SPORTS: ITS BENEFITS TO ELEMENTARY LEARNERS

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Sports give myriad benefits to someone who loves it. As the researchers say, Sports requires physical activity which is very beneficial to children’s health. Dr. Glyn Roberts of the University of Illinois reiterates that Sports is very essential to the learning environment of children. This is the reason why Sports in the Elementary grade is very much encouraged.

It is observed that learners who are into sports have better blood circulation, improved stamina, have body more flexible, responsive and agile. Development of their social skills with different teammates will be evident. Learners who are sports minded are physically and mentally fit. Their love for the academic will be honed. Living on their own will also be possible since teamwork and self-esteem are developed.

It is also in Sports when elementary learners feel that they are accepted and important. Boys ang girls participate more actively in sports than anything else because sports made them feel socially important. The experiences that every individual learner who engaged in sports uplifts their morale do to better things and improve their potentials in this field of physical activities.

During the trainings and various sports activities, the learners could develop their socio-physical attributions that could also help improve their technical knowledge and skills in varied sport events.
Parental guidance is indeed then essential in guiding the elementary learners in choosing the sports that best fit them.

References:
Dr. Glyn Roberts, University of Illinois, Children and sport: An Introduction