PHYSICAL EDUCATION AND ITS IMPORTANCE

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Physical Education is essential to the holistic development of a student. It is even considered as one of the training grounds in honing following exclusive athletes and disciplined citizens. Educational institutions in the Philippines are mandated through the existing curriculum to teach Physical Education. Thus, a complete education has a balanced curriculum paying attention to the students' intellectual level and their physical well-being. It is to grant opportunities to students as they are exposed to different physical and health-related information, knowledge, and skills needed to establish and sustain an active, healthy lifestyle.

It is stipulated by DepEd (2016) that the K-12 curriculum promotes action and fitness in emanated by Physic Education subjects to accomplish and keep a healthy physique. The subject also imparts the significance of health-related fitness (HRF) essential to the students' lives. Furthermore, it also promotes a move-to-learn context to facilitate learning and the learn-to-move background. These promote practical learning of skills, strategies, and methods relevant to performing different physical activities.

Physical education imperatively needs to meet the standards of the course. It needs to serve as a unique opportunity for students to gain the skills and knowledge to maintain physically active lifestyles throughout childhood and adulthood. A remarkable physical education program meets their needs. Likewise, it is perceived as enjoyable, creating a meaningful experience for them. Nonetheless, it motivates and teaches self-management as it masters movement skills. Thus, it emphasizes practical knowledge and skills relevant to the lifetime of physical activity (CDC, 2019).
Physical activity provides numerous physiological and psychosocial benefits. However, lifestyle changes, including reduced opportunities in physical activities in multiple settings. It even results in an escalation of overweight and obesity and related health problems. An example of it is the poor physical and mental health. It involves metabolic and even cardiovascular problems. Thus, these are seen in progressively younger ages and the systematic decline in school. The subject has contributed to these prevailing health issues (Centers for Disease Control and Prevention, 2020). Despite its importance and efficacy, an increasing challenge exists to its equitable and efficient delivery (Decorby et al., 2005).

School-based physical education as an intervention strategy for increasing physical activity among students is advised. The interventions provided specific strategies to increase the active time during physical education and improve physical fitness. These definite approaches include cultivating curriculum and instruction, making physical education classes longer, and incorporating fitness activities into physical education classes. Other components of a comprehensive school-based physical activity program reinforce what is taught in physical education by providing additional opportunities to apply physical activity knowledge and skills (Centers for Disease Control and Prevention, 2018).

Generally, great strides must be made in improving and promoting the quality of physical education and physical activity programs within schools. Having a continuous multilevel positive practice, many will become physically educated and healthy. They will also develop a preventive mentality that can be realized only by applying knowledge in physical education. This principle reflects on the holistic education principle. It is upholding those students need to identify themselves in the meaning and purpose in life through connections to the community having a healthy and good lifestyle (Lee, 2009).

References: