WHY IS IT IMPORTANT TO GIVE HIGH PRIORITY TO PHYSICAL EDUCATION IN SCHOOL SETTINGS

by:
Alex M. Calixtro
Teacher II, Orani National High School

In an age when the youngsters are more or less glued to gadgets, the importance of physical education has been greater than ever.

Decades ago, children do not huddle indoors to play with mobile phones and other electric devices. Children are often outside playing chase or other physical games under the sun and exposed to fresh air. Back then health problems for children are rare and obesity is not really a thing for most of the population. Today, obesity is one of the greatest problems for young children. This is not that surprising given that playing outside and having fun with other kids is mostly a foreign concept for many of this generation. This is the reason why teaching sports and other physical activities within the school is very important. In a school setting and with the leverage of grades it will be sort of challenge for them to succeed the lessons and will do it kind of willingly since they have motivation to do so. They will be subjected to activities that can help with many aspects of their health.

Physical activities though in schools not only act as a catalyst for healthier and more active disposition for students which can improve their over-all health, but as well as a way to stimulate brain functions. Studies has proven that exercise and physical activities can improve blood circulation which increase the flow of highly oxygenated blood to the brain. Oxygen helps the brain perform to its optimal ability. It can improve retention of information and enhance memory.
Physical activities also develop motor skills. For children within the age bracket of 3-12 years old it is very beneficial to introduce sports and other physical activities to enhance their ability to respond to movement. It can be a way to polish their hand and eye coordination. It is also within this age group that hidden potential can be explored.

For older students, sports can be a medium to distract them from negative influences and bad crowd. In fact, in slum areas in the States, sports, particularly football is used to rehabilitate troubled teens. It gives them something to focus into aside from the problematic environment and peers.

In the Philippines, a malt sports drink develops children in poor areas and troubled households through sports. They conduct trainings and activities for children. They are known to hold marathons to fund children scholarships and trainings. By giving priority and focus to physical education, it is comparable to that effort. Giving students the chance to avail that kind of chance, to be able hone and improve talents as well as grant them the benefits of a healthy life-style.

Many believe that P.E. is just a filler and cannot be compared to major academic subjects. Although it is true that it is not as widely used and acknowledge as Math and Science, P.E. is as important and as beneficial. It affects the over all holistic learning of children. It is a literal breathe of fresh air from the modern technology that today has to offer.

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