

SPORTS ARE EVERYTHING

by:

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“Sports teach us development. It helps us learn things such as resilience, leadership, accountability, respect, and patience. Lessons that sports teach us can help us develop as players and all-around good people too.”

- Dean Evans

Sports are generally thought of as an effective way to stay active and healthy. However, the importance of sports goes well beyond that. Students' entire growth gets supported by sports. Life skills like teamwork, accountability, self-confidence, responsibility, and self-discipline are taught through sports.

School sports assist pupils get ready for the challenges of life. They help students attain their life goals by improving their physical and mental capabilities. The numerous national and international sporting events held around the world, where athletes compete to represent their home nations, demonstrate the significance of sports.

The education of young children begins in elementary school. Sports encourage ideals of teamwork and confidence between people. They strengthen students' ability to think critically and to make quick decisions. The sense of sportsmanship or sporting spirit that emerges in the athletic setting encourages children to appreciate others and tolerate defeat. Additionally, the experience contributes in cultivating an optimistic and upbeat mindset and boosts stamina by building stronger bones and muscles.

There are lots of sports that we may consider to be involved with, we as Filipinos also have “laro ng lahi” that originates in our country. And it is clear to see why these

sports were created and what their primary goal is. It merely proves how to be smart and outsmart our opponents; to never give up, to be persistent and to be strong, to successfully defeat them; to be happy and enjoy playing with our teammates and even with our opponents; to understand the meaning of self-discipline and hard work; to become friendly and sports; to learn camaraderie; to gain other friends; to be fair and honest; and to accept defeat with joy and celebrate victories in style. And also, to realize that sports are an art where our minds are trained to be patient, resourceful, and creative. Set our own goals and work as a team.

It is true that playing sports not only teaches us how to move our hands and feet but also teaches us how to think critically and say that, yes! sports are everything.

References:

<https://eastwoodschoools.com/top-facts-about-the-importance-of-sports-in-school/>