

SPORTSMANSHIP AND LEARNING

by:
Flora Danica D. Fajilan

How does one achieve full potentials? It is by tapping all the possibilities of being a potent individual with the purpose of maximizing all the God-given talents and skills. With this as the face to face offered avenues of learning and exciting activities again for the students and the teachers, the intramurals and sports festival is one of the highlights of the year.

What are the virtues which is inculcated through sports?

There are many virtues which may be extracted from this exciting event. The following are the list which can be seen from those individuals whom are into sports and are dedicated and committed to achieving full potential on sports:

1. Teamwork. Every individual is unique, as the experts stated it. SO the uniqueness of each individual might be used if they will play different roles to achieve a certain goal. Team work makes the dream work as the saying also goes. Without teamwork it will be very difficult to win, even if the game includes one member to play, this requires listening to your coach and be collaborative every time practice is intense or even just a simple statement or instructions which is essential to being sporty.

2. Discipline. How may one learn discipline from sports? Learning from sports requires perseverance to achieve the full potential of the body.

The training one has to undergo needed intense practice, self-assessment as well as thorough development of the whole mind, body and spirit. Without the proper discipline the body may falter become weak and vulnerable to risks and injuries. The

body must be strong, the mind must be active and the spirit must be determined. Discipline is the key to achieve thoroughness of learning from sports.

3. Camaraderie. Camaraderie and being friendly and collaborative with each other will intensify the fun one can get from sports education. Include other people in the decision because two heads are better than one.

With this teacher now will have even the slightest idea of how essential the sports events now towards themselves and to the students and with this might enhance themselves to work towards this sports goals.

References:

Muktadir,G. (2022). What Are the Benefits and Importance of Sports in Education?.
<https://ihtusa.com/what-are-the-benefits-and-importance-of-sports-in-education/>.
Retrieved on February 2023.