

THE IMPORTANCE OF SPORTS IN A LEARNER'S DEVELOPMENT

by:

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A learner's ability is not gauged in academic ability alone. It is not limited in the skills only related Math, Reading, Literacy and Science. It is not confined inside the four walls of the classroom. Moreover, it doesn't end in the paper and pencil test. It is more than that.

There is MULTIPLE INTELLIGENCES and we have what we called BODILY KINESTHETIC. Interestingly, this intelligence is manifested through one aspect-SPORTS. People who are gifted in BODILY KINESTHETIC are often engaged physical games and sports. They find physical activities interesting and easy to love and master.

It is a beneficial thing and can bring various advantages. Here are some benefits. First, it can lead to goal health. Learners who have an active lifestyle are high likely to be healthier than those who have sedentary lifestyle. Athletes like runners, swimmers, gymnasts, among others are less likely to develop heart diseases and hypertension, according to researches and studies. Being active in Sports also helps learners reduces stress. As we have already known, various factors act as stressors to the learners. On the other hand, being actively engaged in Sport minimizes their stress and tension

Learning Sports also allows learners to develop teamwork and camaraderie among their fellows. It then leads to higher level of self-esteem and confidence. Aside from that, it also builds their interpersonal skills. They are able to connect well to the people around them. It also helps them develop a brighter and more positive outlook in life. This enhances their well-being, making them more willing and inspired to study and perform tasks and activities.

Getting involved in Sports also contributes to the learner's self-actualization. Activities and events that recognize the learner's abilities such as Palarong Pambansa and Athletic meets and Sports competitions give the learners a greater sense of accomplishment. It makes them realize that even though they may not be excelling in academic competitions, there are still avenues that can exhibit their skills and abilities.

Sports is also a good path to show our learners the learning process is not merely about being good in academics. There is more learning than memorizing theories and acing the exams. Learning also happens outside school and life is a bigger university and at the same time, a bigger playground where we can play and learn.

The bottom line is- SPORTS is equally important to academics for our learners.

References:

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