VITALITY OF SPORTS

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The technological breakthrough of computers, video games and television makes school children very deskbound, slothful and inactive in their lifestyle. Time spent in these kinds of activities could have been more fecund and fruitful if spent on physical activities like sports. Involvement in sports and other physical activities can yield lots of obvious and undeniable benefits and profits for our students. Participation in organized sports be it school or community bound compromises chances for the school children to enhance, augment and boost their physical as well as their social skills. Sports bid students a change from the tedium and dreariness of their lifestyle- untainted monotony, also an expedient and worthwhile means of entertainment. However, an equilibrium between academic and sports inclination should be maintained, the development of each child should be holistic and not merely pure academic or pure sports likewise.

Education is incomplete without sports. In the new curriculum adopted by the Education Department, sports is an integral and vital part of edification of the youth. With the given vivacity of sports from researches and studies made, it has been part of the academic curricula. Hence, sports education is essential for today’s generation. Sports tutelage and academic learning are counterparts of one another. They bear a resemblance to the same coin. A school child in order to become well-functioning should be treated holistically. If sports is taught in the academe, the general makeup and persona of students are augmented and amplified to grander magnitude. Sports taught a person the vitality of camaraderie, sportsmanship, spirit of leadership, sharing, patience and tolerance. Sports education is not limited in giving students physical power and stamina, but also the significance of habitual tractability and deference, discipline and self-restraint, determination to win, will power and most especially humility. To sum it up, sports education along with academics can develop children with sound minds and sound bodies likewise.