SPORTS FOR SELF-DEVELOPMENT

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Sports play an important role in the school curriculum. It is not only a form of entertainment but also a way for fulfilling our dreams in life. This helps us to face our weaknesses and developed our strength. Learning sports such as basketball, volleyball and chess will make us realized the importance of discipline and determination in accomplishing our own goals. Most of the students that this is only a game but they didn’t notice that those sports will increase their stamina and courage to adapt new things. An athlete with a big devotion in his sport shows that we as, humans can develop our self-esteem and self-reliance. Aiming for a goal is difficult but this tests us, how strong we are despite of the challenges.

According to Gomes (2019), sports are beneficial for the students who are weak in academics because it develops their confidence and strengthen their belief system that they are good in different matters. A student who is poor in academic can also have his own intelligence. This sport will ensure them that they have also talents in varied skills. We, Mapeh teachers can make them understand that they are gifted in different ways.

Furthermore, Winters (2018) stated that sports provide psychological and health benefits to the students. Its impact to the education is infinite. Bones and muscles that are stretched will make them healthy. It can also burn calories and reduce the chance of obesity. Physically fit learners may also have a better lifestyle than those of ordinary students who are not inclined with sports. Having a proper diet, months before the actual game is monitored by the coaches. They see to eat that the athletes have a healthy meal for them to have enough strength in playing.
Lastly, Chen (2019) proved that sports improve social interactions and teamwork. Being in one team involves cooperation. This will tests the learner’s patience in dealing with strangers and other people. Every athlete is pursuing in one goal. As players they must know their role as part of the team. Through these instances, they will realized their mistakes and how these wrong doings should be corrected to produce positive results. Being the champion is not enough. How you perform during the game and what are the lessons learned from that sports are the most important things to be appreciated.

Playing games is not only a way to pass your academic subject. It is a trail for a real and right behavior that must be characterized by everyone. Being genius in sports will make the learners progressive and productive. We should value it for this create a positive learning environment and yield a healthy life.

References:
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