

THE PHYSICAL EDUCATION AND ITS IMPORTANCE

by:

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Though many subjects in school are learned mainly in the classroom, sports and physical education provide a great opportunity for children to get outside, get active, and focus on developing different skills. The advantages of sports in education are countless, and they are not limited to physical benefits.

According to research, healthier students learn better. Quality physical education programs are those that are tailored to a student's age, skill level, culture, and individual needs. They include 90 minutes of physical activity per week, which promotes student well-being and academic success. However, instructional time for quality PE programs is being reduced around the world in order to prioritize other subject areas (particularly Math, Science, Social Studies, and English) in the hopes of achieving higher academic achievement. However, several studies have found a significant relationship between physical activity and academic achievement. Furthermore, research shows that PE has no negative effects on student achievement (Schaefer et.al, 2018).

Physical education teaches students how exercise can help them develop a healthy lifestyle, gain skills that will allow them to participate in a variety of physical activities, and enjoy an active lifestyle. It also allows students to socialize with others and learn new skills such as communication, tolerance, trust, empathy, and respect for others. In addition, they learn positive team skills such as cooperation, leadership, cohesion, and responsibility. Students who engage in sports or other physical activities go through a diverse range of feelings and are taught how to cope with stressful, difficult, or painful circumstances.

Physical education has been linked to better mental health because increased activity provides psychological benefits such as reduced stress, anxiety, and depression. It also focuses on teaching students how to deal with their emotions while also improving their self-confidence. It appears that increased blood flow from physical activity may stimulate the brain and improve mental performance. Avoiding inactivity in the classroom may also boost energy and concentration.

Enough time for quality physical education to allow children to develop skills in the subject, similar to the time allotted for core curricular subjects like Math, Science, Social Studies, and English, given the positive effects on health outcomes and school achievement. Physical activity, such as sports, is beneficial to everyone. Physical activity and sporting events can have a big impact on a child's academic performance in other subjects.

Physical Education also engage a child in their task physically, socially, emotionally and mentally. Learning the subject and the knowledge like exercising and playing sports can improve pupils' attention span, executive control, and memory. The learners are much more capable of achieving in the classroom, children's fitness, and academic performance.

Physical education is a necessary component of any child's education. It improves the general standard of living, lead a healthy lifestyle and well-being, perpetuates social connections, teamwork abilities, and nurtures lifelong healthy habits. More importantly, it empowers students to make greater use of their energy, effort, and time by studying more efficiently and successfully. I think the most important goal of physical education is to train a student's mind while strengthening his or her body.

References:

Schaefer, Wasyliv (2018) What is the Impact of Physical Education?

<https://www.edcan.ca/articles/impact-physical-education-students-well-academicsuccess/>