

THE SIGNIFICANCE OF PHYSICAL EDUCATION IN THE 21ST CENTURY

by:

Dennis J. Reyes

Teacher II, Bataan School of Fisheries

Physical education teaches students how to develop motor skills, knowledge, and behaviors necessary for physical activity and fitness through cognitive content and instruction. Physical education, fitness training, and the acquisition of fitness-related skills Hunting, ritual dance, and military skills were taught in many traditional societies, but physical skills were rarely taught in others, especially those that emphasized literacy.

In many countries where education is required, physical education is now a required class in primary and secondary schools. It is essential to engage in regular physical activity as a child and adolescent for the purposes of preserving health throughout one's lifetime and preventing a variety of health conditions. Although outdoor sports are also emphasized, the majority of teaching takes place inside gymnasiums or other facilities designed specifically for physical education activities. At the college and university level, general physical education programs were developed for general students, while professional programs were developed for physical education bachelor's degree candidates. At all educational levels, professional physical education has recently undergone significant changes. Students learn communication, tolerance, trust, empathy, and respect for others through physical education, which gives them the chance to socialize with others. Positive team skills like cooperation, leadership, cohesiveness, and accountability are also taught to them. Additionally, it boosts students' self-esteem and assists them in developing strategies for coping with emotions.

In addition, an activity that aims to improve health-related knowledge, attitudes, and behaviors is known as health education. Increased blood flow caused by physical

activity may stimulate the brain and improve mental performance, according to research. In the classroom, staying active may also boost energy and concentration. To ensure that all students have an equal opportunity to participate in sports, the range of activities has been expanded. Modern physical education programs are designed to give students the chance to learn about natural activities that contribute to their personal development rather than a program with repetitive exercises aimed at strength or discipline. Students who participate in sports or other physical activities learn how to better deal with stressful, difficult, or painful situations and experience a variety of emotions. Healthy students are found to be better students, according to research. However, several studies have shown a strong connection between academic achievement and physical activity. Aside from that, research demonstrates that physical education has no negative effects on student success and provides the following advantages: physical, social, emotional, and cognitive. An important key to influencing health and well-being across the lifespan is the school physical education program, which can teach skills as well as form or change behaviors and promote physical activity. We need to rethink how school-based physical education programs are designed and delivered to improve students' fitness.

Furthermore, schools must carefully examine the design and implementation of school physical education programs to ensure that they are engaging, developmentally appropriate, inclusive, and instructionally effective, as well as intended to educate students about the importance of staying physically active. It is foolish to continue offering a smorgasbord of curriculum while expecting meaningful learning outcomes. We have an obligation to provide instructional experiences in which students are actively involved and engaged in ways that are developmentally appropriate.

Lastly, students who are taught physical education will learn how to properly take care of themselves. This is important because it encourages healthy living when individuals are educated about the significance of their health. Having said that, adults

like teachers, parents, and other people need to stress how important education is in schools.

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