GAMES AND SPORTS: INTEGRAL PARTS OF PUPILS’ LIVES
By: LOR P. RONQUILLO
Teacher III
Dinalupihan Elementary School

The old saying “All work and no play makes Jack a dull boy” is already a cliché. As pointed out by every MAPEH teacher or any educator who values sports, the importance of games and sports is relevant in the lives of our dear children. By then, every school has a prominent part to play.

Games and sports do not just encompass the benefit of physical activity. It is clear that there are so many advantages that a person can derive while playing. It can increase self-esteem, enhance mental alertness and most of all, can develop discipline. It is for this reason why it is a necessity to pay attention to this matter. While pupils strive hard to be successful in competitive examinations, they must also experience the positivity in games and sports to enjoy the vigor of life.

For some reasons, games and sports seem inactive in some schools. This may be because of the lack of sports facilities within the school, the initiative coming from the teachers or even time and schedule in relation to sports activities. As essential components of growing up, the two should never be disregarded. A creative and dedicated teacher who wants to develop his pupils holistically can still deliver quality education while incorporating the fun and excitement that games and sports can bring.

Gorton (2010) in his study “Exploring the Impact of Sports Participation on Academic Achievement in a Middle School” revealed that student athletes earn higher grades, miss less days of school and receive fewer behavior referrals than non-athletes. Having a closer look on this study, sports participation has the advantage to develop pupils’ attitude not just on their studies but also their behaviors as well.
For teachers, in order to promote participation, they need to become active in their community. For every barangay, there is a councilor who is designated to focus on sports. In addition, many communities offer leagues which are locally funded that even elementary pupils can play in. All we need here is collaboration. If we aim to hone the skills of our pupils, then we should extend extra miles in taking appropriate actions.

For existing problems such as inadequate sports equipment and lack of physical facilities, the school principal should allot a portion of the Maintenance and Other Operating Expenses (MOOE) for these considerations. Moreover, with the help of the Local School Board (LSB) fund including the support of the stakeholders through intensifying Adopt-a-School Program, there is no doubt that overcoming these problems is possible. Who knows, these weaknesses might be turned into opportunities!

Without a doubt, it is imperative for everyone in the field to realize the value of games and sports. As we focus our attention to the academics, we must never forget that games and sports are also integral parts of pupils’ lives.

Reference: