**Skye Yang Period 7 English 9 Peterson 3/31/22**

**PE ARGUMENT ESSAY**

**Physical Education is one of many important classes in High School and is needed for graduating. Physical Education always involves students playing sports and being more active than the other main classes. Sadly these days, P.E. is seen as the overlooked out of the main classes and people even seem to say it shouldn’t be a requirement for graduation in High School. P.E. should be a requirement for High School graduates for two main reasons that most people unseen.**

**Most people could agree that reading and math is important but argue that P.E. shouldn’t be mandatory because you are usually active outside of school. “Why Kids’ Exercise Matters Less Than We Think,” saids, “No matter how much P.E. they got during school hours,... by the end of the day the kids moved around about the same amount. This is clearly false because many kids today are inactive and are looking at screens and not moving. People can clearly see a lot of kids being inactive in their everyday lives using their phones or devices.**

**The purpose of High School is to help students prepare for the real world that comes in hardships of the main classes in High School. P.E. prepares students for the real world by making them healthy and active. If there was no P.E. then people will be inactive in the real world. In “Physical Education is Key to Longer, Happier Lives. Our Kids and Schools Need More of it,” it states, “Minimize activity in children’s lives, not only putting them at risk for life-threatening diseases later on.” This shows that unhealthy kids in the real world will die from many deadly sources like diseases.**

**The other important classes like reading and math require a strong mindset to have and can be used for the real world. P.E. can actually increase students' mindset by boosting their brain which is useful for the other classes and for the real world. In “Teach Physical Education Everyday Because It Boosts the Brain, Say Scientist,” it saids after their research, “As fitness levels rose, so did grey matter in seven parts of the brain. The fitter the youngster became the greater the change. In comparison there was no change in the brains of the half of children who did no extra exercise.” This research reveals that P.E. can boost your brain into helping you in greater things in life.**

**In conclusion, P.E. shouldn’t be seen as the useless one in High School and should be a requirement for graduation. Many students will be unprepared for the real world if P.E. was cut off of requirement. The time we are in is about people mostly not being outside for a day, we need P.E. to be active and make the students active to graduate High School to succeed in their lives.**