

## Physical Education

Exercise is good for both the body and the mind. However, children and teenagers are spending more time on phones and computers and are not exercising enough. What can be done about this? How can students exercise and get the benefits that exercising? One solution is to require students to take “physical education” classes. In physical education classes, students exercise in the school gym or practice playing sports.

If students are required to take physical education classes, they will have time to exercise. They will get at least 30 minutes of exercise during school days. In addition, studies show that students who take physical education classes in school are more likely to be physically active outside of school too. They also tend to stay active when they grow up. This means healthier adults and a healthier society.

Exercise doesn't only make people physically healthier. It also improves people's ability to learn. Dr. John J. Ratey is the author of the book *Spark: The Revolutionary New Science of Exercise and the Brain*. In his book, he writes that studies have shown that exercise helps all students improve in school. One school district in Chicago is proving this point. The school district implemented an early morning physical education class. Since introducing this class, students' academic performance has improved.

Of course, physical education classes cost money. Some parents believe that schools should only spend money on academic classes, such as science and math. They believe that children and teenagers should find their own ways to exercise after school. However, many families do not have money for extra activities like sports outside of school. They may not live near a park. That is yet another reason that schools should have physical education classes for all students.

Physical education is just as important as math and reading. Students need physical education classes in school as well.

**Writing Directions:** Read the passage above and write an essay about it. Summarize the main ideas of the passage in your own words. In addition, explain how one or more ideas in the passage relate (connect) to something you have experienced, seen, read, and/or learned in school.

Only a small part of your essay should summarize the passage, but make sure to include all the author's main ideas. Most of the essay should explain how one or more ideas relate to something you have experienced, seen, read, and/or learned in school.

Remember to review your essay and make any changes or corrections that will help your reader clearly understand your essay. You will have 90 minutes to complete your essay.