

BOOST CHILDREN'S ACADEMIC PERFORMANCE WITH PHYSICAL ACTIVITIES

by:

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Physical activity is an important aspect of a healthy lifestyle for children, and schools may play an important role in encouraging kids to engage in physical activity and play. We will look at the relevance of physical exercise in schools and explore some ways you can put this information to use to assist your pupils to achieve better in school and create healthy habits that they can bring with them into adulthood. Because physical exercise benefits kids in so many ways, parents, educators, and school officials must work together to enable and encourage physical activity among students. Promoting fitness in schools might begin with educating kids on the benefits described above. We can inspire and empower kids to keep active by telling them about the importance of physical activities to their health and well-being, as well as their academic achievement. This is especially essential for older children since they are better capable of comprehending the data on the advantages of physical exercise and have more control over how they spend their time at home.

Parents may also play an important part in keeping their children active, especially younger children; thus, schools should look for chances to educate parents on the benefits of physical exercise for their children. Encourage parents to minimize their children's time in front of a television or computer screen and instead organize activities for the entire family that entail physical activity, such as a bike trip or a walk. Parents may also wish to enroll their children in extracurricular activities to keep them active. Physical education classes allow pupils to receive some exercise throughout the school day and can help them develop good habits for leading active lifestyles. Sports and other team-building

games taught in physical education classrooms give a social component to physical activity, making it more enjoyable and meaningful for children. Physical education lessons can have an impact on children who otherwise lead sedentary lives. Another significant technique to promote physical activity at your school is through recess. While physical education classes are organized, recess should emphasize free play. You can apply a variety of recess models at your school. It might be one afternoon recess or a succession of brief recess sessions throughout the day. However, you decide to incorporate it, make sure your school schedules time for recess so that it is not crowded out by other activities. Physical exercise may be included in lesson plans to assist children to stay active. Teachers, for example, can set up learning stations in each of the four corners of the room and have students go to each one as part of the lesson. Even if teachers are hesitant to incorporate physical exercise into their lesson plans, they can simply have students get up frequently throughout class to stretch or "get the wiggles out" so they can concentrate.

Sports may be an enjoyable method for children to keep active. Some children, however, may not have the interest or time to devote to being on a sports team. That is why it is a good idea for schools to hold athletic events in addition to their regular sports contests. You may, for example, organize a fun run, a sack race, or an obstacle course for students to engage in. For older kids who like sports but are daunted by the prospect of playing on a varsity team, recreational sports teams can be formed. Students learn by example, whether they are tiny toddlers or adolescents, so try your best to be a positive role model when it comes to being active. Teachers might inform their kids what they enjoy doing to keep active after school. Administrators can participate in physical activity events hosted by your school. Positive reinforcement is a tried-and-true method for training youngsters to repeat particular behavior and develop them into habits. Physical activity should be an important part of children's lives, thus utilizing positive reinforcement to help them build healthy habits is an excellent method. Find

opportunities to commend children for making physical exercise a priority at home and for their achievements in sports or physical education programs at school.

References:

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