The main idea of this passage is that physical Activity are good for teenagers and children, However they are more time using technology and social media. Studies show that student that normaly take physical education are more active during the day and outside of school and that could help them on many ways as a been healthier physically and having more energy and being focused on class However, parents are not interesting on paying more money for school so they children could be on a physical education class For parents is not important as academic classes such as math, sciences ect. However theres Family that don’t have the money for activity that does not help with they academic Level. in addition in my opinion students does not take physical education as serius as academic classes Because they believe that is not going to help them academicly.

As normal I always hear teenagers saying no Physical education is not important is only to have a nice Body, also me just to thinkt he same into I see the Benefits of having PE classes it help me so much on many ways I meet more Friends, im much healthier, active and beeing so active help me be with more energy during the day and classes however my parents always believe that is Just a waste of time that I should focused on my classes and not playing around but they don’t realized how much is who it help me, I believe that theres more parents that thinkt he same as my but we have to change there mainset and show them that physical education is not just a waist of time and not important as other academic classes.