BENEFITS OF SPORTS TO THE LEARNERS

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Sport plays a vital role in the school. Children in the school need one indispensable activity that is sport. It completes the school life of every child. Having its full benefits to the learners is indeed worthu to discuss.

Sports may provide the physical activities for schoolchildren. The said activities inspire each child in the school to exert physical strength and mental alertness to deal with the challenges of sports.

Sports help the schoolchildren to be physically fit. Different sports make them achieve physical fitness to have more strength to survive not only the school physical challenges but also those from the outside.

Sports promote sense of belongingness. Through sport, the child may become a part of the group that will hurdle the challenges of strength and endurance. The child may feel that he or she belongs in the group for the importance of his or her contribution is necessary to attain the sport’s goal.

Sports let the child interact and socialize with peers. Within the group, the child is able to talk and mingle with peers openly. He or she has the opportunity to share ideas and to contribute to the success of the group in sports.

Sports develop the value of courage. Though sport is a tough activity for it requires physical strength and mental power, the teacher trains the child to be courageous that is facing the challenges with open mind and a strong heart.
Sports help the schoolchildren practice respect for others. This is a significant for each child for it leads him or her to respect the opinions, views and actions of others. Having accepted the fact that everyone has the potential to win is a practice of respect.

Sports create friendship with others. The bonding and spending more time together in sport activity create friendship among the schoolchildren. Playing a particular sport makes them enjoy with each other company thus friendship may be established.

Sports lead to balanced mental growth. Sport does not only entail physical strength but it also uses the power of the mind to employ tactics and strategies to win. As the child goes along in playing sports his or her mental ability grows in a balanced way for he or she learns to realize things and decides prudently on the proper moves or actions.

Sports teach patience. This is certainly true for the child patiently spends more time and exert more efforts just to attain the agility and consistency in playing a specific sport.

Sports instill discipline. This teaches the child to follow the coach or the teacher very well for his or her own sake. Sport makes a child be more responsible in abiding with the requirements and mechanics of sports.

Sports boost the child’s confidence. The self-esteem of the child to go on with any sport activity is intensified. This makes him or her face the sport activities with pride and belief that he or she can make it.

The above-mentioned ideas are the benefits that the learners may avail in playing sports most especially in the school. It is a fact that sports bring several advantages to the schoolchildren.
References: