SPORTS AND YOU AT SCHOOL

by:

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Go! Go! Go! is an example of a powerful alliteration in the world of health and sports. Support, motivation, fitness and friendship are just a few benefits anyone may achieve in joining physical exertion at school. Never give up!

Elementary graders show enthusiasm when out in the field rather than staying in

the four corners of their classrooms. They miss going out, running, screaming, basically

having fun. In the event of Sportsfest, children are all excited to join. They truly believe that they are somebody when it comes to recreation. And they all are. Sportsmanship and friendship reign outdoors. Even they don’t win the first time, second chance knocks every year. What is important to them is that they were able to give their best specially when coaches trust that they can further develop their talents. Success means more practice!

Search for the potential, scout for the intelligence in the field of sports. These are the major roles of Teacher-coaches when it comes to training children. More amazing than surprise, these kids are inborn with skills.

In elementary sports, children of age 9 to 12 are encouraged to participate as their attention span, focus and coordination match the skills required for the chosen sports. Normally, athletes are from grade 4 to 6, but is limited to age 12. Sports clinic is vital for the long term preparation. Physical fitness is first conducted to record the ability and readiness of the athletes. Very timely in the beginning of school year (June-July), all pupils undergo the test as one of the baseline reports submitted in the district office.
What is there to learn in sports? The answer lies on the character values learned from those who won and have lost. Generosity in accepting defeat instead of sorry, modesty in every winnings instead of pride. That is the essence of sportsmanship!

References:

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