



Physical Education Is Just As Important As Schoolwork

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The benefits of exercise are well-known, but in many schools, physical education is being phased out. There are a few reasons, such as a lack of funding for PE teachers and equipment. Cutting gym may not seem like a big problem, but when you look at physical education more closely, it becomes clear what students lose.

Focusing only on schoolwork can make a student's life feel boring and stagnant, which in turn can cause **depression** and failure. Physical education teaches students to improve the quality of their life. Many schools are now encouraging students to take part in physical education. This is why more schools are encouraging students to maintain a balance between their school work and physical education.

Physical Education (PE) develops students' competence and confidence to take part in a range of physical activities that become a central part of their lives, both in and out of school.

Physical education is an essential part of healthy living for people of all age groups, especially those going to school. This is because school life is full of stress and anxiety at every stage. Researchers have demonstrated the importance of physical activities for students in a school environment. Scientifically these activities have been proven to be as important as doing school work.

Physical education at school helps in preventing obesity and high blood pressure. Physical exercise and activities will help them burn off their extra calories. If these calories are not burned off they will be stored as fat. By doing physical exercises individuals use their extra calories to gain energy.

Physical activities give students an environment to breathe out their stress. By exercising and breathing deeply, we provide extra air to our lungs which in turn provides more oxygen to the brain, this makes the brain feel relaxed and stress-free.

Physical education helps students develop physical skills and confidence. For example, elementary and middle school curriculum includes activities that help kids obtain and improve skills, such as running, catching, throwing, and striking, applicable to sports such as baseball, volleyball, or karate. Balancing skills could be applied to dance or gymnastics.

High school curriculum should focus on lifetime sports skills like tennis or aerobic dance, with a secondary emphasis on team sports.

Physical education develops fitness and fosters the desire for lifelong participation in physical activity. High school curriculum prepares students to become highly proficient in one or more sport and/or fitness activity of their choice.

Physical education classes teach the health benefits of regular exercise and healthy food choices along with the risks of inactivity and poor diet. Students of all ages might be asked to dedicate themselves to making a few small improvements in diet and exercise for a period of six weeks. They would be expected to journal about how they feel during the process and reflect on how these changes affect performance and mood.

Physical education also helps students develop social skills. For example, team sports help them learn to respect others, contribute to a team goal, and socialize as a productive member of a team.

Physical Education (PE) develops students' competence and confidence to take part in a range of physical activities that become a central part of their lives, both in and out of school. A high-quality PE curriculum enables all students to enjoy and succeed in many kinds of physical activity.

Physical education helps enhance the performance quality and the behaviour of the student in the class. Physical education promotes adding physical activities for at least three days a week for 60 mins each time. It assists in enhancing the mood and mental health of an individual.

Physical education teaches how to acquire ability to develop strength, speed, endurance and coordination abilities. It also emphasizes on achieving social qualities, such as, empathy, cooperation, friendliness, team spirit, and respect for rules, which are essential for healthy social relations with others.

It improves the learning aptitude of the students. Improves cardiovascular endurance, muscular strength, flexibility, mobility, and body consumption. Improves power, agility, reaction, time, balance, speed and coordination by use of all senses. It develops the skills of the children.

PE improves motor skills and increases muscle strength and bone density, which in turn makes students more likely to engage in healthy activity outside of school. Furthermore it educates children on the positive benefits of exercise and allows them to understand how good it can make them feel.

Physical education explicitly teaches the necessary knowledge and skills for working with and relating to others, and provides the learning opportunities to develop these skills. It enables the development of leadership and teamwork skills and encourages students to transfer knowledge to other learning areas.

Physical education in high school is essential to the development of motor skills and the enhancement of reflexes. Hand-eye coordination is improved, as well as good body movements, which helps in the development of a healthy body posture. Physical education teaches students the importance of physical health.

WHY PHYSICAL EDUCATION IS IMPORTANT IN SCHOOL

- It's a link to good health. ...
- It's a preventive measure against disease. ...
- It's a program for muscle strength and fitness. ...
- It promotes academic learning. ...
- It builds self esteem. ...
- It develops cooperation, teamwork and sportsmanship skill.

It promotes academic learning.

Physical health allows students to function even better in classrooms. A good cardiovascular system developed from regular exercise promotes excellent blood and oxygen circulation. This means more nutrients circulate throughout the body which includes the brain.

PE helps brain development

Exercise releases certain brain chemicals that deal with mental health, Exercise also releases hormones that encourage the growth of brain cells and promote brain plasticity. New connections between cells are stimulated.

PE boosts heart health

Whole body benefits from exercise, but it's especially good for your heart. Experts say that aerobic workouts like running combined with strength training exercises (like weight lifting and resistance training) protect heart health. Muscles get better at pulling oxygen from your blood; heart needs to do to pump the blood. Exercise also lowers your blood pressure, which is a major cause of heart disease.

PE improves sleep

The importance of sleep can't be exaggerated. Kids in particular need lots of sleep, but many don't get enough. School-aged kids between 6-13 years old need between 9-11 hours every night. Teenagers need about 8-10 hours. Scientists aren't quite sure why exercise helps with sleep, but they do know that moderate aerobic exercise increases how much "slow-wave sleep" a person gets. Slow-wave sleep is deep sleep. Even just 30 minutes of exercise a day can improve sleep quality.

PE improves self-esteem

Many kids suffer from low self-esteem, but PE may help. Researchers found that exercise improved self-esteem. There are a few reasons why this might be, including that PE encourages kids to build their skills, work in teams, and simply enjoy moving their bodies. Young children in particular, who are just building their senses of self, benefit from physical education and developing physical skills.

PE can reduce depression

For people with depression (or at risk of depression), exercise can be very beneficial. Walking for an hour or running for 15 minutes each day reduced the risk of major depression, when you work out, your brain releases endorphins that boost your mood. Many people also find that working out distracts them from negative thoughts, providing a much-needed escape.

PE can help with anxiety

Depression and anxiety are closely related, so it makes sense that exercise helps with anxiety, too. Chemicals released during exercise – like serotonin and gamma-amino butyric acid (GABA) – fight against anxiety, while moving your body helps decrease the muscle tension that comes from feeling stressed. Even just a short walk every day helps reduce anxiety and makes it more manageable.

Helps Prevent Childhood Obesity

Frequent exercise helps prevent obesity. Children spend a lot of hours sitting during school hours and spending more time at home playing video games or watching hours of television. Extended time at school for exercise will help and even prevent obesity.

Improves Mental Health

Mental Health is another reason why Physical Education Remains a Requirement in School. Children today are more inactive compared to previous generations.

It is proven that children who get the required amounts of exercise are generally happier and don't suffer from ailments such as depression or anxiety.

Exercise releases natural “feel good” hormones and helps keep off mental illnesses. Parents should realize that untreated depression is not healthy and it can lead to risky behaviors even in children and teens.

Conclusion

Engaging in regular physical activity may produce improvements in an individual's physical health, cognitive performance, and psychological well-being. Physical benefits include, but are not limited to, reduced risk for diseases, and improvements in physical functioning, fitness, and overall quality of life.

Given the fact that physical education programs are sometimes cut based on economic reasons, one might think that public support for physical education is inactive.

Our national health goals show the priority given to physical activity promotion for youths and the need for quality physical education in the schools, we believe the reasons why Physical Education remains a requirement in school, given above is sufficient enough.

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