THE IMPORTANCE OF SPORTS IN THE SCHOOL

by:

Derick Garcia
Master Teacher I, Orani National High School, Orani Bataan

Only recently, Hidilyn Diaz, of Zamboanga City, the Philippines weightlifter silver medalist in the Rio de Janeiro Olympics was named as the 2016 Athlete of the Year in the recent Philippine Sportswriter Association Awards Night. According to her “It’s a dream to win Athlete of the Year.” She said further that there is nothing impossible as long as you dream, you focus and you love your country.” We are equally happy to this accomplishment of a Philippine athlete, since we are experiencing a 20 year medal drought in the quadrennial games.

Everyone believes that a healthy nation is always a wealthy nation. Therefore it is necessary to put importance on sports. One can think of a healthy mind only in a healthy body. Both physical and mental well-being are the prerequisites of great achievements in man’s life.

According to the Department of Education (DepEd) Order No. 31 s.2012, Physical Education and Health promote the development of active and healthy lifestyle. Physical Education focuses on five strands namely: body management, movement skills, games and sports, rhythm, dance and physical fitness. Each strand is sequentially developed across grade levels including activities that are varied and age appropriate to address the needs and interest of the learners.

The Health program on the other hand, deals with physical, mental, emotional, social, moral and spiritual dimensions of health that enable learners to acquire essential knowledge, attitudes and skills necessary to promote good nutrition, prevent and control diseases, substance use and abuse, reduce health-related risk, behaviors and
injuries with the view to maintaining and improving personal, family, community, national and global health.

As Izaak Walton, a nutritionist puts it, health is the second blessing that we mortals are capable of—a blessing that money cannot buy. Sports on the other hand, is an important part of a student’s life. Sometimes interclass tournaments are held in relation with sports like basketball, volleyball, badminton etc. These games foster team spirit among the participants and make them to be disciplined. The importance of games and sports can never be minimized.

The DepEd firmly believes that the development of students does not only lie on academic excellence and achievements but also on the special skills and talents they have. One of these skills is found in sports. Sports does not only make one physically fit and conditioned, it mostly improves the personality and confidence of a person particularly of the young people who are just starting and dreaming of a better career in the near future. This is the main reason why the Dep Ed officials are giving focus to health and sports in the education of students.

References:

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