The main idea of this passage is to people learned than is more important do physical because we spend alot time in the phone if we do physical we have a changed to play more sport in physical education. For example, when i was in high school a meet a girl that she always want to be in the phone an she never want to do nothing one day we are in physical educacion class and I was playen volleyball and the Teacher say I going to do a volleyball Team and she want to do say I want to be in the team and The Teacher Told her, how you going to be in The Team in you never do not do noThing. Another Thing when I was in school a read a article abouT a group of Teanagers That They need To take a TesT They was Team A and Team B, Team A and B need to sleep 16 hour, They need to be on Time in school, Team A go sleep a 6pm and The other Thing Team B go sleep a 12pm, The Team A pass the example and Team b fall The example because They go sleep 12pm for be in The Phone and The Team B pass because They are not use Their phone so much. In my point of view all school need To Take The phone alway because sTudenT can noT focus in whaT They need to do. In The passage say, Physical education classes cosTs money. For example you can look for help because I read ThaT in some place The have a loT oporTuniTy To Take The class free in my opinion I like physical education class for me That my hobi, beacuse I can Play The sporT ThaT I like when I am in The Physical education class I feel in love, happy, emoTional because I focus and me and what I like. I Think every one need To Take Time To relax and Foget abouT phone. People someTime do noT have To spend money in sport buT in my opinion ThaT importanT.

In conclusion I Think everyone can Take a break and play some sporT.