



Skill Development Through Physical Education For Youth

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Abstract

Today, India stands tall with its drive to revamp and rethink the brilliant 'Development' period. As of now with one of the most noteworthy youth populace on the planet, India is at the point of enormous chances and difficulties together. With 0.8 billion populace in the working age, India is scheduled to turn into the world's most youthful country by 2022.

This expanding figure resembles an immense store of labor yet it likewise draws phenomenal concentration towards causing this ability pool employable with the goal that they to can contribute towards a creating India. With India transforming into one of the quickest developing economies, work creation and skill development appear to be common devices to lead the country to greener fields (Business Standard, 2015).

Keywords: Skill Development, Physical Education, Youth

Introduction

Skill development starts right from birth, really!

A newborn baby starts learning how to communicate emotions, control his body movement and how to interact with the world within days of coming into this world. Research shows that 75 percent of brain development occurs after birth (Bodrova and Leong, 2005). Play helps with skill development by stimulating the brain which then helps with the development of fine motor skills, like holding a crayon and gross motor skills such as jumping or running.

Physical Education hones the skills

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Physical education has a big role to play in developing motor skills like locomotor (e.g. running, hopping), object control (e.g. throwing, catching, kicking) and stability (e.g. balancing on pole walk, standing on one foot etc.).

A good quality physical education is all inclusive; beyond enhancing motor skills, it builds a child's confidence and provides foundation skills and knowledge for a lifetime of activity. This skill can even help in shaping up a future working life in sport if children excel in sports and physical activity.

Why is skill development essential?

Skills and knowledge are the driving forces of economic growth and social development for any country. India is expected to grow at a rate of 8%, on an average, in the next 10 years (FICCI, 2010). More than 700 Mn Indians are estimated to be of working age by 2022. Out of these, more than 500 Mn require some kind of vocational or skill development training (Economic Times, 2012).

The current education and skill development capacity in India is spread across four categories:

Category	Sub Category
School education	Pre-school to secondary school
Vocational training	ITI/ITC
College education	State, Deemed, Universities
Technical and professional training	Engg, Polytechnics, Others

Source: Select Educational Statistics 2005-06, Annual Report 2009-10 of Ministry of Labor and Employment

A report in FICCI, 2010 states, "We can see that the present pool of skilled ability is around 7Mn (comprehensive of professional and specialized enrolments)." Clearly there is a tremendous hole between the skilled ability accessible (7Mn) and the skilled ability required (500Mn) to satisfy the monetary development anticipation of India.

Physical Education contributing its small piece to the economy

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The field of sports and Physical Education could be a promising advance towards making skilled youth. With half of the populace underneath the age of 25, if the youngsters in India are appropriately prepared in sports, the nation can turn out as a good example to the whole world, financially as well as in the counts of bagful of emblems crosswise over Olympics, Asian games and so forth.

To concentrate on creating skills and driving them to seek after sports or Physical Education as vocation choices, an organized games program ought to be made to:

- Link PE educational plan with the more extensive wellbeing education motivation.
- Support and support the arrangement of a more extensive scope of skilled exercises.
- Developing skills for all youngsters, assessing singular beginning stages.
- Provide courses for greatness and vocation development.

Educational Sports has been contributing towards creating skills, among younger students as well as by likewise preparing instructors and mentors in the schools to convey a PE program which is fun and connecting with for every one of the youngsters. With seven years of experience and solid footing, 4000+ instructors crosswise over Educational Sports accomplice schools have been prepared and confirmed on various modules and an extra 400+ mentors have been given in-house business.

The eventual fate of 'skilled' India

The Government of India has embraced skill development as a national need throughout the following 10 years to connect the interest supply hole. The Eleventh Five-Year Plan has a nitty gritty guide for skill development in India and favors the arrangement of Skill Development Missions, both at the State and National levels (FICCI, 2012).

Numerous new activities have been propelled – Make in India, Smart Cities, Digital India, Start Up India – all engaged towards restoring and scaling different parts of economy (NASSCOM, 2014). Henceforth, skill development turns into the foundation of every

one of these activities that can walk the country to the brilliance it looks for. Let us progress in the direction of it!

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