



THE BENEFITS OF PHYSICAL EDUCATION IN SCHOOL

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Abstract: Activities, as long as they are in their menstrual cycle can be broken down into a number of sessions as add about an hour of exercise. And unlike adults, children do not need to follow the regimented exercise program designed to achieve specific results. Climbing, walking just jump generally moving around enough to meet the needs. Kids Health from Nemours game according to the typical play ground with your child's endurance, increase flexibility and strength. In order to provide adequate cardio activities active day, encourage your children to follow their interests, whether they are team sports or individual activities.

Keywords: Physical Education, School

Introduction:

It is no secret that a person must be physically well. Because children are constantly developing physical and emotional, especially for the benefit of the activities are affected - and busy, negative effects due to inactivity. The son of a teacher at home, they can control the amount of exercise is not much you can control his eating habits or his family situation, and are active in many children not at home or at school, according to numerous studies. Consequently, the school is very important to provide physical education program to ensure that every child stays active. First Lady Michelle Obama Let's Move initiative! Children are reported overweight or obesity is a key setting to obtain the nearly one-third, "the school children, the cost of 60 minutes of vigorous activity, where they play a significant part of their time in the middle."

Physical Health:

Schools directly benefit students' physical health, physical education program. Getting the recommended amount of exercise, obesity, then diabetes, heart disease, asthma, sleep disorders and other illnesses combats to reduce the risk. Regular exercise also contribute to the development of muscles and bones and cardiovascular health was good. According to the National Association for Sport and Physical

Education, School PE Program is not required for both fitness and mental perception. In addition to the physical part of a healthy lifestyle PE students learn the basics of building blocks upon which they can develop in a healthy, intelligent adults.

Academic Performance:

PE is often justified as a lack of attention to the opportunity to spend more time in the classroom, though, studies show that physical contributed to improved academic performance. Quite high levels of concentration during the regular school day activities as well as more directed, composed of behavior is associated. North Carolina is a state policy that requires kindergarten to eighth grade participated in 30 minutes of each day physical children. A survey reported most recognizable representatives from 106 schools in order to benefit school districts in the state of "focused on improving educational." The

Social:

PE activities to help children develop healthy social dialogue. At a young age, children learn cooperation through group communication and create a positive sense of identity as part of a team. Group activities such as children grow older are constantly important. Sports Development international platform Sportanddev.org also notes that "the game, leadership of young

people in their communities to engage young people through volunteering, community engagement and altruistic high level has been used as a practical tool, resulting in." States that the group depends on the course of positive character development through physical activity program.

Mental Health:

Child mental health benefits that are both complex and comprehensive PE. Improved physical health, mental health, good education and contribute to the social dialogue. A good night's sleep makes up the physical stage, obesity, inactivity due share of, is linked to sleep apnea. Sleep negatively affects the body's immune function loss, and irritability and impatience in memory consolidation may be AIDS. Regular physical activity, in addition to adequate sleep, provide more energy meter to interact and participate with others.

Conclusion:

Most children enjoy being physically active, and contributes to the development of strong bones and muscles, they get exercise while they play. Unfortunately, there are a growing number of barriers to the exercise of children in today's modern world. Television and video games, parents work long hours, unsafe neighborhoods and public school physical education programs and make it difficult for children to get at least the amount of recess can exercise it is necessary to be healthy.

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