

PHYSICAL EDUCATION POLICY

Policy Statement

SACOE Physical Education Policy aims to provide adequate and wholesome physical education facilities and opportunities to student teachers to ensure their social, emotional, mental and physical wellbeing and enable them to cope with the pressures of studying.

Objectives

1. To realize the social development of students and staff through a balanced set of social skills and learned adaptive behavior that enable an individual to interact well with other people, react positively and avoid behavior that has negative consequences.
2. To ensure the emotional development of students and staff by achieving the ability to recognize, express, and manage feelings at different stages.
3. To improve the mental development of students and staff by enhancing their brain power and cognitive ability through physical activity, which increases the flow of blood to the brain. It enhances the brain function, concentration, memory, thinking and cognitive skills.
4. To ensure the physical development of the students and staff namely the advancements of motor skills, or, in other words, one's ability to use and control their bodies. Gross- motor skills involve the use of large muscles in the legs or arms, as well as general strength and stamina.

Roles and Responsibilities

Principal, P.E.T, Assigned Faculty and College Student Representatives, Members of student clubs.

Major Responsibilities

1. To advice on the development of a physical education program that promotes social, emotional, mental and physical activities.
2. To plan, supervise and coordinate all the activities identified in the physical education activities.

3. Ensure equipment is regularly checked and maintained. Safety checks to be carried out periodically.
4. To tender and procure equipment as and when required.
5. Prepare and maintain reports as required.
6. Plan different recreational activities important for the holistic growth of students.
7. Prepare teams for the internal and external competitions.
8. Responsible for conducting intra-mural and inter club competitions such as Basketball, Shuttle, Tennikoit, Badminton, Chess, Carroms etc.
9. Responsible for conducting Inter-Collegiate tournaments
10. Conduct activities including all performing arts.
11. Regular maintenance of the College gymnasium.

Action Plan

1. Introduction of virtual classes for health and fitness
2. Planning to conduct online competitions such as chess
3. More Inter-Collegiate competitions will be conducted
4. Live Health and Fitness classes will be conducted for the staff
5. Fitness programs routines to be provided to students in the College Gymnasium
6. Classes for diet related classes
7. Classes related to the job opportunity in the field of Sports
8. Evolve pedagogy of physical education as a methodology
9. Evolve the pedagogy of physical education into integrated undergraduate or graduate degree