SPORTS A WAY TO VALUES EDUCATION

by:
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Sports clearly teaches essential knowledge and skills for working and interacting with others and provides opportunities to learn and develop these skills. Students are empowered to join the physical activity and grasp how this affects themselves and that of others. While health issues, poverty, inactivity, peace and conflict, inequality, and malnutrition, are some of the challenges that are affecting the world right now. Teacher’s help can play a big part to deliver quality education that is innovative, active, and socially relevant, so there is no child that is left behind. Learning cognitive skills and building values is the main core of how we can bring quality education to students.

Sports can offer a common playground and a universal framework of values, respect, fairness, equality, and inclusion. It can activate learning and complement cognitive skills. In any classroom or subject, we can deliver sports values to students. Sports can empower students to be sensitive, responsible, motivated, engaged, and respectful. Values-based learning can provide happy, creative, healthy and educated citizens that can contribute actively to the growth and development of our society to generation after generation. Maintaining physical stamina is not the main reason why we teach students' sports, but also we can help them build a habit of perseverance, obedience, focus, commitment, and discipline. Participation of students in sports helps build their competitiveness, commitment, and leadership skills. Sports can give students opportunity to surround themselves with competitive people and role models, and learn from them. Students can display their own leadership through team captainships and individual actions that can help their team succeed.
Sports provides a good foundation for the values of the students, gaining an understanding that it is necessary to the betterment of the society and for the enhancement of their lives. With values education by means of sports, we can help establish a healthy, fair, tolerant, just, and caring world.

Reference:

https://inspiria.edu.in/importance-of-sports-in-education/