

TOPIC - PLAY,ITS THEORIES AND IMPORTANCE IN PHYSICAL EDUCATION AND



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Play is range of intrinsically motivated activities done for recreational pleasure and enjoyment. Play is a integral part of our cultural inheritance. Play is essential to development because it contributes to the cognitive, physical, social and emotional well being of children and youth.

Definitions of Play :

1. According to Golic " Play is what we do when we are free to do what we like.
1. According to ROSS " Play is a joyful sponteneous creative activity in which man finds his fullest expression."

Theories of Play

1. Surplus Energy Theory (Schiller 1873 , Spencer 1875) :

Children have many power in them. Sometimes it could not come out due to the pressure of parents and teachers, play is an other source to get out the surplus energy. Children remain busy most of the time in studying in their classes and coming out of class, with the running of the bell, they run while making noise to express pleasure, from where do they get this kind of energy.

2. Anticipatory or Practice theory (Carl Groos 1898) :

Psychologist Carl Groos was the founder of this theory. According to this theory-" game is pre-exercise in the preparation for serious business of life", which means game is a kind of training exercise to do important work or business in life. Play is the necessary practice for behaviours that are essential to later survival.

3. Recreation Theory(Mitchell and Mason,1948) :

According to this theory that play is adopted in any trial to gain the lost energy because after doing work for a long time,the fatigued body wants rest and gets relief from mental fatigue, because the muscles relax from their tension,and get relaxation from mental worries .

4. Instinct Theory(Rousseau) :

Man becomes active by instincts at different stages of his life.The person who may be child or young does activities from his fundamental activities e.g. standing,running,laughing and walking etc. These activities develop in children with the growth and development and it does not need any special thing and happens in a natural way.Habbits affect our character and reflections.This is the reason that an instinct of making something or competition arises in a person

5. Social contact Theory(Aristote) :

Aristotle said,"Man is a social animal".He wants to live in society as a social being and wants to become part and parcel of society by adopting certain activities.In this way he gets pleasure in adopting the social activities.Many games and activities are practiced by different people in society that is why they play that game.

See how Creativity develop in children



IMPORTANCE IN PHYSICAL EDUCATION AND SPORTS

1. Physical development
2. Cognitive development
3. Development of imagination, creativity and problem solving skills
4. Social and Emotional development
5. Development of motor skills
6. Development of empathy and the ability to express emotions



THANKS FOR WATCHING