The Physical Education in children and Teenagers. The most part of them are not exercising enough, that is because they spend more time in social media and electronics than in theirself. It’s important the school require to then take Physical educacion to motivate them to do least 1 hour.

Firstable, one thing helps to teenagers is when they grow up is be physically active, thats why the school can help with that part inside school in order to create a healthier adults and society. In addition, is good to mention that social media are not motivating the society to do exercise because by spending more time in devices get you antisocial and you not realise you are not spending time in yourself to be helthier in a future.

Another way to mention that physical education is important. Exercise helps all the student to be active in class and motivate them to improve in their classes. When you get exercice earlier in the moning this help you to be a proactive person all day. However, some families think exercice are not important in their childres life and this not motivate the teenagers to do it. Being at home Just taking academic class in school, is not the best way to learn, because they need energy to do the asignment in the other classes too.

In conclution, Physical education are important to childrens and teenagers to be withe energy, to be helthier adult and helps to improve students’ academic performance but not all of the society are agree with it.