

Concept Of Physical Education In Perspective Of Hazrat Umar

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Abstract

Physical education is a part of general education. It is taught through physical activities. It helps the individual to grow and control his body. His program usually consists of organized physical activities, in addition to physical exercise and sports. The program often includes the principles of physical hygiene and public health and health issues. When designing a physical education program, the principles of organology, psychology, philosophy, and art, as well as modern research, are taken into account. And the evolution of military power takes place. It enhances the physical and mental skills of individuals, increases their interest in sports and recreational pursuits, and helps to improve and raise social and moral standards. Physical education existed in one form or another in ancient times, and it is believed that the ancient nations, in view of their survival and preparation for war, used to arrange training of their youth for military skills and to make their bodies strong and healthy so that they would be safe from external dangers. Therefore, for the first time in the time of Hazrat Umar (may Allah be pleased with him), the Department of Education was established regularly and keeping in view the principles of physical hygiene and public health.

Keywords: Physical Education, Hazrat Umar^{RA} Concept, Physical Hygiene, Health Issues, Sports

Physical Education of Hazrat Omar Farooq in His Youth

At the beginning in his youth, Hazrat Umar^{RA} engaged in the noble occupations which were common in the honorable Arabs, the things which were taught in Arabia at that time and which were considered as noble, genealogy, Wrestling and appointment, the art of genealogy was inherited in the family of Hazrat Umar. Jahiz writes that Hazrat Umar (RA) and his father and grandfather were all three great genealogists.

قال: وثلاثة في نسق واحد كانوا أصحاب نسب

And the three of them were in the same circle, they knew more about lineage.

Umar ibn al-Khattab (may Allaah have mercy on him) has taken it from al-Khattab and from Al-Khattab bin Nafil and Nafil bin Abdul Uza. Probably the reason for this was that in the family of Hazrat Umar (RA) as we have just written, both the embassy and the court were inherited and knowing the genealogy was the most important thing for them to perform. Hazrat Umar (RA) learned the art of genealogy from his father. Jahez has explained that when Hazrat Umar (RA) used to say something about genealogy, he always referred to his father's Khitab.

عمر بن الخطاب رحمه الله، أخذ ذلك من الخطاب، والخطاب بن نفيل، ونفيل بن عبد العزى،

Umar ibn al-Khattab (may Allaah have mercy on him) has taken it from al-Khattab And from Al-Khattab bin Nafil and Nafil bin Abdul Uza.

There was also excellence in the art of wrestling and wrestling, even in the battlefields of Okaz, where wrestling battles were fought. Kar used to show the essence of his excellence so only those people who excelled in any art could appear here. The geniuses, Zubayani, Hassan ibn Thabit, Qais ibn Sa'ida and Khansa, who were considered by all Arabs in poetry and speech, were educated in the same school. They used to wrestle in the arena of Okaz. From this it can be inferred that Hazrat Umar (RA) had achieved complete perfection in this art. He used to send orders and messages to the chiefs of the tribes and the emperors of the state provinces to train and prepare all the Muslims, young and old. One of them also sent a letter to Abu Ubaid, you wrote to him:

كتب عمر إلى أبي عبيدة بن الجراح: أن علموا غلمانكم العوم، ومقاتلتكم الرمي

Teach your boys swimming and archery. Hazrat Omar wrote to Abu Musa:

كتب عمر إلى أبي موسى إذا لهوتم فالهوا بالرمي، وإذا تحدثتم فتحدثوا بالفرائض

When you play, play with archery and when you talk to each other, talk about duties. In the second narration it is said that he wrote to the emperors of Syria

" أن عمر بن الخطاب كتب إلى أمراء الشام أن يتعلموا الرمي ويمشوا بين الغرضين حفاة وعلموا أولادكم الكتابة والسباحة

That they should learn archery, and walk barefoot between the two signs, and teach their children to write and to swim. In another tradition

قال: كتب عمر بن الخطاب إلى ساكني الأمصار: «أما بعد فعلموا أولادكم العوم والفروسة، ورؤوهم ما سار من المثل،
«وحسن من الشعر»

Omar Ibn al-Khattab wrote to the townspeople: "Teach your children to swim and ride horses, and tell them to narrate with examples and with good poetry."

«قال الأحنف: قال عمر بن الخطاب: «تفقها قبل أن تسودوا»

Ahnaf says that Umar ibn al-Khattab said: Get jurisprudence before becoming a leader.

For this reason, Hazrat Omar used to forbid Muslims from living a life of pleasure and luxury, inviting them to live a life of toughness in order to cope with different conditions of life. He wrote a letter to Atbah bin Farqad Azerbaijan about this.

قال كتب إلينا عمر ونحن بأذربيجان يا عتبة بن فرقد إنه ليس من كدك ولا من كد أبيك ولا من كد أمك فأشبع المسلمين في
رحالهم مما تشبع منه في رحلك وإياكم والتتعلم وزى أهل الشرك ولبوس الحرير فإن رسول الله (صلى الله عليه وسلم) نهى
عن لبوس الحرير قال إلا هكذا ورفع لنا رسول الله (صلى الله عليه وسلم) إصبعيه الوسطى والسبابة وضمهما قال زهير قال
عاصم هذا في الكتاب قال ورفع زهير إصبعيه

When we were in Azerbaijan, Omar wrote to us: O 'Utbah bin Farqad! (The wealth you have) is not from your labor, nor from your father's labor, nor from your mother's labor. Therefore, let the Muslims deliver to their places what you bring to your place, and you should refrain from wearing luxurious and polytheistic clothes and silk, because the Prophet (peace and blessings of Allaah be upon him) used to forbid wearing silk. Qadr and Rasoolullah raised their middle finger and index finger in front of us and combined them both.

Hazrat Omar himself used to practice and in some exercises he had a very high level of skill, and he used to make himself accustomed to tolerance and forbearance.

كان عمر بن الخطاب رضي الله عنه يأخذ بيده اليمنى أذنة اليسرى ثم يجمع جزاميزه ويثب فكأنما خلق على ظهر فرسه

He would hold his right ear with his right hand and hold the horse's ear with his left hand then he would roll up his body and sit on the horse. Go or your creation was on the back of a horse.

Hazrat Umar bin Al-Khattab has done the work of qualifying and qualifying for a profession. Once upon a time there was a group of people who were sitting near the Prophet's Mosque in the days of Hajj. You asked them about their work. They said: We were soldiers the wounds of the war made us unable to earn a living He asked them to learn some of the famous professions of that time which were suitable for some of their intact limbs and these occupations were related to the buying and selling of palm leaves The next year the caliph

asked about this group, so they came to him and asked him about the situation. He said: We pay Zakat on our earned wealth.

One of your skills was that you could spend a very long time in the water. It is narrated from Ibn Abbas that

عن ابن عباس قال: ربما قال لي عمر بن الخطاب: تعال أنا صلك في الماء أينما أطول نفسا ونحن محرمون

Sometimes Hazrat Umar bin Al-Khattab used to say: Let's dive into the water, see who can hold a longer breath in the water but we were unable to do that.

The previous narrations indicate that Hazrat Omar was very skilled in horse riding, diving and spending a lot of time in the water but no one could compete with him.

Hazrat Omar used to insist on learning skills from everyone and attaining maturity in them. Once upon a time there was a time when you heard people say things that made mistakes

فقال عمر: سوء اللحن أسوأ من سوء الرمي

He said: A mistake in the word is worse than a mistake in throwing an arrow.

قال العائشي: كان عمر بن الخطاب- رحمه الله- أعلم الناس بالشعر

Ayeshi says that Hazrat Umar (RA) was more knowledgeable about poetry than people.

وكذلك في كتابه إلى أهل البصرة إياكم والتنعيم وزى العجم واخشوشنوا

He wrote a letter to the people of Basra asking them to save themselves from the life of luxury and the clothes of non-Arabs and live a simple life.

Conclusion

Physical education helps a person to grow and control their body. The practice of physical education has led to the evolution of national civilization and military power. It enhances the physical and mental skills of individuals. Ancient nations, in order to survive and prepare for war, taught their young men military skills and trained them to be strong and fit in order to be safe from external dangers. During this period, Hazrat Omar (RA) placed great emphasis on archery, diving, horse riding, etc.

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