

Meaning and Concept of Co-curricular Activities

Co-curricular activities otherwise called extracurricular activities, are defined as all students activities outside the curricular including all non-curricular activities. These activities consist of various endeavours that students can become engaged in to develop their interests, gain skills and contribute to the community. These activities develop various facts of the personality development, facilitate in the development of various domains of mind, intellectual development and aesthetic development. Creativity enthusiasm, energetic, leadership qualities, positive thinking is some of the facets of personality development which are the outcome of these activities.

A Co-curricular activity is defined as program, which provides curricular-related learning and character building experiences. Activities that are carried out inside the classroom, in the laboratory or in the workshop and have reference to the prescribed courses are called curricular activities.

Importance of Co-curricular Activities:

The specific importance of these Co-curricular activities

(1) **Need Based Education:** Only teaching is not possible to fulfil entire needs of children. But Co-curricular activities are helpful for fulfilling the needs of the children. With creative good environment and proper guidance, co-curricular activities can develop various kinds of skills of the students in different areas.

(2) **In Physical Development:** Curricular work gives the children passive and physically inactive. But Co-curricular activities give the children to help the normal growth and development of the body. Various kinds of games and athletics lead to the physical development of the students. These are develops students health, body, stamina, and health habits.

(3) **Essential for Emotional Development:** Nowadays most of the students are affected classroom stress that we have seen daily newspaper some students were struggle with their teachers, some students use dangerous weapon to beat their teachers etc. For this, Co-curricular activities must in the daily classroom activities.

Short benefits of Co-curricular activities:

1. To a greater extent, the theoretical knowledge gets strengthened when a relevant co-curricular activity is organized related to the content taught in the classroom
2. Co-curricular activities stimulate playing, acting, singing, recitation, speaking and narrating in students.
3. Activities like participation in game debates, music, drama, etc., help in achieving overall functioning of education.
4. Co-curricular activities enable the students to express themselves freely through different activities.
5. Co-curricular activities help to develop the spirit to healthy competition.

6. Co-curricular activities guide students how to organize and present an activity, how to develop skills, how to co-operate and co-ordinate in different situations-all these helps in leadership qualities.
7. Co-curricular activities provide the avenues of socialization, self-identification and self assessment when the child comes in contact with organizers, fellow participants, teachers, and people outside the school during cultural activity.
8. Co-curricular activities make students perfect in decision making.
9. Co-curricular activities inculcate the values to respects other's views and feelings.
10. Co-curricular activities develop a sense of belongingness, provide motivation for learning.
11. Co-curricular activities develop the values like physical, psychological, ethic, academic, civic, social, aesthetic, cultural recreational and disciplinary values.

Different types of Activities organized in a school:

Physical Activities: Vivekananda has rightly says "What Indian needs today is not the Bhagawat Gita, but the football field" so that we should need some Co-curricular activities for the Physical development. The activities include N.C.C, sports and games, athletic, exercise, gardening etc.

These activities facilitate and develop the human bodies. Different activities like games, mass drill, cycling, gardening, etc. can be organized at primary level. These activities can help for physical development of the students. Students should be encouraged to participate in N.C.C, Boy Scouts, Girls Guide, etc.

Social activities: A Number of co-curricular activities should be introduced in a school curriculum to provide training in group life. Junior Red cross, social education, labour squads, N.C.C., N.S.S., services on special occasion etc are some of the activities which are common in our school. These activities generally are of two types. Some of these activities are administrative and provides social training. These activities may include student self-government, celebrating social and religious function, organization of school cooperative society or store and school bank, visit to civic institution i.e. assembly courts etc. The second types of social activities are related to social services-such as N.C.C., N.S.S., Red Cross society etc. Different service activities like school cleaning, watering plants, cleaning roads and helping the poor people at their need will help the students to develop service mentality. The children learn teamwork, social work and sacrificing individual interest for society through co-curricular activities. Another type of co-curricular activity is centred on the community, altruism and helping others. They can also involve contributing to environmental causes like local neighbourhood clean-ups, campus clean -ups or tree planting projects etc. Raising funds for a charitable cause by obtaining pledges or donations is another form of community service.

Organization of School Societies: Societies like the history society, the literature society, the planning forum, the religious society, etc, should be activated under the supervision for

the headmaster and teaching staff. Separate periods being allotted for the purpose will have an indirect effect on their academic achievement.

School Excursion: School should plan excursion in the form journey to distance places, trips to historical sites, visit to factories, radio stations etc, it develop the outlook of the students vision, enriches curricular experiences and supplements classroom learning. It gives them much new information and change their attitude and interests.

Educational activities:

1. Creative and cultural activities,
2. Leisure time activities and hobbies,
3. Literally and academic activities,
4. Organization of debates and discussion, and
5. Multipurpose activities and project.

A Teacher should conduct any two or three activities given above.

Principles of organizing of Co-curricular Activities:

1. Proper Selection,
2. Wide range,
3. Definite and worthy objective,
4. Growth of programme,
5. Adjustment in the time table,
6. Providing necessary facilities,
7. Acquiring pupil participations,
8. Opportunity for all,
9. Specified time date and place,
10. Providing guidance, and
11. Balancing teacher workload.

Challenges in Implementing Co-curricular activities:

1. Parents.
2. Teachers and school administrators who place priority on academic.
3. Infrastructure facilities that can be used for co-curricular activities in schools are also limited.
4. Lack of clear incentives.
5. Interference with studies.
6. Lack of stuff.
7. Lack variety.
8. Defective time schedule.



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Role of a teacher in organizing curricular activities:

The Teacher must be a good planner so that different activities of the organization could be carried out systematically throughout the year:

1. It should be the duty of the teacher to give more and more opportunity to the child while performing co-curricular activities.
2. The Teacher should act as innovator by introducing some innovative programmes.
3. The teacher must be a good organizer so that the students experienced maximum of it.
4. He should too act like as director, recorder, communicator, coordinator, so that the student and child could gained maximum of finer aspects of co-curricular activities.