**DEVELOPMENT OF PHYSICAL EDUCATION IN GREECE, ROME, SWEDEN AND GERMANY**

**1. DEVELOPMENT OF PHYSICAL EDUCATION IN GREECE**

* In Greece the history of games and sports has become an integral part of humans life’s to a greater extend which was named as **“Golden Era”.** Greece was the great lovers of physical activities and placed great emphasis on physical perfection and achievements.
* In Greece was known as the city of war which demands physical fitness soliders but games and sports was the way of life for their citizens. In Greece **Sparta and Athens** were well known for the games and sports.
* **In Sparta** the main aim of Physical Activities was to produce healthy men and women who could defend the society and Sparta from the enemies. In Sparta when a child grew to the age of six, then his or her rigorous physical activities and training used to be started and at the same time it used to be the part of their life. In Sparta wrestling, jumping, running, throwing, marching, horse riding and hunting were the part of their rigorous compulsory training.
* **In Athens** in history democratic freedom was given to all the citizens. Athens military was as strong as Sparta’s military but side by side emphasis was also given to moral, mental, physical development. In Athens gymnastic were the part of their life and gymnasium were the place of political, social and intellectual life.
* **Greece** was great lovers of festival which they used to organized with a great honour to Greek deities. They used to organize Olympic on the name of God Zeus, the supreme god around **776 B.C.** which they used to organize in every four year till it was abolished by **Roman Emperor, Theodosius in 394 A.D.**
* During the period Olympic Game a truce was declared and no fighting was permitted. Physical Activites during ancient Greece time has put their impression in each and every phase of our life and also in the whole world society. As an tribute to Greece ancient sports culture the first Modern Olympic Game was held in 1896.

**2. DEVELOPMENT OF PHYSICAL EDUCATION IN ROME**

* In ancient times and history Romans were not great lovers of physical education and activities as a part of their culture. For them it was a part of their military training and a way to serve its military purpose.
* Romans did not believe in the Greek’s concept of Physical Activities which is overall development and participating in games for the overall beneficiary of the individual.
* When the Roman Empire grew in power and strength and size, Roman chooses to become spectators instead of playing and being a part of physical activities. They choose to be the spectators of violent games, brutal games, and cruel games in which there were no rules and regulation and mercy, which displays the physical prowess of an individual.
* In Rome chariot races and Gladiators combats were famous in which the fight was till the end of the life of other’s life.
* The rise of Roman Empires was the dark period of progression.

**3. DEVELOPMENT OF PHYSICAL EDUCATION IN GERMANY**

* As Germany was the heart of Europe, Germany has given emphasis on the spread of physical education and physical activities throughout the Europe.
* Germany has given prominent to physical activities and physical education and games and sports in school curriculum during that period. In that period Germany society was greatly occupied by Gymnastic.
* As **Guts Muths** introduces gymnastic in Germany he was known as the **Grandfather of German Gymnastic.** He started introducing scientific basis programme on gymnastic and also introduced swimming and games.At that time his programme was so much successful that people started encouraging their own child's and other’s child's to join gymnastic as an physical activities.
* After **Guts Muths** his works was carried forward by **Friedrich Jahn and Adolph Speiss.** They stated adding new dimensions in the field of gymnastic to develop it from the present status.
* **Adolph Speiss** has given emphasis on the matter that physical education, sports and games should be given equal importance as like as others subjects such as- mathematics and language.
* **In the year 1860** in Germany Physical Education was introduced as a compulsory subject in the education institutes.

**4. DEVELOPMENT OF PHYSICAL EDUCATION IN SWEDEN**

* In the development of physical education, games and sports in Sweden the name of **Per Henrik Ling** come in forefront. He founded a types of gymnastic which is known as **Swedish Gymnastic** which was later adopted by United States of America.
* **Per Henrik Ling** started introducing the scientific basis of Physical Activities. He stated introducing the scientific reason behind the skill of Swedish Gymnastic. Later this was adopted by the whole world.
* At that time he started applying the science of anatomy and physiology to physical activities for the development of physical activities.
* In Sweden he was the first person to introduce new equipments in Swedish gymnastic such as- Stall Bars, Rings, Swinging ropes etc.
* He advocated physical activities for all the citizens of Sweden but he prescribed the physical activities for all but by keeping in mind the individual difference. He introduced the Swedish gymnastic as a measure of corrective and curative exercise for correcting posture and correct way of carriage of body.
* After **Per Hanrick Ling** his works was further carried by **Hjalmarling**.
* The efforts of **Per Hanrick Ling** and **Hjalmarling** works reflects in today’s Sweden’s Physical Education Policy and Physical Activities and Physical Education have been made compulsory at all levels of education system and was also individualized for each and every person.