HOW VITAL PHYSICAL EDUCATION IS?

by:
Mary Joy S. Melendez
Jose C. Payumo Jr. Memorial High School

Physical Education is one of the major components of Music, Arts, Physical Education and Health (MAPEH). It is the most overrated component of MAPEH taught in school, wherein students can learn how to develop the physical competence, self-esteem, health-related fitness, self-responsibility and enjoyment of physical activity so that they can be physically, mentally, socially active in life.

The Physical Education curriculum not only focus in physical activities but also in academic performance of the students. It serves as the motivation of all students to active learning. They can learn different things like sportsmanship, leadership, competitiveness, how to cooperate and socialize to others, self-discipline, team building and be a responsible students.

There’s a lot of benefits in learning the physical education:

**Improve Physical Fitness**

Physical Education has an important part to improve physical fitness of the student's muscular strength, body composition, power, speed, muscular endurance, flexibility and cardiovascular endurance (Shakopee.k12.mn.us/Page/964). They can be physically fit and flexible through engaging to different activities, sports and dance. Students can develop the physical competence by joining various activities inside and outside the school like sports competition, dance battle and etc.
Social Assimilation

Students need the social assimilation to have a positive relationships. The different activities in school help them to have a social interaction in daily life. Engaging their selves through the different groups and teams, can develop the relationship of a person with one another. The social assimilation plays an important role for the student’s life and their growth as an individual.

Improve Self-esteem and self confidence

It allows the students to develop self confidence and self-esteem by joining various activities, social interaction and performing in class and many people. It instills a stronger dedication of each students to know their self-worth. It helps the students to be more independent and confident about their selves.

Self-Responsibility

It educate students how to balance all subjects in school, organize things, know their priorities in life and time management. This subject has an essential role to help the students to be a responsible individual in school and in the society. They will learn how to manage their time in academic to extracurricular activities.

Stress Reduction

Many students experiencing different problems on studies like homework, projects and etc. Engaging themselves in various recreational activities, sports, dance and other forms of physical fitness are effective way to stress relief.

According to Laakso 2007; in Jaakkola, Liukkonen, & Sääkslahti 2013, 20, the two main aims of sport pedagogy have been defined as follows: educating to become physically active and educating with the help of sports. Educating to become physically active means teaching skills, values and knowledge regarding physical exercises, healthy
ways of life and how to take care of personal health. Educating with the help of sports means using the sports as an instrument to support the personal growth of children and youth. It is possible to teach for instance emotional and communicational skills through sports as well as to teach students to understand the meaning of physical activities and healthy way of life as a part of well-being and ethical thinking.

It can improve the mental, social, emotional and physical health as a human being. It’s not only to focus on how to be active in sports but also it’ll teach the students how to involve themselves in different ways like dancing, couching, decision making as solo or a group, how to be active in academic performance in school and most especially is camaraderie. Physical Education subject has an important role for all students to discover the things that they can do, about the skill that they have and especially about their hidden talents. It is clear that physical education has an important role in our life. Each individual can be physically, mentally, emotionally, and socially fit in all aspects. Physical education also reinforce other academic subjects like mathematics, science and social studies. Therefore, there are good reasons why physical education needs to utilize and apply in our daily life in school, outside the school and at home.

References:

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