PHYSICAL EDUCATION: FROM SCHOOL TO COMMUNITY
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Students need a lot of energy to perform their daily tasks in school. Aside from the intellectual (cognitive) skills that must be developed on each of them, these students also have to enhance their motor skills. These improvements in the body contribute not only in the well-being of the body but also on the holistic health of the students. Furthermore, this can be achieved by regular physical exercise. Therefore, the role of physical education (PE) is to heighten students’s awareness on the benefits of physical activities in one’s health.

Experts claim that physical education promotes engagement in physical activities, provides avenues to be physically active, and sets the foundation for life-long participation in physical activity (Cale, L. & Harris, J., 2011).

PE then can be used to alleviate students from malnutrition and weak body. Through the promotion of PE, students will know that the body is like a machine that needs greasing to continuously function well. The health benefits of physical education must be introduced and emphasized as more and more students are getting aloof with physical activities and resort to digital games in their gadgets.

But PE is not only an academic endeavor. It must transcend into the home and the community. The local and barangay government must make physical activities as one of their priorities. It will be beneficial for the welfare of the community to have healthy members. It is tantamount to saying that health and wellness is equal to productivity.

Thus, it is recommended that officials from the bottom of the organization up to the top must conceive ideas on how to promote health consciousness and create activities to engage the people, especially the youth. Heath et. al. (2012) recommended “policy approaches such as creation and improvement of access to places for physical activity with informational outreach activities.”
In sum, it is noteworthy that schools and communities must work together in providing opportunities for students to become physically active and sound. Teachers of physical education must be cut and prepared for such a great task.

References:
