

ENRICHING THE BODIES AND MINDS OF STUDENTS

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Coronavirus disease (COVID-19) has been classified as a global outbreak by the World Health Organization. To prevent the spreading of the outbreak, governments around the world have implemented several measures such as physical distance, staying at home, closing of establishments, and even prohibiting in-person teaching and learning.

Staying at home for an extended period makes it challenging for children and typically developing individuals to keep up with physical activity. Distance learning and online learning environments, such as modular instruction and asynchronous learning, are quite often unsuitable for active children. COVID-19 is expected to increase the already high rates of child obesity, overweight, and sedentary behavior.

As a result, most schools launched their respective interventions and projects to address this growing issue, particularly the health of the students, by outlining the benefits of physical activity for children. Different mechanisms were introduced to ensure that children, even when they are just inside their homes, are constantly nourishing not only their minds but, more importantly, their bodies, as this is one of the most important remedies against the Covid-19 virus.

Some of these include Zumba activities, which help children develop good posture, stamina, and body structure. Drinking water is another mechanism for creating a habitual environment among students. Physical activity, on the other hand, is beneficial to a child's mental health.

Physical activity helps children immediately feel better, function better, and sleep better. If a child has a healthy body, therefore he or she can have a healthy mind which is ready to learn and perform better.

Thus, most students can grasp new concepts and retain more knowledge about a particular subject when they lead a healthy lifestyle, which results in improved student grades, improved memory retention, longer attention spans, and faster information processing.

References:

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