



IMPORTANCE OF PHYSICAL EDUCATION IN SCHOOL

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Abstract:

Introduction:

Physical Education plays an important role in the physical growth and development of students. Through Physical Education students acquire the knowledge, skills, right attitudes and values towards the pursuit of a lifelong physically active and healthy lifestyle. It also provides an avenue for students to express themselves through movement and physical activity. Physical activity is the cornerstone of the Physical Education programmed. The Physical Education programmed in schools should be enjoyable and provide opportunities for students to develop a positive association with physical activity. Through Physical Education, students are given the opportunity to participate in a variety of physical activities such as sports and games and acquire the concepts and skills that will enable them to participate in these sports and games both for leisure and competition. Physical education programs in schools directly benefit students' physical health. Getting the recommended amount of exercise combats obesity, which subsequently reduces the risk for diabetes, heart disease, asthma, sleep disorders and other illnesses. Regular exercise also contributes to cardiovascular health and promotes muscle and bone development. According to the National Association for Sport and Physical Education, school PE programs should require both fitness and cognitive assessments. In addition to participating in physical activity, students in PE learn the fundamentals of a healthful lifestyle, the building blocks upon which they can develop into healthy, knowledgeable adults

For the overall development of a child, along with academics, which develop his mind, a child should participate in physical activities such as sports and exercises as well. Although, researches in the field have shown that physical education should be made mandatory in schools as it develops positivity, improves the attitude and fitness of the students, yet, due to various constraints, many schools are not really able to implement this. Lack of funds, increased emphasis on academics to up the scores in order to avail government funding; there are various reasons behind this policy of the schools for not making physical education compulsory.

Importance of Physical Education: Fitness:

Obesity is a very common problem faced by numerous kids, which if not taken care of in time, can lead to many lifestyle diseases such as heart disease, cancer and diabetes in the long run. Engaging in physical activities help to burn calories and lose fat. Regular exercising builds muscles, makes the immune system strong and improves upon a child's stamina. This increases the fitness levels and keeps various diseases and health conditions in check.

Self-esteem:

Physical activities help to keep a child active and focused. When a student participates in physical activities, he becomes fit and attractive, which helps to boost his self-esteem.

Life Lessons:

by participating in various sports, a student gets to learn so many things about life. A

student wins some games and loses some this makes him understand that winning and losing are a part of life and should be accepted with grace. When a student participates in team games, he learns that co-operating with others is very important if goals are to be achieved. Likewise, sports can teach so many life lessons to students and thus, help them evolve mentally.

Healthy eating:

during the theoretical physical education classes, a student is taught the importance of healthy eating. He gets to know how harmful some of his favorite foods such as pizzas, burgers, cakes and aerated drinks can be. A student is also made to understand that if he does not make healthy food choices, he can face many health problems in the future. Equipped with this knowledge, many students inculcate healthy eating habits, by giving up high sugar and fast foods and replacing them with healthy foods like fruits, vegetables and nuts.

Hygiene:

Physical education classes lay great emphasis on maintaining hygiene. They teach students how to remain clean and germ-free at all times. Sex education is sometimes part of this curriculum too. The safe practices taught in these classes, if followed by the students throughout their life, will save them from many diseases.

Stress Management:

often times, students, particularly in their adolescent years, face various kinds of pressure and experience stress and anxiety. Participation in physical activities can act as a stress buster for them. Researchers have shown that when a person exercises, the levels of cortisol, a stress hormone, get reduced. Moreover, a person who exercises every DAY is able to sleep better, thus giving enough time to his body to repair and restore. This proves that by making an exercise routine, a student can remain stress-free, relaxed and concentrate more on his studies and other important things.

Productivity:

Researches show that students who participate in physical activities have high energy levels and are more alert than those who led sedentary lifestyles. Due to these very reasons, the productivity of such

students in various spheres of life, including their studies, improves considerably. As can be seen, physical education contributes so much towards making a child grow into a healthy, intelligent, confident and level-headed adult. It can be rightly said that it's not just for individual growth, but for the improvement of the whole society, physical education should be made an important part of the school curriculum.

Benefits of Physical Education:

The first clear benefit of Physical Education is that it teaches a number of ethical character traits that one needs to function in real world settings. One of these traits happens to be perseverance and work ethic. In sports, failures often arise over the course of a game, and only work ethic and perseverance can counteract this. Physical Education affords children with the capacity to rebound after dramatic failures and retain their motivation.

Physical Education can actually increase and improve brain activity. Because it lowers blood pressure and increases oxygen and blood flow, it can markedly increase brain activity over a period of time.

As discussed previously, food accessibility in the nation has given rise to an obesity epidemic that must be curtailed in some fashion. Exercise can burn calories that would otherwise be converted into fat. Over time, consistent exercise can raise an individual's basal metabolic rate so that they can burn more calories naturally.

Another way that Physical Education contributes to childhood health is that it increases both confidence and self-esteem in children. Performing in any sport requires these skills. And by compelling children to undergo athletic challenges, such as running, softball, basketball and swimming, you can show them the value of accomplishing goals and boosting their confidence and performance.

Another important value that children learn during sports is that of collaborative group work and thinking. In the real world, children will require these indispensable skills in the workforce and relationships. Reinforcing these skills early on will

enhance their ability to succeed in the future.

Many Physical Education programs provide an additional component of nutritional and sexual health. With this said, physical education can reduce the possibility of students contracting sexually transmitted infections, or becoming pregnant prematurely before they reach adulthood. And, in terms of nutritional education, physical education can inform children on the value of eating healthy, as well as quick efficient ways of incorporating healthy food into the scope of everyday life.
