This passage is about the benefits of Physical Education which is most important thing For every human being. Physical Education of Physical Exercise. Sports, and all kind of extracurricular activities includes int he physical exercise. Physical Exercise gives you more benefits. You can be healthy and fit. Your hearts will be in good condition. You don’t get sick quickly. They have a lot of benefits. But Peoples like Students are not serious about doing physical exercise. They usually skip all kind of Physical Exercise. This is the reason why they are fall down with sickness easily. That’s why they can’t pay attention on their studies. For this, They are not able to make good results. On the other hand, One who usually takes Physical exercise every day. He is getting a lot of benefits from the exercise. Students nowadays facing this problems. They are addict on using phone that’s why they skip their physical exercise. Physical Exercise is more important things in human beings. Physical exercise is not only make you heathier but also its makes your brain more active. So you can think everything Sharply. The students who are taking exercise they are more active than anyone inside or outside in classroom. Every school should make a rules for most taking Physical exercise. Before classes They should take the physical exercise. And also All schools should takes classes for Physical education. This is how all students can get to know the benefits for physical education. Physical Education will give them the knowledge about the exercise. Physical education is important as all subjects. After taking physical exercise, Students will be healthier, fit and enjoying their all benefits.