

## Capacity Building Programme on Physical Education

<b>Date</b>	:	March 12, 2014
<b>Venue</b>	:	School Auditorium
<b>Conducted By</b>	:	Mr. Mukesh Kohli
<b>Organized By</b>	:	CBSE
<b>Attended By</b>	:	Pre Primary, Primary and Physical Education Teachers

We had the good fortune to attend one day capacity building workshop on Physical Education which emphasized on practical activities that focus on the educational elements. Physical Education is an integral part of academics nowadays for an all-round development of each child. This workshop paved the way to incorporate physical activities in explaining various concepts in a fun-filled and enjoyable manner. It guided us to collaborate different subjects and reduce the burden of the children. All the participants developed an understanding of how these activities can be developed into lessons incorporating sport and games.

Teachers and coaches learnt how to use the presented information and resources effectively in their physical education classes and practices, helping to foster physical literacy.

This workshop will provide teachers with practical activities that focus students' attention on syllabi skills, such as developing an understanding in strategy and tactics, decision-making, communication, concentration and movement skills.



