EDUCATION AND SPORTS COMPLEMENT EACH OTHER

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A certain proverb goes this way, “All work and no play make one dull”. This proverb implies balance in everything. Balance in education. Balance in sport. Everyone is aware that education is indeed essential. It is of importance that education must be a priority. There must be an active academic skill because it provides knowledge. Knowledge that helps us attain our goals. Knowledge that makes us realized our dreams and aspirations in life. Knowledge that leads us to success. It means studies are the sole thing in mind.

However, this is unhealthy. Hazardous to health. It is fatal. Since stress is entertained. Stress that leads to nervous breakdown if not properly addressed. It is then sports come in.

Sports complement education. It is a good refreshment in the routine and toxic activities of learners. It requires certain amount of physical exercise. Fitness is gained physically or mentally. It is the passage for healthy living which complements learners’ way of thinking. It makes them active. Thus, motivates them to aspire and work hard towards their dreams. More essentially, various values are acquired through sports. Patience, persistence, practice, leadership skills, teamwork and cooperation and love for fun are some of the few.

Therefore, maintaining a balance education and sports lead every learner to success.
References:

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