

Physical Education is the Only Subject in Schools that Helps in Physical and Emotional Health

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Received: 30-Nov-2022, Manuscript No. JESR-22-86674; **Editor assigned:** 02-Dec-2022, PreQC No. JESR-22-86674 (PQ); **Reviewed:** 16-Dec-2022, QC No. JESR-22-86674; **Revised:** 21-Dec-2022, Manuscript No. JESR-22-86674 (R);

Published: 28-Dec-2022, DOI: 10.22521/JESR.2022.12.28

INTRODUCTION

Effective physical education the program should include engaging classes as well as well trained and adequately trained physical education teacher's time to educate. It aims to teach students about fitness and well-being Topics such as personal health, well-being and mobility skills. Classes it should be engaging for students to understand the material. By participating in various activities and games, students can find their interests and deepen your knowledge in the field of fitness and well-being. Physical activity the educational program should also provide students with reasonable and consistent amounts Time to learn and apply the concept of fitness. The duration of the lesson depends on it the age range of the students; and the standards set by the school district. Bass Elementary school students, i.e. at the basic level of physical education the program is expected to offer 30 minute lessons five days a week.

DESCRIPTION

Middle school and high school, i.e. upper secondary level, must strive for these 45-minute lessons every day of the week. However, different schools must different requirements or recommendations. Although physical education and Physical activity has been shown to be a key element in a child's development Curricula are often among the first elements of the curriculum at the start of school Focus on standardized tests. After completing this lesson, teachers who prepare the work must create a proposal that addresses a (fictitious) the principal or a member of the school board why the school should maintain the physique education on your resume. Begin by having participants think about i Discover the benefits of physical education classes. Even if this lesson touches Key ideas, you want to find and use facts or statistics. Every human being at least five facts must be found. The facts may relate to general performance or you could focus on a key area of benefit, such as: B. Improved emotional health teaching behaviour or physical health. After researching the facts, you should bet together a document convincing someone to include physical education in the school curriculum to plan. This can be a presentation, a flyer, a speech, etc. when this is over in a classroom or professional development meeting, ask everyone to share their own ideas and what they learned with the rest of the group. Then you can expand this with a discussion of why physical education is important for all students and adults. To be a leader you have to be a good team Player.



CONCLUSION

Only if the individual can cooperate and be part of the whole team, he automatically becomes an excellent team leader. A kind to teaching these qualities of teamwork and leadership encourages children to do so participate in sports. Help young people improve their leadership skills and teaches them to be dynamic in a team or community. Physically Exercises teach students to form and break bonds with their peers creates a healthy dynamic between children. Through team play children become care more about them, but also about those around them and so on inspire a sense of community among them. Sow these values that join them very young, they will certainly prove to be excellent citizen's country.