

About Physical education

Definition: Helps in overall development of a person physically, mentally, socially, emotionally, and morally.

Founded By: Greece

Aim: To create a holistic development for an individual

Objectives of Physical education

Neuro-Muscular Development and Coordination (Hand-eye coordination)

Physical and Mental Development (Concentration, Focus)

Prevention and Control of Diseases (Immunity, Prevention)

Emotional Development (Control over emotions)

Character Development (Discipline, Honesty, Sportsmanship)

Personality Development (Leadership, Confidence)

Social Development (Respect, Teamwork, Coordination)



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