I think the children and teenagers in this time does not like to do exercise, practice sports because they spend to much time wactching TV, playing video games or using social medias with their phones. They does not interesting in interact with others in person.

Is very important that the children receive physical education classes because they clean their minds and they can have one life more active, can socialize, can make another activities more healthier for your bodies.

I feel connect with this passage because I fight every day with my daughter weight trying she makes exercise and eat healthy for her health problem.

When the people does not exercise that can cause a lot of sickness such physically and mentalilly.

When the students does not have the oporunity to take physical education in the school is good try motivation outside practice any sport in the neighborhood like basketball, baseball, playing in the park. mount bike, running around the block.

Physical education is more than movement, help the students keep your minds focus your bodies heathys, to think is better futures.

Physical education in the schools prevent and help one of the most problem in the society right now like it is the obesity in children and teenagers.