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**SPORTZ
VILLAGE**

born to play



**RE-INTRODUCING
PHYSICAL
EDUCATION IN
YOUR SCHOOL**

Index



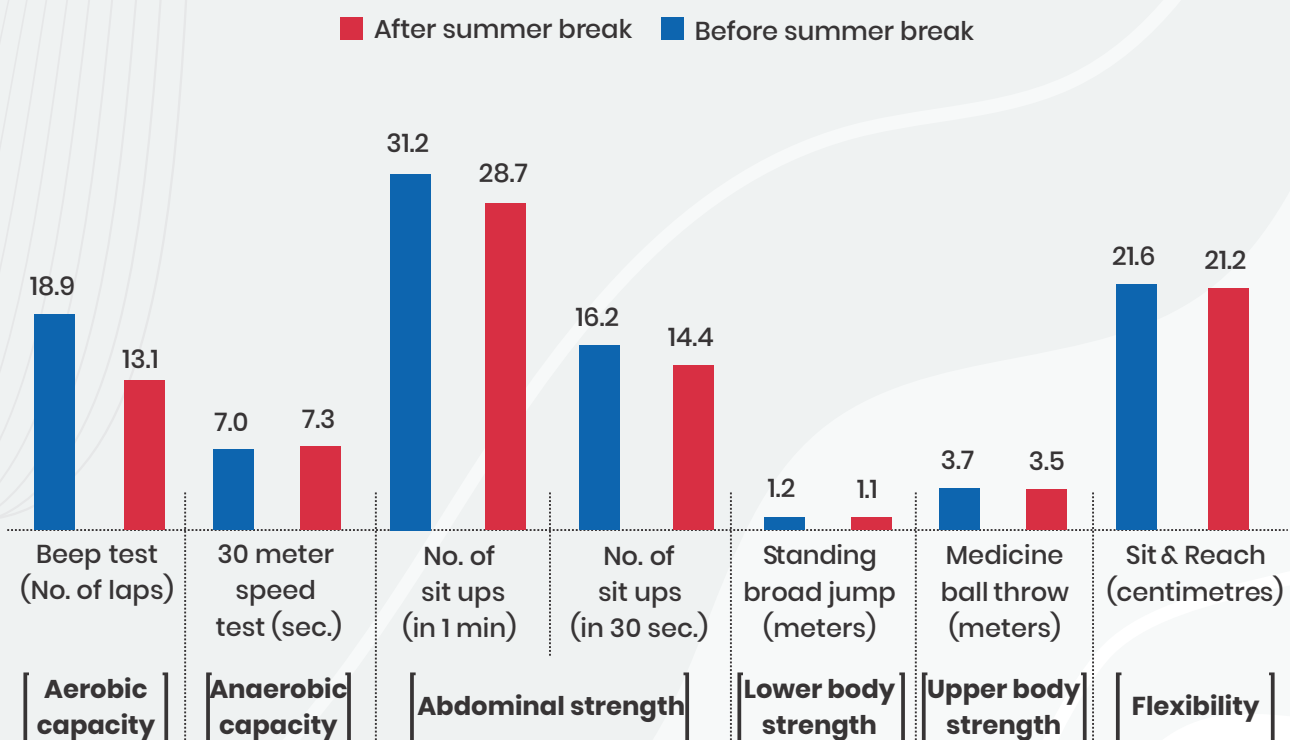
Introduction	03
Physical assessments	04
Competitive matchplay	05
Activities with social distancing measures	06
Hybrid engagement models	06
Benefits of physical activity and sport	07

Introduction

With the end of the pandemic in sight schools across the country are looking to restart operations and get back to normalcy. While there might be enthusiasm to restart all aspects of education immediately, physical education must be reintroduced in a phased manner.

We must keep in mind that since schools tend to be the primary source through which children have access to sporting infrastructure, a lot of children have not had meaningful physical activity for 2 years. Studies have also shown that when children stop attending schools, there is a significant drop in their health.

Drop in physical fitness parameters in children during the summer break*



Average performance of children in fitness parameters

The data shown above shows the drop in performance of physical fitness parameters after a gap of just 2-3 months during the summer break. The impact of the 2 year gap will be significantly larger.

*Study conducted by Sportz Village

Physical assessments

An evaluation needs to be done of the fitness of each child. This can be done through assessments which measure critical physical parameters such as upper body strength, lower body strength, abdominal strength, aerobic endurance and anaerobic endurance. Through the performance in these tests, an expert trainer will be able to understand the state of health of children and tweak physical exercises

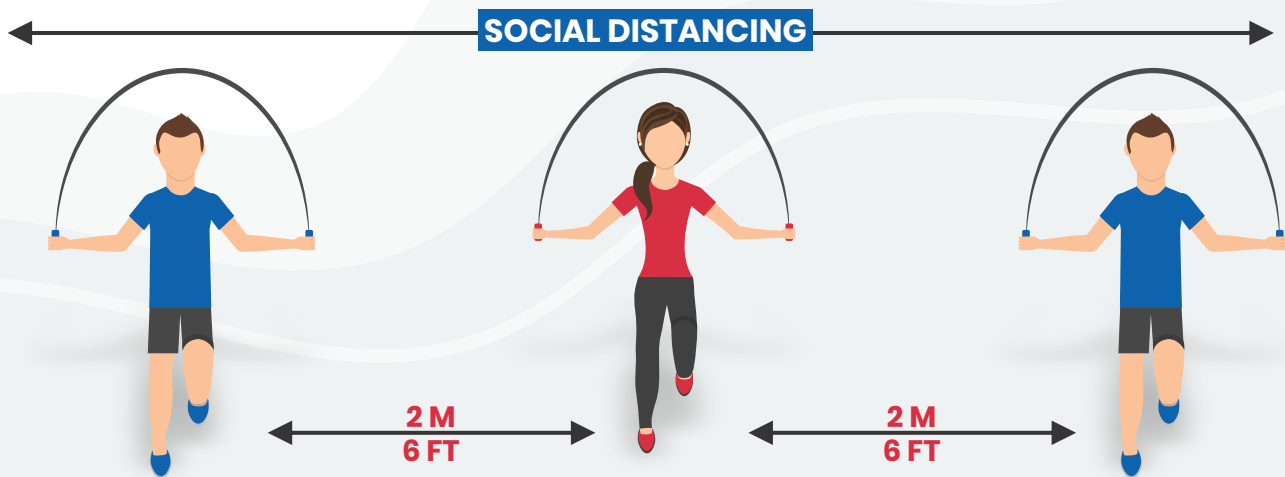


Competitive match play

Once the initial assessment is done and the trainer comfortable that all children have built up their physical health to a suitable level, the next step would be to introduce competitive match play. After 2 years of non-activity and lack of interaction with peers , a competitive tournament – it at a intra-school or inter school level is a wonderful way to rekindle the joy of sport.



Activities with social distancing measures



Although the pandemic seems to be winding down, we can't rule out another wave of Covid. Also the complete vaccination of children is still some time away. Keeping this in mind any on-ground physical activity needs to be implemented keeping in mind social distancing norms. Activities with minimal interaction between students and non sharing of props and equipment would be ideal.

Hybrid model – offline & online engagement

Schools need to also look at a 'hybrid' model of engagement. This would entail both on-ground and online physical education classes. Online classes can be conducted if schools are not able to open for all students. Online physical activities can be designed which use up minimal space and equipment.



Benefits of physical activity and sport

A lot of principals and school leaders will wonder if physical education classes are required during this initial phase of the return to normalcy - where academics would be the primary focus. We argue that not only are they required but should be prioritized, as they have not only general health benefits but benefits in academic performance as well.

Various studies have shown the positive correlation between physical activity and performance in Academics

Sports and physical activity motivates children to do better in class

Physically fit children appear to do better in the classroom.

www.news.illinois.edu

SPORTZ VILLAGE
schools

FORMERLY KNOWN AS EDUSPORTS



53% of school children enjoyed going to school after the inclusion of sports in their timetable.

Institute of youth sports 2009

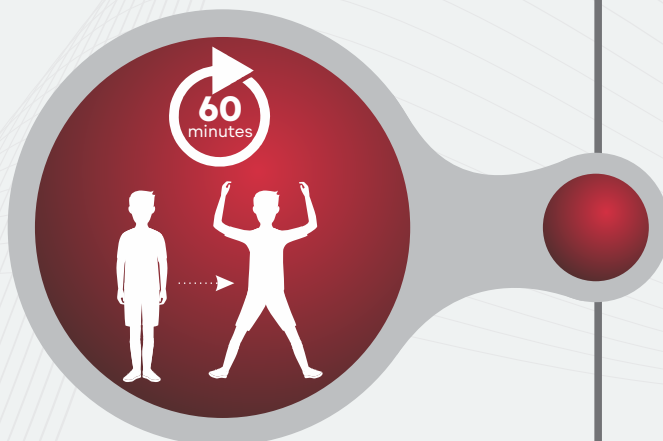

Structured physical activity improves a child's classroom behavior by up to 20%
www.nap.edu

Benefits of Physical activity and Sport

The benefits of regular physical activity is widely known and accepted, but many of us might think that it might help only in general physical fitness. Various studies show the wide positive impact that regular physical fitness has not only on our health but also on our immunity and mental well being.

High physical activity in young children seems to have positive effects on the immune system. This is of essential importance in the current covid-19 pandemic

<https://pubmed.ncbi.nlm.nih.gov/25892449/>



Regular physical activity develops a healthy musculoskeletal system

Develops a healthy cardiovascular system

Develops neuromuscular awareness

<https://www.who.int/teams/health-promotion/physical-activity/physical-activity-and-young-people>

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