INTRODUCTION

The modern man depends mostly upon the modern outfits, for his daily routine, involving mainly his mental powers to live an easy going life. There has been a fall and deterioration in his physical health and capacities. Modern man need not toil like his forefathers for his daily life. So he has become less vigorous and lethargic. Every individual should develop his strength and stamina for a happy and effective living. In order to get proper strength and stamina one has to involve more in physical activities.

Physical activity is essential for the development of wholesome personality of the child which would depend upon the opportunities provided for wholesome development of the mental, physical, social and spiritual aspects. Hence a well-organized and properly administered physical education programmer for school children is very essential.

Fitness is that state which characterizes the degree to which a person is able to function efficiently. Fitness is an individual matter. It implies the ability of each person to live most effectively within his potentialities.

The increased energy expenditure that accompanies regular physical activity contributes to more efficient function of various systems, weight maintenance, reduced risk of several degenerative disease, reduced risk of morality, and overall improvement of quality of life. Habits and attitude towards physical activity developed during the childhood are assumed to continue through adolescence into childhood. Physical fitness is a composite mixture of physical make up physiological built up. The proficiency in physical variables and performance variables depends on the physical fitness and hence it becomes necessary to explain the term physical fitness and its importance.

Physical fitness is the capacity to perform activity. The greater the fitness the better physical endurance and precision of movement will be, which are essential for our daily work of life. The greater the physical fitness, the longer can a person keep and the more efficient will be performance and his capacity for recovery from fatigue.

Physical fitness is a term used to refer to the functional capacity of an individual to performing certain kinds of tasks requiring muscular activity. Physical fitness is the ability of the body to adopt and recover from strenuous exercises. It is the relation of one's ability to work and play with vigour and pleasure without undue fatigue and with sufficient energy for unforeseen emergencies. Physical fitness is the ability to last, to
bear up and to preserve under difficult circumstances where an unfit person would give up. It is the opposite of being fatigued from ordinary efforts.

For a good performance in any sport or athletic event, the high standard of fitness is the basic requirements. More participation in sports activity is not enough to improve fitness. The fitness must be gained through conditioning programmed.

The performance of any game largely depends on how much the player is physically fit, how much the player is proficient in fundamental skills of that particular game how much the player is exposed at different difficult situations and how much the player is experienced and intelligent in the playing situation.

**Physiological Influences**

Physiological influences come from the physical environment and the ways we are different from each other. We all receive sensory information differently, which can affect personal relationships. Age, or the older we are, allows for greater experience and scope, and these developmental differences shape our perceptions. Health, exhaustion, and hunger also affect our perception and communication. Other physiological factors influence perceptions, including biological cycles like menstrual cycles, body temperature, alertness, stress tolerance, and even neurological factors such as ADHD and bipolar disorder.

Regular physical activity promotes growth and development and has multiple benefits for physical, mental, and psychosocial health that undoubtedly contribute to learning. Specifically, physical activity reduces the risk for heart disease, diabetes mellitus, osteoporosis, high blood pressure, obesity, and metabolic syndrome; improves various other aspects of health and fitness, including aerobic capacity, muscle and bone strength, flexibility, insulin sensitivity, and lipid profiles; and reduces stress, anxiety, and depression.

Physical activity can improve mental health by decreasing and preventing conditions such as anxiety and depression, as well as improving mood and other aspects of well-being.

Physical activity programming specifically designed to do so can improve psychosocial outcomes such as self-concept, social behaviors, goal orientation, and most notably
self-efficacy. These attributes in turn are important determinants of current and future participation in physical activity.

Sedentary behaviors such as sitting and television viewing contribute to health risks both because of and independently of their impact on physical activity. Health-related behaviors and disease risk factors track from childhood to adulthood, indicating that early and ongoing opportunities for physical activity are needed for maximum health benefit.