

The Importance of Enriching Physical Education through Continuous Assessment to achieve Student's learning outcomes in Bangladesh.

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INTRODUCTION

Man power is considered as entire capital with education, creative faculty, capacity and skill of an organization's workforce, as well as the morals and ethics of an individual involved. Development of Human Resources is thus different from natural, financial or any other kind of resources. Appreciation of the Human Resources means that a person as a rational being becomes more capable of handling his affairs, or logically improves his capabilities of decision making. Generally, Human Resource Development (HRD) is a Package of several activities such as nutrition, Health, Culture, Education, Labour, Agriculture (Leading to employment). This package needs to be delivered to every child who is born in this world to ensure sound atmosphere with proper physical and mental growth. The timeframe of Human Resource Development concerns itself with continuing education and training, a life of dignity for all men and women. Coordinated development of the child of the age group (0-14) years, i.e., the school children is the major concerns of the HRD. Since Human Resource Development is one of the major concerns of Quality Education, the proper physical and mental upbringing play a vital function during the school life of all students. Education and health issues are interrelated because without good health, students will not be able to engage themselves in learning process. The emphasis on health issue as a major component of HRD does not require much explanation on this ground that it is the Human Resources who are the introducers of any form of development and at the same time are the beneficiaries of that development. If they are not healthy enough, they do not able to receive the learning with full concentration; they cannot involve themselves in the development process and thus also cannot reap the harvest of that development as explained.

The foremost duty of education is to teach us ethics develop creativity, criticality and intellect, to bring out or develop potentials and to contribute to the growth of the human society. Thus, education is a) deliberate and hopeful b) Uniformed, respectful and wise and c) grounded in a desire that at all may flourish and share in life. Therefore education is directed and reflected at the personality of a student as a whole where as Physical Education is an integral part of it- which shines to enhance physical growth, development and involvement into the world of work. Thus physical education is closely allied with academic progress as it is concerned with the health issue of the students which is the prime condition for their concentration to study. Too often students in the educational institutions generally, in the secondary levels, fail to maintain high standards because of physical or emotional weakness. A well-rounded preplanned program in physical education helps to overcome such handicaps and to increase physical and mental well-being- not only during school years, but during adult life as well.

BACKGROUND OF THE STUDY

Physical Education helps students to get better their life. Concentration only on school activities can make their life uninteresting and dull which in turn can cause despair and dejection. Physical activities and workout boost their energy which can make them stronger to recognize aptitude and capacity.

In the 'Learning and Behaviour Strategies', (R Sam, 2017), there are Top 5 Reasons why Physical Education is as important as School Work. Those are:

1. It enhances an individual's capacity to focus and concentrate
2. It is very significant for healthy development and growth.
3. Physical exercise removes sleep deficiency
4. It assists in relieving anxiety and nervousness
5. Physical Education makes an individual resilient and joyful.

Thus scientific research reveals the fact that physical education in school helps in developing connections between neurons of the brain. Strong and well-linked neurons help advance the general thinking capability of students making them superior students in classroom. Many Schools have made physical education an indispensable component of school curriculum and students are promoted to maintain a strong sense of balance between their schooling and keeping fit. This is due to the fact that those students who take part in physical activities have proved to be more contented and at an advance than those students who spend all their time doing school education curriculum. Such work outs help develop the blood transmission in an individual's body. This helps in supplying more oxygen to the heart and brain and allows the body to maintain steadiness between physical and mental health.

As a fundamental part of formal education the physical education is not meant just for the present, but it is an important preparation for an active and efficient life with its full length. This is quite known to everybody that good health includes physical, mental, social and spiritual growth as well. For achieving complete health one must have knowledge and understanding of the close contact and correlation of these four major units that make up a person with perfect attributes.

An individual is primarily a member of a family, then a society, then a community. This society and community may get extended to national and international levels. The social environment into which someone is born has tremendous influence on his or her ability to develop the innate capacity and on entire growth. From his/ her social environment he/she draws their basic belief and faith. Again, the individual health of each member determines the total health picture of a family. Since, emotions are an important part of health, the emotionally secure person adds to the security of the whole family and society in a broad sense. The mature person will be able to select from the social environment the best kind of health service that the community has to offer and at a time of crisis to find security from the practical exercise like body work out, meditation for fitness.

1.1 Statement of the Problem:

On the above backdrop the health issue for a student is extremely crucial to develop students as a resource for the family, society, nation and the world as well. The students can be made conscious about their health and hygiene through physical education from the beginning of the schooling when the students get adapted to physical education and thus start practicing regular exercises and playing games and involve with sports. Thus they should realize the necessity of Physical Education and may take those activities as the part of their everyday lives and cannot live a meaningful life without enjoying these activities. It is the fact that, without regular physical activities, the students cannot give proper concentration on study. Moreover, Physical Education is essential for students to keep them healthy and steady. Research from the 'Youth Sport Trust' shows that 38% of English secondary schools have cut timetable for Physical Education of 14-16 year-old students due to over-pressure of examination. As a result, 30% of six year students are identified as 'overweight' or 'obese' according to the latest government figures. Moreover, Physical Education is often viewed as an opportunity for pupils to be active and to enjoy themselves. Or, in some cases it is considered as a form of stress relief and to serve as a break from traditional learning. (Academic Rigour, Journalistic Flair, 2018)

Despite the initiatives taken by the Government to build a strong foundation of Physical Education in educational institutions yet we may find some limitations for strengthening this education as expected. There is scarcity of instruments for Physical Exercise and lack of materials for practicing games and sports. For example, students do not have playground or enough instruments in all schools to run the physical activity regularly. Educational

institutes may take the steps to establish a mini gymnasium in future amid the school premises encouraging the students of all levels towards physical activities.

Considering the fact that the Physical Education is just as important as any other school subject, Ministry of Education started the Continuous Assessment of Physical Education from last year. It reveals that the Academic result of the Secondary School Certificates Exam becomes worthier than the previous years in Bangladesh. For example, in previous year, the academic results of the Secondary students were not up to the mark, the performance becomes improving while the continuous assessment of the physical education come into being in the National Curriculum. While the overall passing rate in SSC Exam in 2019 is 82.8 %, the passing rate in 2018 was 71.96 % which shows the dramatic changes took place within one year.

Thus the Physical Education Situation reflects that the educational institutes should consider the Necessity of Physical Education for Secondary Students and thus continuous assessment of Physical Education should take into account in the National Curriculum. Students should be encouraged to engage with this subject and strengthen the place of Physical Education as a unique and valuable educational pursuit.

1.2 Objective:

My Objective is to find out the role of Effective Physical Education by investigating the Learning Outcome of the students through Continuous Assessment in the Educational Institutions in Bangladesh. As Physical Education has been considered in the curriculum as a subject to measure by Continuous Assessment (CA) of our student's learning outcome, concentration for the improvement of Physical Education situation becomes the prime issue for both the teachers and students in the Educational Institutions. The implementation of this research study in the area of Physical Education is one of the emerging issues for achieving the goal of our 'Quality Education' in Bangladesh perspective.

1.4 Research Questions:

- a) How effective is Physical Education in improving student's Learning Outcome?
- b) What are the challenges to ensure quality Physical Education for the students by Teachers in the Educational Institutions?
- c) To what extent Physical Education Wing would be able to achieve the goal by Continuous Assessment of Physical activities to overcome the challenges?

1.5 Significance of the Research

The Government of Bangladesh is quite conscious of the necessity of Physical Education for the students. In the secondary schools the physical education is compulsory for each and every student. At least one graduate teacher with Bachelor degree in Physical Education gets appointed in every school or madrasa with the same salary, status and position as the general graduate teachers. Previously, the Physical education was not duly respected as it is done currently. Bangladesh National School, Madrasa and Technical Education Sports Shamity and the Education Boards jointly organize 'Summer Sports Competition and Winter Sports Competition annually among all Schools and Madrasa all over the Bangladesh under the supervision of Physical Education Wing of Directorate of Secondary and Higher Education, (DSHE), Ministry of Education. Physical Education Wing provides different Sports items and instruments of Physical Training to different schools all over the country. The Physical Education Wing regularly arranges Trainings for Physical Education Teachers every year by the Physical Education experts in the Physical Education Colleges in Bangladesh. In the present National Curriculum participation in Sports or Physical Training is not only compulsory for the students but also a part of the Continuous Assessment (CA) with which the student's performance can be evaluated in daily basis. To ensure the participation in Physical Exercise, students will be provided with a Diary by National Curriculum and Textbook Board this year. The piloting program has been conducted by Bangladesh Examination Development Unit (BEDU) in seven districts of four divisions in Bangladesh last year. Those are Dhaka, Chittagong,

Panchagar, Chadpur, Shatkhirra and Khagrachari. From this year Directorate of Secondary and Higher Education is going to implement this project all over the country.

In the adult level of education, the curiosity in sports education and physical exercise lies with the individual learner where the graduate sports instructors may facilitate and help the students to stimulate their desire to continue participating in sports and activities throughout their lives. Physical Education through sports and exercise does not only help us to keep our body fit for now and future but also keeps us healthy and sturdy for the whole life.

LITERATURE REVIEW

The Directorate of Secondary and Higher Education is enhanced with the responsibilities of overall educational management of the Secondary levels in Schools, Madrasa and Technical/vocational Educational institutes. The responsibility of supervision and monitoring the physical activities and physical education situation of the secondary levels in Bangladesh is mentioned by Allocation of Business of the Directorate of Secondary and Higher Education. This shows that the importance which the government wants to place on Physical Education is properly followed by the implementers. The Ministry of Education have necessary emphasis on the area of Physical Education where required. Ministry of Education is working hard to fulfill the agenda of Sustainable Development Goal (SDG) where Quality Education and Health are integrated to one another. To meet the challenges of present world government has compelled us to ensure growth and development by the students with good health with both physical and mental stability. The existing students with good health will be able to participate in the economic development and thus help increasing GDP growth rate in future. So, necessity of Physical Education during their schooling is essential for the entire generation. In the article named 'Physical Education in Schools: A Global Perspective', (K Hardman, 2008) Physical Education is realized as root for sustainable development. In his findings around the global, within general Education systems, a majority of countries (89% primary schools, 87% secondary schools) have legal requirements for Physical Education in schools. It has been revealed in the world wide survey that in 86% countries, Physical Education had the same legal status as other curriculum subjects.

"Physical Education is seen to be the only school subject which seeks to prepare children for a healthy lifestyle and focuses on their overall physical and mental development as well as imparting important social values such as fairness, self-discipline, solidarity, team spirit, tolerance and fair play...with school Physical Education and Sport deemed to be among the most important tools of social integration."- The European Parliament's Resolution on the Role of Sports in Education (2007/2086NI). Thus, Physical Education, sport and Physical culture each offer a unique platform on which to explore a multitude of holistic learning opportunities. For instance, the ethical or moral controversies in sport can provide teachers a range of educational stimuli for debate, reasoning and critical thinking. It also helps to enjoy many occasions for cross-curricular links and integrative learning scopes.

The Facts on Education Series by Dr. Lynn Butler- Kisber, Professor of McGill University confirms that healthier students make better learners. The term quality physical Education is used to describe programs that are catered to a student's age, skill level, culture and unique needs. They include 90 minutes of physical activity per week, fostering student's well being and improving their academic success. This research also demonstrates that, Physical activity does not have negative impacts on student success and that it offers the physical, social emotional and cognitive benefits in health outcomes and school achievement.

Dan Wilson, (2018), a leader for Education and School sport at the Yorkshire Sport Foundation talks in the article Better Leadership, Smarter spending, that what schools can do to ensure their pupils have access to safe and effective Physical Education facilities. The 10 ways to improve your school physical education are as follows:

1. Let your kids be creative
2. Staff training is vital

3. You have Physical Education Classroom
4. Carry out Safely checks
5. Try to include everyone
6. Exercise at break times
7. Apply a lick of paint
8. Secure your green spaces
9. Consider your timetabling
10. Acknowledge pupil's Physical Education achievements

Another journal *How Physical Education in Schools Benefits Students* by Saul Wagner illustrates the benefits of Physical Education in schools are far-reaching including both increased student physical health and better academic performance. By promoting Physical Education in school, educators are in a prime position to help students establish life-long healthy behavior pattern and boost scholastic success. The US Department of Health and Human Services recommends 60 minutes of daily physical activity for youth aged 6-17 years, while research shows regular physical activity during youth is known to have the following benefits:

- Build Healthy Bones.
- Improve strength and endurance
- Reduces stress and Anxiety
- Help control weight/ reduces the risk of obesity
- Improves blood pressure and cholesterol level
- Reduces feeling of Depression
- Boost Self-esteem
- Promotes Psychological wellbeing

Research shows that, Physical Education in schools has been shown to have positive effects upon learning, including increased concentration, attention in class with better grades and better behavior. A mere 20 minutes of walking affects brain functioning, helping to stimulate student's mind and improve academic success. On the other hand, insufficient physical activity is one of the top health risks for unhealthy diet and violent behavior. There is not only a strong correlation been found between high fitness scores and high academic scores, but children who participate in Physical Education are more likely to remain active during after0school hours. The suggestions come out from the research are as follows:

- Incorporate classroom-based physical activities
- Encourage Physical activities during recess
- Provide Physical Education taught by a qualified teacher
- Invest in athletic and gym equipment
- Sponsor school sports teams

- Promote interscholastic sports
- Share community sports facility
- Work with communities to provide after school activity

U.S Department of Health and Human Services stated the benefits of Physical Activity in the Strategies to Improve the Quality of Physical Education. This focused on the disadvantages of insufficient physical activity levels among youth. Physical Education is an effective strategy to increase physical activity among young people. By implementing a well-designed curriculum, Physical Education as in any other academic subject need to be shaped and thus instruction by mapping out for teachers what students should be taught and how their acquisition of knowledge and skills should be assessed. Teachers should be provided with appropriate training and supervision for continuous professional development.

In the study, 'Motivation for Participating to Sports Competitions in School', Liliana Radu identifies the student's motivation for participating to sports competitions in school which promotes the physical activity. Establishing and implementing high quality Physical Education programs can provide students with the appropriate knowledge, skills, behaviours, and confidence to be physically active for life. High quality Physical Education is the cornerstone of a school's physical activity program. Schools are an ideal venue for the implementation of healthy behaviours because they serve majority of youth in a country who spends such a large amount of time in school which is the worthy place to practice Physical activities regularly.

Spyridoula Vazou, (2015), focuses on the importance of Physical Education in the study, Rethinking Recommendations for Implementing. Comprehensive School Physical Activity Programs: A Partnership Model that Physical Education increases educational potential within the students in a classroom. Adding fitness and circuit training should be the essential part of the curriculum. Participation in Physical activity is associated with academic benefits such as improved concentration, memory and classroom behavior. When embracing the advantages of technology for learning, schools need to aware of its negative impact on student's physical activity behavior. (Educating the Student Body: Taking Physical Activity and Physical Education to School, 2013)

Being the inseparable part of Secondary level education in Bangladesh for the students of the age group 11-15 years, Physical Education is in practice not held with due importance socially and nationally. It has been experimented by the Department of Narcotics and Drug Control that the person who once were interested in games, Sports and Physical Training during their school or college levels, generally have developed their own control mechanism to keep themselves away from the attack and abuse of drugs. They usually like to live disciplined life which is blessed with good health. They keep themselves fit to enjoy the peace and happiness in life to respond to the truth that it is the health as the most precious wealth on earth alone that allows the human being as the human resource to enjoy life and living by using other assets whereas the Physical Education sets the foundation stone of that health issue.

Physical Education is 'learning through the Physical acquisition'. It aims to develop student's physical fitness and acquaintance of awareness and safety, and their capability to utilize these to perform in a ample actions associated with the advancement of an dynamic and vigorous lifestyle. It also develops student's self-esteem and generic skills, especially those of cooperation, communication, imagination, critical judgment and aesthetic appreciation. These together with the nurturing of positive values and attitudes in Physical Education provide a good foundation for students' lifetime and permanent learning.

Mahar, (2011) states that children's Physical Activity levels are directly related to the opportunities they have to be active. Schools have the potentials to influence the physical activity behaviours of their students through various opportunities in addition to Physical Education. This is possible to promote as schools are having access personnel, equipment, and space to implement physical activity programming. In the Elementary School Health Education, (James H) emphasizes on coordination of the School Health Program to maintain active participation in school living. Physical Education as a separate subject in the elementary school in order to create health contained classroom. To ensure sound mental, social and emotional health the effectiveness of physical education is significant in school level.

1.3 Benefits of Physical Education:

Over the history in the past, influence of Physical Education leading student's life and experience has been vast. To achieve Quality Education concentration on Physical activities should be included as compulsory part of curriculum. Physical fitness is not only the integrated background of the functional state of the human body, but also a major indicator of Human promotion. High performance in Sports activity within school children significantly increases the spontaneous eagerness in the study ((Bikmukhametov, R, 2004).

The physical Education lends to the teaching in following outputs:

1. Democratic practices and procedures in the classroom
2. Individualization of instruction
3. Many kinds of achievement at many levels.
4. Development of the uniqueness of the individual
5. Identification of talents and special abilities
6. Feeling of security, adequacy and belongingness
7. Accompanying development experience
8. Integration of the physical, social, intellectual and emotional aspects of the individual.

1.4 The Role of Policy Makers to ensure the Quality Physical Education:

As the curriculum development is continuously improving process, Physical Education becomes the integral part of the curriculum in our country. In the curriculum through Physical Education we may build the power to encourage changes in the light of new learning method. It may nurture in students generic skills, optimistic values and manners, in addition to physical proficiency, for lifelong learning and encourage schools to craft flexible use of time, space, services and amenities accessible to enrich their school-based syllabus focusing on teachers' eligibility to teach Physical Education properly. The benefits of such curriculum creates better teamwork, better communication skills, better wisdom, innovative thinking, increased publicity and blending into media. Offering students the opportunity to express their views during interactive presentation in physical education adds value in their real life by encouraging the physical and mental health. Physical Education thus plays an integral role in developing healthy habits in life turning the education experience from an inactive lifestyle into a deeply involved performance of physical experience. The National Association for the Education of Young Children, (2011) in United States believes that Physical Activity is a developmentally appropriate outlet for reducing stress in children, improves children's attentiveness and decreases restlessness.

1.5 Implementation of the Planning by Physical Teachers in Secondary Schools:

Being an Assistant Director of Physical Education Wing of Directorate of Secondary and Higher Education, Ministry of Education, (DSHE), I have keen desire to explore my research in this area as I have already gathered real life experience to identify Physical Education as a very important aspect for the student's health issue to achieve their learning outcome.

Physical Education can play a vital role in terms of student's learning achievement. Through the Physical Education, students of the Secondary level would be able to change the approach and performance as a Global Citizen. In this regard, school physical activity programs are needed so that schools can ensure they are providing students with 60 minutes or more vigorous or moderate-intensity physical activity per day. Physical activity programs are neither equivalent to nor a substitute for physical education, and both can contribute meaningfully to the development of healthy, active children (NASPE and AHA, 2012). Thus the opportunities to increase physical activity in the school environment will be prevailing.

According to Woods (2011), play is a “free activity that involves exploration, self-expression, dreaming and pretending. Play has no firm rules and can take place anywhere”, Children play often involve physical movement and skill. It must be competitive with outcomes that are important to those involved.

2.4 Training of the Physical Education Teachers in context of Bangladesh :

There are three issues to which we must pay attention in work out. To train up in this regard, the compulsory standard one is required are Perseverance, Concentration of all our strength and regular Habituation. First of all, firmness in exercise creates attention. In general curiosity arises from daily exercise. The best way is to exercise twice a day regularly. If one does this practice daily, the idea of keep fit is continually present and never disrupted. The individual exercises hours need not be lengthy, thirty minutes are adequate. In this way, a certain interest will naturally arise. Secondly, determination in exercise can create contentment. Enjoyment and Satisfaction are distinct. Interest is the foundation of exercise and pleasures its consequence. Awareness arises from the accomplishment, and delight from the output we may get from daily exercise in return visible from outside and felt from inside. The influence of a physical education teachers support the students physically, mentally and emotionally. Classroom physical activity breaks are not only beneficial in promoting physical activity in children and youth but also can occur in the classroom without compromising learning and in fact improve academic performance and related classroom behaviors. Training facilities for Physical Education teachers is essential to promote physical education in the institutional level. Besides, quality coaches are required to facilitate the opportunities for physical activity for students.

In Physical Education for Elementary Schools, N.P Neilson illustrated the suggestions which might be helpful to teachers:

- Observe the actions of students, explain the activities and correct pupil errors
- Serve as a coach to help individual to progress in their development and adjustment
- Be responsible for the safety and general welfare of the students.
- Stimulate pupils to desire improvements.
- Guide children to evaluate their own efforts.
- Be a model of good posture keeping a positive attitude.
- Emphasize the correct starting position for all exercise.
- Try to secure the cooperation of parents in the factors related to sports.
- Teach children the proper use of apparatus and equipment.
- Choose play techniques that are safe and sound.

2.5 Student's Outcome by attaining the Skills in Physical Education (PE)

Physical Education compliments education with virtue and knowledge. Both virtue and knowledge dwells in the body. Without the body there exists neither virtue nor knowledge. Children enter primary school when they arrive at the suitable age to study. In primary school, particular attention should be paid to the growth of the body; steps forward to knowledge and moral teaching are of secondary importance. For the physical development, nourishment and care should be primary, lessons and regulation are complimentary. When the body is strong, then one can advance promptly in acquaintance and ethics and reap inclusive advantages. It should be regarded as a significant part of our study. Learning has its essential and its accomplice parts, and affairs. Here, Physical education really occupies the first place in our lives. It not only strengthens the body but also enhances our gathering information. It also harmonizes the emotions. The power of the emotions and sentiments

is extremely great. The purpose of physical education is to make stronger the muscles and the bones, as a result, knowledge is enhanced, the sentiments are harmonized, and the willpower is reinforced. The muscles and the bones belong to our body, knowledge sentiments and will belong to our heart. When both the body and the heart are at ease, one may ensure perfect harmony. Hence physical education is nothing else but the nourishing of our lives and the cheer up of our hearts. In Administration of Physical Education for Schools and Colleges (William LH) identifies that one of the value of participation in physical activity from the standpoint of organic development and the application of acquired skills to leisure education, is another positive point in conjunction with motivation in the Physical Education program. This area of interest is associated with many other extracurricular activities in the student life. So, Physical Education must receive a proportionate amount of credit by which teacher's endeavor to interpret and evaluation to the pupil is concerned. The strengths and weaknesses of each activity reflect the values in the evaluation process of the Physical Education factors. Charles A. Bucher, (1972) in Foundations of Physical Education considers Physical Education from philosophical point of view. He mentioned "Physical Education is centered around ideals. Idealists believe that activities must be offered that aid the student in developing the qualities of honesty, courage, creativity and sportsmanship." Physical Education involves more than the physical. The body should be developed simultaneously with the mind. Physical education should contribute to the development of the individual's intellect. Thus strengthen the fitness ability contributing to the development of one's personality. As the Education is for life, the realist views Physical Education as a valuable part of the school curriculum. They emphasize the values related to human body and physical fitness. With the opinion by the Existentialists, it can be stated that, the individual discovers the inner-self in physical activities, games and sports. As the chief concern of Existentialism is the individuality of man, the individual has an understanding of himself. The values and goals that are involved in Physical Education are important to discover the truths. Thus by the proper curriculum of Physical Education, the school supplies the environment, the tools and the opportunity for the innovation that must determine his own system of values.

The Physical Education for Girls and Women, (Andrew S) evaluates Physical Education certainly meaningful to students while in school and to stimulate in them a desire to continue participating in sports and activities throughout the lives. An educated person should know that good health includes physical, mental, social and spiritual growth. The social environment has tremendous influence on our ability to develop innate capacity for fitness. As a social being individual realizes that health is important in achieving life goals. Physical Education develops a faith and confidence in one self to carry on the social affairs with inner development. Galen utters: "that form of exercise is best which not only exercises the body but also is a source of joy to the participant.....Therefore that form of exercise is recommended which contributes to the health of the body and to the harmonious functioning of the parts and to the strengths of the soul."

RESEARCH METHODOLOGY

Research is a journey of sequential steps. For this journey there are two important decisions to construct. In case of my research, the first is to settle on what Research questions the researcher wants to find response to. Having determined upon the research questions or research problems then we need to decide how to carry on the findings and then comes the question of deciding the research methodology. Once the research problem has been formulated then the Research Design as to how the answers to Research Questions of finding the challenges to ensure quality Physical Education for the students in the educational institutions and the way to increase the effectiveness of Physical Education is possible to identified. Then the instruments for data collection have been constructed. The questionnaires were carried out to find data from the focused group to analyze and interview has been conducted to find out the solutions. Most of the samples will be selected randomly. The data will be collected from the 'sample's through a short survey by questionnaire and interviews by using pretested and open-ended questionnaires. In my methodology, so far the collection of data is concerned the sample was selected from the Ministry of Education, Directorate of Secondary and Higher Education, (DSHE) and the Physical Education Teachers of the Secondary levels.

3.1 Research Design:

The intended study has followed both Qualitative and Quantitative Research, i.e., mixed method focusing on Questionnaire and Semi-structured interview. It comes up with the idea of balancing quantitative and qualitative method for some valid reasons. First of all, qualitative research offers the scope of generating new idea through

inductive approach as opposed to deductive that quantitative approach follows as testing of theories only (Bryman, 2001) inductive logic or reasoning involves making generalization based upon behavior observed in specific cases. In my article, there is the holistic idea of mixed method design focusing on generating questionnaire, data collection and analysis process with the quality of interference and mixed methodology. The design involves a quantitative in which the data of questionnaire are analyzed followed by a qualitative phase conducting the cognitive interview. The advantage of using mixed method is that quantitative data can yield generalizable results and qualitative data can provide extensive insights. Besides the necessary skills and effective interdisciplinary collaboration, this combined approach also requires an open mindedness and reflection from the involved researchers, (Zhang W, 2014).

Firstly, the study indeed focused on literature review as for related sources because it guides to shape the research problem at the primary level and acts as a basis for comparing and contrasting the findings of the study. Besides, qualitative research directs to set limitations around the specific topic as observed by (Potter, 2006). Textual analysis examines the basic form, layout and representation of words and images in media texts (Richardson, 2007)

3.2 Sampling:

Purposive Sampling will be used in this research. At least (10) Participants have been surveyed by the questionnaires and five (5) interviews have been conducted with the open ended questions to find out their opinions in this regard to get through the level of perception of the research questions mentioned earlier to come up with the recommendations.

The research study intends to collect data that refers the existing scenario of Physical Education at present in Bangladesh and to explore the impact upon the secondary students by drawing the effectiveness of Physical Activities for ensuring their healthy life. The population and subject of the data analyses are helpful for the better production of in-depth knowledge which will supply context for answering the planned research question (Bryman, 2008) and lay the ground to improve the condition of Physical Education in the schools of Bangladesh.

3.3 Instruments:

Questionnaire, Interview Question, and Document Analyzing have been used in quantitative and qualitative approach. This approach has the prospective of social changing process through uncontrolled data collection process like unstructured, semi-structured, focus group discussion, and case study and thus sets up platform for new insights, (Yin, 2011). A cheek list of questions has been provided to the participants for designing a survey and an experimental research with some suggestions of how to use the needed instrument. Moreover, I have used some theories in literature review which is a form in quantitative research.

Perceptions of Research: Enriching the Role of Physical Education by Continuous Assessment is essential to achieve Learning outcome of students in Bangladesh

Questionnaire

Dear Participants,

Thank you for taking time to fill in this questionnaire and agreeing to be part of this research study on physical education.

1. Physical Education is essential for the academic development of the students.

Agree	Strongly Agree	Neutral	Disagree	Strongly Disagree
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2. Physical Education wing is active enough to play vital role in Secondary Education.

Agree	Strongly Agree	Neutral	Disagree	Strongly Disagree
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3. There are some problems to implement the policy by Physical Education wing.

Agree	Strongly Agree	Neutral	Disagree	Strongly Disagree
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4. The structure of the Wing is capable enough to carry on the activities.

Agree	Strongly Agree	Neutral	Disagree	Strongly Disagree
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5. The activities of physical education are interesting and enjoyable.

Agree	Strongly Agree	Neutral	Disagree	Strongly Disagree
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6. Physical education as an effective part of Directorate of Secondary of Higher Education.

Agree	Strongly Agree	Neutral	Disagree	Strongly Disagree
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7. Physical education is rightly considered as a part of Continuous Assessment.

Agree	Strongly Agree	Neutral	Disagree	Strongly Disagree
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8. Professional Training is essential for physical education teachers.

Agree	Strongly Agree	Neutral	Disagree	Strongly Disagree
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9. Quality of physical education should be improved.

Agree	Strongly Agree	Neutral	Disagree	Strongly Disagree
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10. Physical education is helpful for the overall wellbeing of our students.

Agree	Strongly Agree	Neutral	Disagree	Strongly Disagree
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Interview Questions:

1. What are the activities of physical education wing of Directorate of Secondary of Higher Education?
2. How do we improve the quality of physical education?
3. The continuous assessment for physical education will help improving the situation. Explain, How?
4. What are the present obstacles and challenges of physical education?
5. What are the steps to be taken to improve the physical education wing?
6. Do you think training is required for the expertise of the physical education teachers?
7. To what extent physical education helps the students in their academic career?
8. How physical education can play more active role in secondary education?

9. What is the impact of physical education on student's social and moral life?
10. What recommendations do you have to improve the physical educational wing?

3.4 Validity and Reliability:

Expert Checking, Peer Review have been applied in this qualitative research whereas Quantitative research tends to be suitable for scientific cases that follow rigorous data collection process through large survey following structured interviews and questionnaires (Dawson, 2006). The use of mixed method design increased the trustworthiness and validity of the data through method triangulation. To get the authentic data, the interview is being conducted to the higher officials of Ministry of Education and even to the field level, i.e., the Physical Education Teachers in the secondary level. Fortunately, I have got the chance to take the interview of a former Education Minister of Democratic and Socialist Republic of Sri Lanka who has been invited by the Education Minister, Government of the People's Republic of Bangladesh in last month. I have also interviewed his wife who is a principle of a renowned Secondary school in Sri Lanka. The valuable information I have received from them is illustrative and practical which is also very helpful to my research.

3.5 Data Collection:

This study aims to access teacher's knowledge and perceptions about Physical Education Wing of Directorate of Secondary and Higher Education. Questionnaire and Interview (Interview Scheduled before) has been used to find out the result of this research study. The research used a wide variety of secondary data sources to conduct comprehensive analyses. The study used different essays, articles, journals and research papers, reports of national, international organizations, books and government policy documents following triangulation of data analysis techniques. This research is based on data collected via a questionnaire and interview which asks about the perceptions and understanding the necessity of Physical Education. Questionnaire is employed to gain an understanding behind the quantitative findings, which are ideal to use in a mixed method design as they can illuminate emerged themes from the quantitative data. (Menter et al, 2011). The mixed method approach assisted in method triangulation, from which both sets of data highlighted. Data collection procedures in qualitative research have been divided into - Qualitative observation, qualitative interviews, qualitative documents analysis, options advantages and limitations. Qualitative data collection types, options, advantages and limitations are easy to comprehend. (Creswell, J. W, 2014). In addition, the use of direct observation allowed for the measurement of contextually rich data and is a method which is believed to exceed other Physical Activity measures (McKenzie, 2010).

3.6 Data Analysis:

In this Qualitative Analysis, descriptive and comparative discussion is being observed after gathering the data. Step by step planning in conducting qualitative research, (Silverman, 2000) have been followed formulating a research questionnaire and interview questions for opinion by discussion. Keen observation has also been made where the interviewee shows the tendency of avoiding the interviewer or researcher or appears to hide anything pertinent to the investigation. The analyzing of data has supported the factors and practical consideration for choosing the mixed method design. The result and findings of this study will provide insight and future direction into improving the activities of Physical Education wing under the supervision of the Ministry of Education. Questionnaire is being reviewed to get the findings by analyzing data and the answer of the interviews is being noted and analyzed later on. Findings from this research highlight the importance of a mixed method approach and its contribution to understanding the effectiveness of Physical Education for students.

FINDINGS AND DISCUSSION

4.1 Description:

By doing the critical analysis with the findings of my primary and secondary data, it is found that Physical Education is the essential tool for ensuring good health of the students. Therefore, enriching the Role of Physical

Education becomes a burning issue to achieve Learning outcome of students, and it should rightly assessed continuously in Secondary level.

The findings advise that the positive impact of Physical Exercise and Sports can be understood in terms of child's development in 5 fields. Those are Physical, Lifestyle, Emotional, Social and Cognitive, (Bailey R, 2004). International agencies like the United Nations Educational, Scientific and Cultural organization, (UNESCO) has emphasized this inclusive term 'Physical Education and Sports' to refer structured, supervised physical activities that take place at school during the school day. For many children, school is the main location for being physically active through physical activities, sports and games inside the campus.

The physical health benefits of regular activity are well-recognized by the high officials. Regular participation in such actions is connected with a longer and superior quality of life by reducing danger of a variety of diseases, and many psychological and emotional troubles.

There is a contradictory relationship between physical activities and factors affecting children's physical health, including diabetics, blood pressure, bone health and obesity. Thus Physical Education recommends the cost-effective technique to manipulate next generation to lead physically active lives.

This research suggests that a number of factors contribute to the institution of physical activity as part of a sound lifestyle. School physical exercise creates significant contexts in which physical activity level are influenced. The effectiveness of Physical exercise and sports influence on physical activity seems to be maximum beneficial when programs combine classroom study with activity. This will flourish student's understanding of determination and creativity by enjoyment and feelings of aptitude in their own skills.

Regular exercise can have a positive effect upon the psychosomatic well-being of students with a strong self-esteem. So, physical activity has been reported to reduce stress, nervousness and depression. All of the interviews support to the state that well-planned Physical exercise can contribute to the enhancement of psychological health in student's life. (SJ Roy, 2008).

It is also worth considering the rising interest in the relationship between Physical Exercise and Sports and students common attitude towards schools. Student's attention increase followed by the commencing of Physical Education Schemes and the risk of exclusion and drop out of school decrease while the accessibility of physical education program increase to make the school experience more attractive for the students.

4.2 Findings:

Physical Education is rightly considered as a Continuous Assessment can be added to the school syllabus by taking time from other subjects without risk of hampering student academic achievement. On the other hand, adding time to academic or curriculum subjects by taking time from physical education does not improve grades in these subjects and moreover destructive for health. Academic performance and contribution in Physical Education School sports and other physical activities are interconnected to the improvement of the results for the students. This finding strongly suggests a relative in performance in academic aptitude, cognitive function and intellectual ability. Physical Education facilitates physical fitness that has positive influences on attentiveness, and classroom performance. So there is a positive association between academic results and physical activities. (William A, 2007)

Moreover, in social point of view, it is established that appropriately structured and presented physical activities can make a contribution to the progression of prosocial behavior and can even combat antisocial behavior and immoral activities in youth.(Wandzilak T,1988).In case of school-based studies, especially those focusing on Physical Education and Sports Curriculum programs, finding suggests that while a wide range of physical activities seem able to offer precious atmosphere for social development, school based programs have a number of advantages, such as access to nearly all children, fewer outdoor demands to call attention to the ultimate effect and competition and the ability to incorporate social education with the similar teaching across the school curriculum.

Physical Education not only reflects but can also contribute to the students for social inclusion. Positive knowledge of physical involvement in sports and games contribute to the process of inclusion by bringing individuals from the variety of social and financial background together in a combined interest, offering a sense of belonging to a team or a club, providing prospect for the development of valued potential and capacity development for building social networks, community and local unity.

The Study's findings provide insights into the Physical Education system in schools, the usefulness of Physical Education in Secondary level and negative impact of Physical inactivity among students in Bangladesh.

Interview Session: 01

Interview to the Former Education Minister from Sri Lanka

The activity of this wing is to monitor and supervise the Physical Education situation and activities for the students in the Secondary level. 'A healthy mind in a healthy body' is undoubtedly required for students. So, we may allocate about 2 periods for Physical activities in the school routine. The continuous assessment for physical education will help improving the situation. Obviously, Physical Education should be monitored continuously for Assessment of the student's learning outcome. Warm up activities, normal exercise, sports, basic skills during the year can be part of the curriculum. Qualified Physical Education Teachers, Skilled Trainers are not available to promote the healthy activities.

Grading system by allocating more marks in the curriculum to motivate students is necessary. Foreign Training in the International levels, updated knowledge, experience, and proficiency is required. Students love to do sports. So, encouragement towards game helps them to do better in study. On the other hand, student's academic performance goes down if they are not motivated towards sports. Physical Education should be assessed continuously throughout the year. Inter-school competition, national and international competition should be introduced regularly.

The outcome of Physical Education is very effective for the students as it teaches them to share the team work vibes, stronger to handle the failure, to deal with the winning or losing in life. Lots of competition should be arranged by Physical Education Wing throughout the year. The students good at each activity should be identified by the Wing and thus practice in this particular event should be organized after the class is necessary. The psychological factors, medical reports, height-weight parameter should be considered to stimulate a student towards a particular game.

Interview Session-02

Interview to the Spouse of Sri Lankan Former Education Minister

The role of Physical Education is to co-ordinate the physical and sports activities of the students of Secondary school level. To update the books and exercise materials scientifically, we can improve the quality of Physical education. Modern elements should be used in the gymnasium. Activities should be monitored continuously. The quality, ability of a student should be evaluated in the light of modern world apart from traditional outlook.

The unhealthy lifestyle, unhygienic food, indolence nature, parent's unwillingness discourage the students in physical education related programme. Grading system like any other subjects should be included for Physical Education as a component of assessing student's outcome. Prime requirement for output is to give input by the training of trainers.

Once a student is physically healthy, he or she will be mentally strong. Brain works properly while the neurons are active by physical exercises. Students will be able to give more concentration in study while physical fitness will be there complemented by Physical Activities.

Teamwork, Leadership Quality, Communicative Skills help to improve their engagement in social life with a moral enlightenment. Failure is the pillar of success. Ability to face the defeat, to inspire for self-defense, to tolerate the opposition- is the qualities that gathered from sports completion. The physical activities should not

be limited by class environment, rather acting, mimics; yoga, karate etc. should be introduced along with sports curriculum so that it becomes a regular practice.

Interview Session-03

Interview to one of the High Official from Ministry of Education

To arrange the national school competition all over the country, year-long sport identify cheek-list, training of Physical Education teachers etc. Physical and mental growth supporting activities in the field of outdoor and indoor game is necessary. Monitor the piloting design help the students to increase the activity by keeping daily records.

Lack of planning, lack of resource, lack of monitoring, untrained teachers, insufficient logistic supports etc. are the problems. Budget allocation for the National Sports Program, to manage the event should be improved. Training to gather national, international experience of games and sports is required. Specialist coach and gymnasium is necessary in every educational instate.

Good health is the precondition of better study. Physical education helps to make a sports loving nation by growing more humane elements in student's life. Education can be made more attractive and proactive with the pleasures of sports and games. Physical Education can play a vital role in creating moral human being, to learn the discipline, team-spirit and punctuality.

Assessment process should be both in theoretical and practical levels. A separate syllabus should be introduced for Physical Education by National Curriculum and Textbook Board (NCTB).

- School-based age group team create
- Primary motivation for practice the sports
- Secondary level leadership management
- Future Plan to introduce new games
- Human Resource creation for next generation
- Fund should be increased for Physical Education

Interview Session: 04

Interview to one of the Directors from Directorate of Secondary and Higher Education, (DSHE)

Enhance Interaction in Physical Education can make students more interactive and stimulate better engagement between teachers and students. The most effective way is to connect with the children while they are involved in the Continuous Assessment (CA) for Physical activities in school. Parent-Teacher Collaboration is the ideal perception of frequent parent teacher interactions finds its room in the sports activities and competition among the students. In spite of tight schedule of parents, they can manage time to build up the connection while annual sports program or competition take place based on physical education. This cultivates transparency concerning the child's performance and growth at school.

According to studies, Physical Education promotes entertainment. To ensure the active participation students have to be dynamic in playing their role. Lessons converting to games can change the features of education. Children feel interest in learning through practical experience.

Physical Education is a tool for Leisure Time Utilization No conscious parents want that student's leisure time would be spoiled by doing nothing. It can be utilized to learn by doing something by which entertainment

guaranteed without wasting time. Physical activities rather can ensure the healthy life with a time-bound action plan.

Physical Education is helpful to create a Better Earth. While millions of activities are generated to ensure quality education in all levels, Physical activities promote the learning that has the sustainability, effectiveness, potential as it is the learning from experience rather than from compulsion of traditional education system.

Interview Session: 05

Interview to one of the Physical Education Teachers in Secondary School

Physical Education is a gateway for staying connected with the Modern World. The first-world country gives emphasis on Physical Education as like as the other disciplines of the curriculum. Physical Education is the best way for students to stay allied with the present world. The way of gathering knowledge inserts value to the entire process when it is compared with the activities of other countries in the world. It also provides opportunities to build network with students all over the globe sharing their knowledge and experience.

Physical Education should be considered as a Routine Task. The life of each students associated with the Physical Activities ensure their routine life with full enthusiasm. Games and Sports make them free from the monotonous study hours and ensure the punctuality and time keeping awareness in their daily life activities.

Physical Education is a Narrative Learning Techniques through which thoughts of conventional methods of learning accompany a common feeling of monotony. Physical Education may drive away the tedious learning patterns of restricted and upright book learning, thus dissipating the engagement factor. Systematic Learning Activity in Physical Education promotes system with smartness that becomes possible for students to go with the flow of craving for organized learning without any hesitation. It allows teachers and parents to become more interactive while lesson plan can contribute a lot to the learners. That learning is important to survive in a critical situation, with the presence of mind or from the previous experience

-----That is end of Interview Session-----

Effectiveness of Physical Education on Academic Performance:

The finding of the research question 01, suggests that students who are good at physical actives are more attentive than the students who are indifferent towards sports and Physical activities. The observation from different studies shows the value of Physical Education on the student's life. The answers found from the questionnaire as well as from the interview conducted to different personalities show the following percentages as the chart below:

Table 1: Ratio of Students Involved in Physical Education and GPA

Secondary school Students Number	Percentage	Academic record (Grade Point Average)
Students involved with sports	90 %	A+
Students involved with sports	80 %	B+
Students involved with sports	60 %	B
Students involved with sports	45 %	C+
Students involved with sports	40 %	C

Requirement of the Trained Physical Teachers and Adequate Equipment:

In the solution of research question 02, this study found that scarcity of trained Physical Teacher and inadequate equipment are the main barriers to ensure quality Physical Education. Government has taken the initiatives to rearrange the curriculum to have room for compulsory Physical Activity for each and every student while the training of the trainers in physical education courses will increase and the facility of adequate equipment will be considered as priority basis. As a result the outcome of the students becomes better. The following bar chart gradually shows the rising of the student's outcome when the percentage of training for the Physical Education Teachers increased and the sufficient equipment facilitate the Physical Education in school.

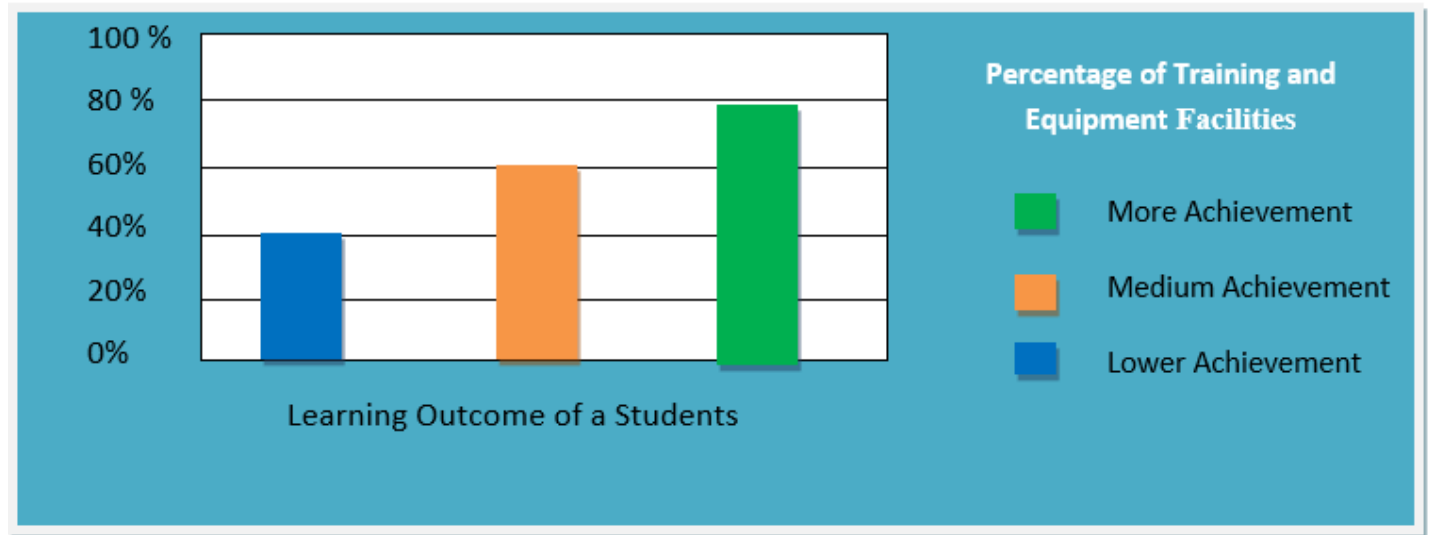


Figure 1: Physical Education Facilitate Learning Outcome

Physical Education is rightly considered as a part of Continuous Assessment for Student's Learning Outcome:

The percentage of academic attainment of the students rise while there is maximum time allocated for Physical Education. Physical Education Wing of Directorate of Secondary and Higher Education is trying to achieve the goal through Continuous Achievement of Physical Activities to overcome the challenges. As a result the Academic performance becomes higher than before while the Physical activity came under consideration as regular assignment. For example, when students are burdened with homework, class work and extracurricular activities than Physical Education, the performance becomes lower. On the contrary, while there is Physical Education is prioritized and assessed continuously, student's academic performance becomes higher. The answer of the research question 3 can be clearly focused in the following pie chart.

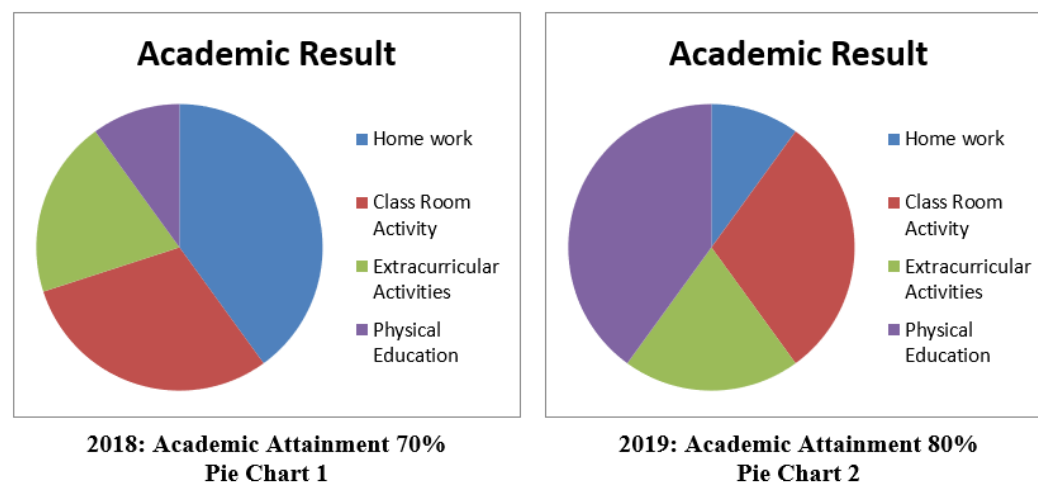


Figure 2: A Comparative Study of the Year 2018 and Year 2019

4.3 Discussion

The available data suggest that, school physical education is essentially a reliable component of physical activity to combat the challenge of quality education with academic accomplishment. Moreover, such activities are likely to increase school enrollment and self-esteem which are indirect but important factors in academic success. The extracurricular activities like sports and physical exercise are closely involved to academic programme that allows student to give more emphasis on study. In his classical work, *The Adolescent Society*, James S. Coleman highly developed the concept of a Zero-sum model. This idea symbolizes that if time was taken from academic programme to allow other pursuits, academic achievement would suffer. This concept may be valid if time is spent in paid employment while attending school but it does not seem to apply to extracurricular activities like sports or curricular Physical Exercise. Overall from the continuous assessment it is suggested that, higher levels of physical activity in school, such as through increasing the amount of time dedicated to physical education does not interfere with student's academic performance in other subjects though the time available for these subjects in consequently reduced but there are many instances is associated with improved learning outcome of the students.

CONCLUSION AND RECOMMENDATION

There is intensive belief claiming that a “healthy body leads to a healthy mind” and that physical activity can support logical ability in children. However, it is suggested that Physical Education can enhance scholarly performance by increasing the flow of blood to the brain, boosting frame of mind, increasing mental awareness and improving confidence. To bring the positive changes, it is necessary to support to participants in Physical Education compulsorily. The actions and interactions of teachers and coaches realize how students experience these positive aspects of Physical Education and Sports with its great potential. The positive change in the experience of Physical education will help increasing enjoyment, diversity and engagement of all, and that are managed by committed and trained teachers and coaches and supportive and informed parents and fundamental requirement to achieve the ultimate goal of physical Activity and Health. Consequently, there is a duty for those who teach and acknowledge the value of physical education to act as advocates to determine its place as a necessary feature of the general education of all children. It is not only necessary to include Physical Education compulsorily in the curriculum, and for allocate provision of sufficient time, but also to stress the importance of the quality of the program and share knowledge and real-life experience on the benefits of Physical Education among administrators, parents and policy maker in our country. Richard, B. (2006).

Physical fitness essentially presents not only the integrated background of the functional state of the human body, but also a key indicator for health promotion. Effectiveness of Physical Education classes is mostly connected with the increasing level of regular practice at school. The school should focus mainly on physical activity of students, which is aimed at preventing obesity and promoting physical capacity. In addition, Physical education national curriculum modeling should take into account the grade point average system and ratio of student satisfactory attendance at physical education classes. This vision provides the possibility to consider a systematic, purposefully organized Physical Education in Secondary institutions as an effective means of correcting various deviations in health status of students and need to improve its methodological foundations scientifically for the advancement of Physical Education situation in Bangladesh.

The famous Philosopher Plato (380 B. C) rightly said, “Lack of activity destroys the good condition of every human being, while movement and methodological physical exercise save it and preserve it”.

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