The lifestyle we used to live has dramatically changed. During last several decades jobs involved intensive mind-working and skills have started to dominate at the market. Some people debate that having the physical education class is still a necessary part of a child’s education. Others argue that focusing on academics may give more benefits during school time. This essay contains arguments for both sides.

Some researches has revealed physical activity is as important for a human’s body as clear air and water. A person acquires many important habits in the childhood. It is clear that it is very useful doing sports frequently for a longer life. Moreover, sport games help children to socialize, create small groups and find new friends.

Physical education must not monopolize most of the time, though. A small child needs to know a huge amount of knowledge to succed in his life. Mental activity requires the special environment where a person feels comfortable to start thinking freely. It is not so hard to disturb the man and really hard to bring that condition back. So, these classes might disrupt children from studying.

Personally speaking, I loved physical activity, especially when I was a scholar and a student later. There must be the physical education classes as a part of the basic knowledge everybody must know. Physical activity helps to neutralize all negative energy and calm you down.

In the conclusion, the arguments highlighted the importance of the physical education classes. One point to mention is the school executives should develop a timetable reasonably and wisely to not interrupt the education process.

The lifestyle we used to live has dramatically changed. During the last several decades' jobs involved intensive mind-working and skills have started to dominate at the market. Some people debate that having the physical education class is still a necessary part of a child’s education. Others argue that focusing on academics may give more benefits during school time. This essay contains arguments for both sides.

Some studies have revealed physical activity is as important for a human’s body as clear air and water. A person acquires many important habits in childhood. It is clear that it is very useful to do sports frequently for longer life. Moreover, sports games help children to socialize, create small groups and find new friends.

Physical education must not monopolize most of the time, though. A small child needs to know a huge amount of knowledge to succeed in his life. Mental activity requires a special environment where a person feels comfortable to start thinking freely. It is not so hard to disturb the man and really hard to bring that condition back. So, these classes might disrupt children from studying.

Personally speaking, I loved physical activity, especially when I was a scholar and a student later. There must be the physical education classes as a part of the basic knowledge everybody must know. Physical activity helps to neutralize all negative energy and calm you down.

In conclusion, the arguments highlighted the importance of the physical education classes. One point to mention is the school executives should develop a timetable reasonably and wisely to not interrupt the education process.