intellectual health in our lives. Sports help in maintaining the physical and mental health of children with special needs. Children with special needs develop their mental skills if they play sports every day. Sports also improve the psychological skills of children with special needs. Sports provide motivation, courage, discipline, and concentration to children with special needs. Sports is a physical activity that is performed in a particular manner and style and everyone has the names of sports accordingly.

It has been said in many studies that adopting an active lifestyle and following a healthy routine at a young age can reduce the risk of serious problems like obesity, diabetes, osteoporosis, cholesterol, and later blood pressure. Like teenagers, children with special needs also go through high levels of stress. If this stress is not removed in childhood, it can lead to the problem of severe depression. Regular exercise can activate certain parts of the brain by releasing feel-good chemicals that help relieve anxiety and depression. Such chemicals are called neurotransmitters and include endorphins, dopamine, serotonin, and norepinephrine. Neurotransmitters help control the mind and are released when physical activity increases. Therefore, it is considered effective in relieving depression.

Knowledge of integrated or holistic physical education is particularly helpful in promoting and maintaining the health and fitness of all individuals. With the help of integrated physical education, high-quality programs of physical education can be prepared. Under inclusion, children with special needs spend most of their time with normal children. While using inclusive physical education in schools, care is taken that the needs of special children range from mild to severe. Inclusive physical education is a process of educating children with special needs along with normal children. Inclusion negates the utility of special schools and special classes. The objective of Inclusion – The objective of inclusion is to ensure full participation of special children and full protection of social, educational, and fundamental rights. Inclusive physical education develops the individual strengths of each child, with high and reasonable expectations. Inclusive physical education motivates other students their age to participate in classroom life and work on individual goals. Inclusive physical education advocates involve children in their physical education and their parents in the activities of their local schools. Inclusive physical education provides opportunities for the school culture of respect and belonging, as well as the acceptance of individual differences. Inclusive education develops the ability to develop friendships with a wide variety of other children, each with their own needs and abilities. Thus overall this inclusive physical education supports all the children of the society to join the mainstream of physical education.

Participation in sports from an early age develops physical skills in children with special needs, makes new friends, gets regular exercise, learns to be a team member, and enjoys it. Play is a healthy and enjoyable way to engage children with special needs. Involving children with special needs in sports at an early age goes a long way in their overall development. Sports have long helped keep humans healthy, and happy and also provide many benefits to children, youth, adults, and the elderly. However, the contribution of sports to the physical and mental growth of children with special needs can be seen as its special result.

Another benefit of sports is that it creates sustainability, especially among children with special needs, who come from vulnerable backgrounds and communities. Sports provide children with special needs the opportunity to do something special. The good news is that play is an effective means of engaging children with special needs in character-building activities. It has been seen that children fall prey to bad habits very fast in their spare time. Active participation in sports in childhood proves to be extremely effective for improving academic performance and overall development in the future. Studies have shown that children with special needs who participate in sports from an early age have more positive attitudes, better test scores as well as good habits in the classroom, and a greater ability to focus and concentrate.

A special physical education counselor works with children with special needs. These counselors work in primary, secondary, and higher secondary schools. The counselor provides opportunities for physical education, educational, emotional upliftment, and personal and social upliftment for children with special needs. Occupational therapy aims to make the child independent and ensure his participation in everyday activities such as enabling the child to work independently in taking care of himself, playing, going to school, etc. Occupational therapists improve the surrounding environment according to the need of the child so that children's activities are not hindered. Physiotherapists are specially trained to develop and improve physical functioning. In this, various movements of the body, balance posture, fatigue, and pain are helpful in the prevention of defects. Physical education programs contribute progressively to the cognitive function and academic performance of children with special needs. Social Skills and (Collaboration Teamwork) - Group work can also be increased by different programs of physical education. A physical education teacher executes all the programs of physical education.

Special physical education teachers work with students with special needs in the classroom or workshops. Students with special needs can also take physical education in the same place as ordinary students. Such a class is called an inclusive physical education class. The work of a special physical education teacher is multifaceted and multicolored. The working and specialty of such a teacher are decided according to the need of the student with special needs.

The skills learned and their use during physical activity and play goes a long way in the growth and development of children with special needs. Some of many important interpersonal values and characteristics are gained by playing and participating in sports such as teamwork, honesty, and valuing hard work. Competition during sports helps children with special needs manage successes and failures. If parents find it difficult to encourage their children to participate in sports, they should try to set an example for them by becoming more physically active by doing some work at home or by taking part in sports themselves. In addition, they can increase the interest of children with special needs in sports by playing games like tennis or cricket on their own, or by simply throwing or catching a ball. They should not pressurize them to include children with special needs in a sport in which they are not particularly interested. If the child does not want their parents to attend their match, then the parent should stay away from it and keep an eye on the result. There could be a possibility that they may be nervous about not performing or getting good scores, or may even run away with confidence. Therefore, parents should take a very supportive stance towards children with special needs. Parents should ensure that their children with special needs do not overlook other tasks like school homework, exams, tuition, etc. It is very important that to keep young children engaged in sports or some other hobby, they do not overlook their other work.

Transformed physical education provides personally safe, gratifying, and successful experiences of physical activity to children with disabilities. The notion of integrated or holistic physical education is very broad. It is not limited only to physical activities and sports, but it has become a complete subject. Inclusion in physical education is an approach that educates students who have special educational needs. By inclusive physical education, we mean such a system of physical education in which all learners get equal opportunities to learn without any discrimination.

The rules of the game should be easy for children with disabilities so that every child with disabilities can play that game well. If the child learns to play slowly, then the rules should be improved. Before doing any kind of physical activity, full care should be taken that no child gets hurt in any way and they should be fed only under the supervision of medical staff. Before doing any physical activity to any handicapped child, a health check of his body should be done so that that child does not face any kind of problem while playing. Children with disabilities should take care of their sports equipment while playing and according to their needs, the

colour and weight, and size of the equipment should be. Children with disabilities should have the best trainer to do physical activities and the trainer should have the ability to teach children with disabilities so that children can learn easily. Inclusion advocates for children to include their parents in their physical education and the activities of their local schools. With inclusion, all the children of the society get connected with mainstream physical education. By changing the policy of admission, under this, we can include blind children by enrolling them in school. By improving the school environment, we can make the school environment good for a proper environment of inclusion because the school environment plays a big role in any kind of physical education.

CONCLUSION:

Even today inclusive physical education has not reached where it should be. The concept of inclusive physical education is based on the concept that there is a need for a comprehensive understanding of its processes and inclusion in school physical education for all children in such a way that they should be regional, and cultural, transformed physical education provides personally safe, gratifying and successful experiences of physical activity to children with disabilities. The inclusiveness of physical education states that a normal student and a disabled or handicapped student should have equal opportunities to receive physical education to meet special educational needs. In this, a normal student spends most of his time in school with a disabled or disabled student. Earlier inclusive education was envisaged only for special students but in modern times every teacher should apply this principle in a comprehensive approach in their classroom. The job of the counsellor is to help all children, including children with special needs, with the help and positive contribution of the counsellor, the rate of growth and development of these children increases. Individualized education programs for children with special needs from early childhood bring about a positive change in not only their academic abilities but also in their emotional health and social coordination. In this way, children with special needs prove to be useful to society. We can say that physical education and sports have an important contribution to the development of children with special needs.

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