Physical Education is more important for everyone. These days, Most of the children and teenagers waste their time to use phones and computers. They don’t have any idea about How important physical Education. Physical Education helps you to improve your abilities, skills and your brain. Every people should do exercise at least 30 minutes. There are lots of benefits, when you do physical exercise, such as ability to learn, being healthier. Lots of parents don’t pay attention about children’s physical exercise. The Revolutionary New Science of Exercise and the Brain is a book that helps to how to maintain children’s physical Education in their school. Everyone should know about physical Education and How important is it.

When I was in my home country, I attended to my school. After I finished my school, I went to the play ground with my friend. We played cricket every day. So I could manage my Studies and physical exercise. I could get more exercise than others. I am happy about my parents because they never told me to don’t play. I think my parent know how important physical exercise for child.

When I was a child, I spent my time in river. I swimmed every day. I think, swimming is good exercise for everyone. That helps to maintain your healthy body. Because swimming is very hard exercise. I enjoyed my life like a child. In my openion, every children should take physical exercise or activities. And parents allow to their children go to playground. That is a investment of future.

Now most of the children use technology devices So they don’t have time to do physical exercise. In near future, That may be huge problem. We need to find solutions for that.