The main idea From this summarize is that Physical Education is important For the Children and the teenagers.

I think that Physical Education It importan because people can be helthi. In the text said that “students who take Physical education classes in school are more likely to be Physically active outsid of the school to”. This is important because the student show be had a active life and heathi.

My poin of view it that most of People had to be heathie and Physical Education help you.

Another think that it said in the text is “Execise doesn’t only make people Physically healthier. It also improve People’s ability to learn”.

This evidence show that Physical educasion don’t only help to be heathie it also help to learn. This is importan because you can lear and take care about you Physical education on the same time.

In my own opinion I think that PHysica education it good but only when you can preper you maid to the procces. I never had Physical education out side of the school, but I traid to be healthie, most of the time that I traid to go to the GMY my lazy way come out, but I think that it be because my mind it not ready for the procces.

For example i read in the text “some parent belive that schools should only spend money on academic class, such a science and math. They belive that children and teeneger shoul Find their own ways to exercise after school”. This show tha tmost of the parent think that the Physical education it not important.

In conclusion the Physical Education It good For the children and teeneger.