

**GOVERNMENT OF INDIA  
YOUTH AFFAIRS AND SPORTS  
LOK SABHA**

UNSTARRED QUESTION NO:5407

ANSWERED ON:29.04.2013

DRAFT ON NATIONAL PHYSICAL FITNESS

Majhi Shri Pradeep Kumar;Patel Shri Kishanbhai Vestabhai

**Will the Minister of YOUTH AFFAIRS AND SPORTS be pleased to state:**

- (a) whether the Government has prepared the draft on the National Physical Fitness Programme;
- (b) if so, the details thereof along with the salient features of the said Programme;
- (c) whether the Government has invited comments/suggestions from various stakeholders and States on the said draft;
- (d) if so, the details of the comments/ suggestions so far received from various States and stakeholders; and
- (e) the extent to which the comments/ suggestions received have been incorporated in the said Programme?

**Answer**

MINISTER OF STATE (INDEPENDENT CHARGE) FOR YOUTH AFFAIRS & SPORTS (SHRI JITENDRA SINGH)

(a) & (b) Yes, Madam. The Exposure Draft on National Physical Fitness Programme (NPFP) for school children was circulated to Governments of States/UTs, Ministry of Human Resource Development and Ministry of Health and Family Welfare requesting for their comments. The Government has been continuously emphasizing the significance of sports, games, physical and health education for the overall development of children. It has been accepted that games and sports should be introduced compulsorily as part of curriculum of education in schools at all levels both in the Centre and States. The NPFP envisages that every school going child studying in class V and above should be evaluated on the six basic components of physical fitness e.g. cardio respiratory endurance, muscular strength, muscular endurance, flexibility, explosive strength and body composition (percentage of body fat) and will be made to participate and compete in the enumerated eight measurable fitness tests. Students of 5th standard onwards shall undergo the eight tests in January and June every year, graded and fed into 'Assessment card' and the schools 'Fitness Assessment Forms'. It has been proposed to motivate and introduce reward scheme for top 10 percentage of performers in each gender and in each district in the battery of tests.

(c) to (e) Yes, Madam. Comments were received from various States Governments/UTs, who by and large welcomed the proposal. Suggestions include- it will ensure overall health and all round development of school children, to implement the scheme in private schools under Central Board of Secondary Education (CBSE), where Physical Education Teachers (PETs) are in position; every school should have playgrounds; provision of sports diet to those who show good fitness results; one period each day in the school be allotted for games and sports; adequate sports materials and equipment be provided. The proposal was also endorsed by Sports Authority of India, NGOs like Magic Bus, Fitness 365 etc. An International Workshop was organized on promotion of Sports and Physical Education in school system. One of the main decisions in the workshop to constitute two Experts Groups to develop "Curriculum Framework Development" and "Work Force Development". The Expert Groups under the aegis of Ministry of Youth Affairs & Sports and composed of eminent educationists are examining inter alia the draft exposure on the National Physical Fitness Programme (NPFP) for submitting the report to MYAS.