

IMPORTANCE OF PHYSICAL EDUCATION

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Quality education is being implemented around the world. Mathematical skills, Language and Reading competencies, Science-based abilities, and Critical thinking skills are core areas being honed and nurtured.

As time goes by, however, we have come up with the latest changes in education. One of these is cultivating the power of Multiple intelligences. This highlights the learners' abilities not only in academics but in other areas as well. It includes art, language, math, and also physical education.

Students who are gifted with kinesthetic skills are leaning more toward physical education. They are highly likely to perform better in physical activities. They are also probably excelling in sports. Subjects like Music Arts Physical Education and Health gain most of their interest.

Therefore, why is Physical education important? First and foremost, it develops the holistic ability of the learners. Teaching them Physical Education helps them become well-rounded individuals. In school, PE is being promoted through competitions like Sportsfests district meets, and provincial meets. The Palarong Pambansa is gaining prestige and is getting the support from Philippine government. With this, students are encouraged and motivated to hone their athletic skills.

Also, it promotes well-being and good health. Physical education helps us to do tasks and exercises are good for our health. Being physically fit and healthy contributes

to the total well-being of the person. If the person is physically fit, it is more likely that it will affect his emotional and mental state as well.

Physical education also develops camaraderie and collaboration. Do you ever wonder how amazing when those students were able to gain new friends after joining sports clubs Or how former jogging buddies became campus friends? Or those volleyball and basketball teammates who in the long run became amazing pals? That is because they share their common love for physical education.

It also leads to better academic performance. Contrary to what others say that physical education activities hinder academic growth, it actually helps learners be focused and practice goal setting. Students who can balance both academic and physical education have been found to perform and concentrate better in class.

The power of physical education should not be undermined. It should be promoted to the fullest to ensure the holistic growth of learners.

The Official Website of DepED Division of Bataan

References:

<https://owis.org/sg/blog/why-is-physical-education-so-important/>

<https://depedph.com/physical-education-pe-in-schools/>