

Why Children Need Physical Education

Reduced Risk of Heart Disease

Physical education can counteract major risk factors of coronary heart disease: obesity, inactivity, and high blood pressure.

Improved Physical Fitness

A good program improves children's muscular strength, flexibility, muscular endurance, body composition (fat-to-muscle ratio) and cardiovascular endurance for optimal health.

Stronger Bones

Regular physical activity increases bone density to create a sturdier skeleton

Weight Regulation

A program with vigorous activity can help children regulate their weight by burning calories, toning their bodies and improving their overall body composition.

Health Promotion

Appropriate physical activity prevents the onset of some diseases and postpones the debilitating effects of aging and osteoporosis.

Improved Judgment

Quality physical education can influence moral development. Students have the opportunity to assume leadership, cooperate and problem-solve with others, question actions and regulations, consider necessary rules for safety and fairness, and accept responsibility for their own behavior.

Improved Self-confidence and Self-Esteem

Physical education instills a stronger sense of self-worth in children. They can become more confident, assertive, emotionally stable, independent and self-controlled.

Self-Discipline

A good program teaches children that they are responsible for their own health and fitness.

Skill Development

Physical education develops skills which allow for enjoyable and rewarding participation in physical activities throughout a lifetime. New skills become easier to learn.

Experience Setting Goals

Physical education gives children the experience, time and encouragement they need to set and strive for personal, achievable goals.

Stress Reduction and...FUN

Physical activity is an excellent outlet for releasing tension and anxiety and having fun!

Strengthened Peer Relationships

Physical education can be a major force in helping children socialize with others more successfully. Especially during late childhood and early adolescence, being able to participate in dances, games and sports is an important part of fitting in.

Reduced Risk of Depression

A good P.E. program is effective in the promotion of mental health. Research has demonstrated that exercise is very effective in reducing the risk of depression.

More Active Lifestyle

During a time when more sedentary lifestyles are increasing the risk of obesity, physical education promotes a more positive attitude toward physical activity and helps to develop the active lifestyle habits necessary for life.

Tolerance & Teamwork

Physical education activities offer opportunities for children to work together with students with various abilities and backgrounds to meet challenges solve problems.