

# The Role of Management, Physical Education, Technology and Sports on Primary Education

**AMIR ABBASPOUR**

M.E Student of  
Construction Technology and Project Management  
Civil Engineering department  
Andhra University, 530003  
Visakhapatnam, INDIA

**ROGHAIEH JAFARI**

Principal of  
Shahid Ali Akbari School

## **Abstract**

Primary education is the first stage of compulsory education. In North America, this stage of education is usually known as elementary education. Nobody can reject this reality that, all children need education especially basic education and on the other words, knowledge like any types of education which should grow up them mentally, physically and so forth. Needless to say, primary education must be compulsory because of its role on children`s future. Fortunately in most countries, it is compulsory for children to receive primary education although it is permissible for parents to provide it. The major goals of primary education are achieving basic literacy and numeracy amongst all pupils, as well as establishing foundations in science, mathematics, geography, history and other social sciences. It is necessary to be considered here that, physical same as mental education particularly for children plays a big role in forming their minds` ability and capacity to realize and analyze the events in their life and have an excellent attitude. One of the other most effective and necessary requirements and equipment in primary education and schools is management, because in the light of management we can have everything in its real

place and so influential. This paper tries to emphasize on primary education and discuss about the role of management, physical education and technologies on primary education.

**Keywords:** Primary Education, Physical Education, Technology, Management, Sport, schools

## **1. Introduction**

Primary education is the first stage of compulsory education. It is preceded by pre-school or nursery education and is followed by secondary education. In North America, this stage of education is usually known as elementary education and is generally followed by middle school and after that high school or secondary schools [1]. Fortunately in most countries, it is compulsory for children to receive primary education although it is permissible for parents to provide it. The major goals of primary education are achieving basic literacy and numeracy amongst all pupils, as well as establishing foundations in science, mathematics, geography, history and other social sciences. Typically, primary education is provided in schools, where the child will stay in steadily advancing classes until they complete it

and move on to school or secondary school. Children are usually placed in classes with one teacher who will be primarily responsible for their education and welfare for that year. This teacher may be assisted to varying degrees by specialist teachers in certain subject area often music or physical education. The continuity with a single teacher and the opportunity to build up a close relationship with the class is a notable feature of the primary education system [2].

## **2. Physical Education, Sport and management**

Physical education trends have developed recently to incorporate a greater variety of activities. Introducing students to activities like bowling, walking or hiking at an early age can help students develop good activity habits that will carry over into adulthood [3]. Some teachers have even begun to incorporate stress-reduction techniques such as yoga and deep-breathing. Teaching traditional and non-traditional sports to students may also provide the necessary motivation for students to increase their activity, and can help students learn about different cultures. For example, while teaching a unit about lacrosse, students can also learn a little bit about the Native Iranian cultures [3]. Teaching non-traditional (or non-native) sports provides a great opportunity to integrate academic concepts from other subjects as well, which may now be required of many P.E. teachers. The four aspects of P.E. are physical, mental, social, and emotional.

Another trend is the incorporation of Health and to the physical education curriculum. While teaching students sports and movement skills, P.E. teachers are now incorporating short health and nutrition lessons into the curriculum. This is more prevalent at the elementary school level, where students do not have a specific Health class. Recently most elementary schools have specific health classes for students as well as

physical education class. With the recent outbreaks of diseases such as swine flu, school districts are making it mandatory for students to learn about practicing good hygiene along with other health topics [4]. Today many states require Physical Education teachers to be certified to teach Health courses. Many colleges and Universities offer both Physical Education and Health as one certification. This push towards health education is beginning in the intermediate level, including lessons on bullying, self-esteem and stress and anger management [5].

In the USA, the physical education curriculum is designed to allow school pupils a full range of modern opportunities, dozens of sports and hundreds of carefully reviewed drills and exercises, including exposure to the education with the use of pedometer, GPS, and heart rate monitors, as well as state-of-the-art exercise machines in the upper grades. Some martial arts classes, like wrestling in the United States, and PencakSilat in France, Indonesia and Malaysia, are taught to teach children self-defense and to feel good about themselves. The physical education curriculum is designed to allow students to experience at least a minimum exposure to the following categories of activities: aquatics, conditioning activities, gymnastics, individual or dual sports, team sports, rhythms, and dance. Students are encouraged to continue to explore those activities in which they have a primary interest by effectively managing their community resources [1].

Requiring individuals to participate in physical education activities, such as dodge ball, flag football, and other competitive sports remains a controversial subject because of the social impact these have on young children. It is, however, important to note that many school budgets have seen cutbacks and in some cases physical education programs have been cut [1].

### 3. Technology in physical education

New technology in Physical education is playing a big role in classes. One of the most affordable and effective would be a simple tape recorder. With the use of a tape recorder students can see the mistakes they're making in things such as a throwing motion or swinging form [4]. Studies show that students do find this more effective than having someone just telling them what they are doing wrong and trying to correct it. Educators also found the use of other technologies such as pedometers and heart rate monitors very successful, using them to make step and heart rate goals for students [5].

Other technologies that can be used in a Physical Education setting would include projectors, GPS and so forth. Projectors can be used to show students things such as proper form or how to play certain games. GPS systems can be used to get students active in an outdoor setting [4].

Another type of technology that is commonly used in Physical Education is the use of pedometers. Pedometers do not necessarily track how far a person is going, but it lets them know the number of steps they are making. It will let them know how many steps on average they are making and want to strive to get more the next class [1]. There are many lessons that you can use for many grade levels when you are teaching students to use a pedometer it is important to make it a game, especially for younger students [2].

- In the Philippines Martial Arts training in school is as part of Physical Education class. These Filipino children are doing karate. Some schools have integrated martial arts training into their Physical Education curriculum [7].
- In England, pupils are expected to do two hours of PE a week in age 7, 8 and 9 and at least one in age 10 and 11 [6].

- In Poland, pupils are expected to do at least three hours of PE a week during primary and secondary education. Universities must also organize at least 60 hours of physical education classes at undergraduate courses [6].

### 4. Conclusion

Primary education by the help of technology, sport and management will be more influential for students to find their direction so easily. Teaching traditional and non-traditional sports to students will provide the necessary motivation for students to increase their learning and activities and also it can help students learn about different cultures. Primary education or on the better words, basic education will make children ready how to behave at the future, know themselves better, recognizing their strengths and weaknesses and guide them to have the best attitude to the life and any events to come and select the best way to face them. This will not happen if primary education be on the base of modern management and technologies. Then, students physically, mentally, socially, emotionally and without any stress are ready to touch the better future.

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