Why are Sports – Recess – and Physical Education Important

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My View on Physical Activity for Children

• Introduction:
  ◦ Stimulating a child’s mind in only one way is stripping them of a life they may never know anything about. Yes, the traditional subjects being taught in school are extremely important and should never be ignored. On the other hand, children should not have physical education taken away either. I believe that children engaging in physical activity get more out of life.
  ◦ Research supports the importance of movement in educating both mind and body
Sports and Recess

• Giving children time to play helps with developing:
  ◦ Friendships
  ◦ Physical Awareness
  ◦ Self Discovery
  ◦ Self Awareness
  ◦ Physical Activity
  ◦ Positive Self Concept
  ◦ Builds Character
  ◦ Builds Endurance and Strength
Benefits of Physical Education

- Cognitive Benefits:
  - Teaching academic concepts through the physical modality may nurture children’s kinesthetic intelligence. (National Association for Sports).

- Physical Education educates the whole student.

- Physical Benefits gained from physical activity include: disease prevention, safety and injury avoidance, decreased morbidity and premature mortality, and increased mental health.
Health Development

- A healthy development is not just a body type. Having children involved in physical activity can help develop:
  - Leadership skills
  - Social and Emotional Development
  - Life Skills
  - Honesty
  - Fair Play
  - Respect
  - Adherence to rules
Physical Activity in Elementary Grades

• “The motor skill foundations established during the elementary grades may enhance children’s social, cognitive and physical development and increase the likelihood of continued interest and participation in physical activity.” – Reference 1

• Children can form more creative ideas and understand concepts from physical involvement.
Sports Help with Life

- Sports help with real world skills.
  - Children that begin playing sports will begin to develop real-world skills that can be used in areas of life.
  - Children will learn how to:
    - Work Hard
    - Work as a team
    - Learn how to lose
    - Learn how to make sacrifices
    - Learn Discipline
Activity vs. No Activity

• **Activity**
  - Helps build muscle and fend off obesity
  - Socialize and learn new skills
  - Show better attention in school
  - Physical education, games and sport for children have a demonstrable positive impact on physical health, and affective, social and cognitive function.\(^\text{[4]}\)

• **No Activity**
  - Linked to cholesterol and obesity issues
  - Linked to heart disease and multiple health issues
  - Studies have linked this to lower academic performance
  - Some experts have predicted that today's children will be the first generation in modern times to have a lower life expectancy than their parents.
Physical Activity and School

- The Argument: Physical Activity takes attention away from academics.
  - In my opinion, this statement is false. Children who participate in school related sports are required to keep a certain GPA (grade point average).
  - Student athletes who skip school are punished.
  - Yes, these students miss school for sports related functions, but are required to turn in all work missed.
  - Research shows that students who participate in sports and physical activity have higher attend rate in school and better grades.
Asking a Child about Recess

- Bradford – Age 8 was asked what his favorite subject in school is and why.
  - His answer: Recess
    - Because you get to play with your friends and get to play fun games.
    - You do not get to talk to each other, you do not get to run around, and you do not get to have fun while in class.
    - School should be fun and some stuff you learn during recess will help you when you get older.
    - I like being outside, it wakes me up.
Examples of Activity

- **At home**
  - Yoga
  - Walking
  - Running
  - Cleaning
  - Yard Work
  - Workout Videos

- **Out**
  - Sports: ex. Basketball
  - Weight Training
  - Running
  - Cycling
  - Body Building
  - Competitions
References

- Palm Beach Schools
  - [http://www.palmbeachschools.org/sc/PE/documents/Physical_Education_is_Critical_to_a_Complete_Education.pdf](http://www.palmbeachschools.org/sc/PE/documents/Physical_Education_is_Critical_to_a_Complete_Education.pdf)

- My nephew, Bradford Jones

- Why is Sport Important for Children

- Physical Activity may help kids in school

- Lack of Physical Activity

- BriarCliffe Blogs
  - [http://www.briarcliffe.edu/student-life/briarcliffe-blog/december%202013/5-real-world-skills-that-sports-teach-us](http://www.briarcliffe.edu/student-life/briarcliffe-blog/december%202013/5-real-world-skills-that-sports-teach-us)

- Sport, Education, and Youth Development