Physical Education

Should be in school?

In the society the people, children, teenagers, Adults pay more attention to the phone or another devices than the exercise, this make that the people have obesity, unhealt etc. It is important include physical education in the school because, The people that take physical education in school is physical Active outside, Also the exercise improve the ability to learn.

First, It is a good Idea include Physical education in schools because the people can be active outside too, When the children, or teenagers take Physical Education in school they want continue playing basketball, voleyball or another sport. Making peoples that are physical Active. For example when I was in high school the boys always like gym because there the play, they did exercise and when Gym was finish after school they stay there playing more and more.

This means that include physical education in schools make the people very active outside of school.

Secod, we need include Physical education in schools because this improve the ability to learn.

Alway we hear that exercise is not only is good for the body it is also good to the mind and this is the when you have a good physical condition your mind works better, you are relax, not have stress, you can do wathever you want because you have energy all the time. For example when I wan 12 years old, I like play voleyball, when I run, jump or something I felt confortable My Mind was clean and I had the chanse to learn anything. This shows that physical education is not only for the body is also for your mind

Finally, we look the reasons because is a good Idea include physical Edcuation in schools, this help to the society to the society be a healthier society, whith physical Active people and healths Minds.