SPORTS UNLIMITED

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In sports, the school provides an excellent opportunity to learn and to hone the skills of an individual from toddlers to adolescence in order to enhance lifelong fitness and good health. This happening may include running, swimming, cycling, hopping and climbing whether it may be an individual, dual or team sports. Prior to learning, mastery of basic skills significantly helps young individuals to perform and understand significance of physical activity in making the body completely fit for future work.

However, sports in school is not limited to physical activities rather it gives chances for young people to derive to more frivolous dimensions such as making friends, finding social roles in the community and overcoming weaknesses both mentally and physically. The school serves as an avenue in searching for key roles that young people like the students try to find in order to become a better member of the community and this can also allow someone who is inclined to sports to gain academic knowledge and insights centered on principles and concepts such as strategy of the game, being sportsmanship, enhancing the skills, and the brotherhood created because of bonding and helping in many sports. In line with health and hygiene comes personal development such as fitness, personal development, and social interaction.

Besides establishing physical education as a compulsory subject in the school curriculum, the K-12 curriculum of the Department of Education (DepEd) encourages every individual to be physically active prior to regular teaching hours. Sports in the school is learned and appreciated by learners as an opportunity for an attractive and accessible curriculum, the goal is to motivate young people to enjoy and have fun while keeping the body healthy and fit. The extracurricular activities are those contemplated
for the students, which take place outside the time commonly adoring to the school curriculum.

As accorded by Malonze, (2016) of Sunstar Pampanga Newspaper, the significance of sports, Physical Education (PE) in general sense, cannot be understated as high-quality physical education can encourage students to develop knowledge, understanding and skills across a range of physical education, sports, and health-enhancing experiences. More than that, PE can develop in them the desire and commitment to continue to enjoy, improve and achieve overall education in line with their own personal capacities throughout their lifetime. In most elementary and high schools, physical education is part of a well-planned curricular framework designed to fully develop learner’s skills and understanding which at the latter can make them to become more successful and confident learners. A key sport is to develop responsible and competitive citizens; thus, promotes respect for the involvement of others. Through participation in sports and other physical activities, learners are encouraged to participate more in the social, cultural and sporting life of the school. Since the school is the appropriate place where the students can learn relevant things in life, sports must be integrated well in teaching the curriculum for them to form a habit of healthy lifestyles. Studies show that sports in the school facilitate learning and students become active in their everyday life.

Generally, sports’ activities routinely toughen teamwork, good communication, camaraderie and the links between schools and the wider community. They are also viewed as appropriate in resolving problems of school violence and bullying in underpinning the universal values of equality and peace.

Reference:

Malonzo, Carmelita Lara (2016). Importance of Education. SunStar Pampanga Newspaper