BENEFITS OF PHYSICAL ACTIVITIES IN SCHOOL

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Physical activities in MAPEH subject manifest a lot of benefits to the students. They bring a lot of advantages to the students making them better individuals not only during school time but also in everyday living.

A. Making one physically fit. The physical well-being of the student is very important that is why the school provides physical activities that help him to be physically fit. This connotes that his physically look is slim and his health is good. It also makes him look good for his body shows better appearance.

B. Maintaining proper weight. The regulation most especially in food is very important. This is also complemented by the different physical activities in the school. These activities help the students to maintain proper weight. Regulation in food intake plus proper school physical activities may result to proper weight.

C. Assisting one to be physically strong. Physical activities as usually executed in MAPEH classes in the school can also make the students to be physically strong. The physical challenges that we meet can make us establish strength and stamina in facing more tests in everyday life.

D. Helping you to be mentally alert. If you are physical strong then you also have to be mentally alert. The physical activities in school will only make
you a stronger person but it will also sharpen your thinking thus making your mind mentally smart and alert most especially in times of need.

E. Being free from diseases. If someone is healthy and physical strong then it will be easier for him or her to fight diseases. Your health will protect to acquire bodily diseases since you are taught to have proper diet and are provided with worthwhile physical activities.

F. Strengthening your body organs. The organs of your body particularly the heart and the lungs will be conditioned and protected with the proper physical activities that are being taught in school. Exercise, sports, dancing and other valuable activities in school help you achieve healthy heart and lungs.

G. Manages stress. By means of the physical activities in the school, the students will be able to determine how to manage stress. Since they will know how to handle and manage things the easy way, stress will not hinder their ways.

H. Relieves from depression. Physical activities help the students to be away from any form of depression. These physical undertakings will help them manage themselves happily and be able to shun depression or sadness.

By means of the physical activities that MAPEH classes can offer, a lot of benefits may be enjoyed by the students.
Citations/References:
