

Class 9 - Physical Education and Well Being

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History and Culture of Physical Education in India

CBSE NOTES

History and Culture of Physical Education in India - Revision Guide

Revise faster with structured summaries, key points, and important ideas.



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1. Holistic education in ancient India.

Education combined physical training and mental studies for balanced development.

2. Role of gurukulas in PE.

Gurukulas integrated physical exercises with academic learning, emphasizing discipline.

3. Physical training in Vedic texts.

Rigveda and Atharvaveda document early physical activities like wrestling and archery.

4. Impact of Charaka-saṁhitā.

This text outlines the health benefits of exercise and emphasizes its necessity for wellness.

5. Military training in Arthaśhāstra.

Kautilya's work stressed the importance of physical training for military preparedness.

6. Malla-purāṇa on wrestling.

Describes various wrestling techniques and promotes physical fitness as vital.



7. Indian Education Commission 1882.

Recommended inclusion of native games and physical activities in school curricula.

8. Founding of HVPM in 1914.

Initiated training in traditional Indian physical activities, fostering cultural preservation.

9. Tara Chand Committee's focus.

Established NCC to enhance youth discipline and fitness through structured programs.

10. National Curriculum Framework 2005.

Emphasized integration of sports and yoga into the daily educational framework.

11. Value of physical activity in society.

Daily life activities were integrative, fostering health, social skills, and discipline.

12. The significance of rock paintings.

Ancient art depicts physical activities, showcasing the importance of movement in society.



13. Positive health emphasis in Atharvaveda.

Promotes health, strength, and immunity; highlights early health awareness in society.

14. Physical control in rituals.

Sāmaveda showcased the importance of posture and rhythm in rituals, linking body and spirit.

15. Upaniṣhads and body wisdom.

Compares the body to a chariot, illustrating the importance of control for achieving wisdom.

16. Role of physical fitness in community.

Strength and discipline were critical for individual survival and community strength.

17. Legacy of traditional games.

Emphasized physical skills through activities, linking play with life skills and survival.

18. MOHENJO-DARO's Great Bath.

An example of ancient importance placed on cleanliness and community physicality.



19. Promotion of yoga in NCF 2022.

Yoga highlighted as essential for children's holistic development and well-being.

20. Linking PE to life skills.

NCF 2023 integrates sports with life skills, emphasizing values alongside physical activities.

21. Kothari Commission's resolution.

Determined that physical education was crucial for broader educational goals and social growth.



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