Physical Education.

In my Opinion I think this Passage is very important because we learn about the most important to do exercise. The Physical Education is a good alternative because we can created healthier childrens, teenagers and adult. In my school can do before the Classes execises like streching and something like that because is very important. They can put music and motivate the student to do the rutine.

I am agree with the Passage because all people, like a parents too need to know as important is the Physical Edcuation. When you do exercises your mind is more Clearly you dn’t have time to think about the negative think, but I also think is good to do exercise and eat healthy.

For example in the schools need to do Physical Education and healthy food for every body.

When the Dr. John writes that studies have shown that exercise helps all students improve in schools. I think is true, because when you do exercises your life change.

When I was teenager, I was problem with my heart, when I was running I can’t breath good, One day I said I need to do exercise because the doctor said me I need it. then when I start every day 1 hour running. I felt different. I felt strong and my life change it. for this reason I know how the important is the exercise. After that I was the better player in my school.

You don’t need to much think to do healthy. For example in the Passage said the Physical Education classes costs money. and many families do not money for extra activities like sport outside of school. and they not live near a park. But you don’t need to much; if you want you can search in you tube, you can found a lot of think to do in your house. For exampe my daughter love the gymnastic but is to expensive for me to pay for this courses. Our solution was looking for Classes in youtube and that’s it.

If you want you an do it!