SPORTS IS A VITAL PART OF EDUCATION

by:

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Most of the Filipino love sports. It’s been a big part of our life, participating in sports and other physical activities have a lot of benefits for students. Thus, it became an integral part of our educational system. Education is incomplete without this, hence sports are continuously encouraged in the school curriculum.

Noticeably, in school, we can observe not all of our students joined sports some of them are academically oriented. Their priority is on how they can have high grades and be on top of their class. They value academics more than sports. Others excel both in sports and academics, although it is not easy, their trying to balance their studies and sports. Studies show that student-athletes have benefits in playing sports especially in the overall well-being. Students who played sports manifest to achieve more academically.

However, those students who do not play sports tend to put themselves in criminal or illegal activity. Like selling and using drugs. Some may spend more time on the computer and watching television which can make them inactive in their lifestyles. As a result, this can make themselves overweight or not physically fit, eventually, it may lead them to have different kinds of diseases.

Being active in school sports is having a healthy body and mind. It lowers the chance of having diseases, improves social skills and boosts self-esteem and confidence. It should be part of the learning process of the students. Teachers should teach and encourage students to participate in any kind of sports that suits their interests. They should not discourage them instead motivate them to discover their skills. Even parents
should support their children in joining sports in school. Sometimes, they find their child excels in sports rather than in academics. That is why teachers have an important role in developing and seeing the potential of their students.

The importance of sports in the life of many students is vital and goes much further if it is instilled and taught to them. It’s true that once they are engaged in sports you can’t see them staying on the streets doing useless things. Besides, our government should provide programs that will strengthen sports in all institutions, especially in school. Since sports education is very much essential in today’s generation.

References:

https://newtimes.co.rw/section/read/187850