**TOPIC(128) ▶Some people say that physical exercise should be a required part of every school day. Other people believe that students should spend the whole school day on academic studies. Which opinion do you agree with? Use specific reasons and details to support your answer.**

It is common to witness an intense controversy between people who believe that PE(Physical Education) classes are essential and who don’t. Some schools renowned for the fierce and intensity of its students toward studying reflect some of the opinions from these people and try to rule out the PE class from the school schedule. In my opinion, the inclusion of the PE class in the schedule should be maintained for 3 reasons.

First of all, PE class in school is the only time for students to exercise and train their physical strength. Students are usually inclined to spend most of their time on only studying due to their belief that doing other things like exercising are just a waste of time, and they distract the students. However, exercising is actually directly linked to the student’s habitat and attitude, and therefore constant exercising can have a lot of advantages on student’s present and future studying. For example, studying high-school subjects demands big amount of stamina in order to stay awake in the late night, and it also requires faithfulness in order to be unencumbered by the distraction of entertainments. In fact, both are the skills that can be obtained from consistent physical training.

Second of all, there is a possibility for students to discover their physical talents. A lot of physically talented students usually don’t perceive that they own a physically talented skill. Thus, there numerous cases of when the scholars who maintain their top place in school to become an athlete. For instance, I’ve read a past story of a soccer player who used to be a one of the best students in his school from the internet. He never missed any competitions or academic activities in school and always got the best grade in every subject. However, he has confronted a turning point of his life after his first soccer playing experience with his peers during the PE class. Despite the fact that it was the first time for him to play soccer, he could easily surpass the other players due to his extraordinary fundamental physical skills. He found out that he was actually a talented soccer player.

Lastly, students can let their brains to take a rest during the PE class. Students have tendency to study without break time since they believe that taking a break is just a waste of time. They aren’t aware that studying without any break time will result in the reduction of the efficiency. However, playing sports during PE class will not only stop students from studying for a while, but also help them relieve all stress, concerns, and agonies, which will increase students’ concentration.

To sum up, PE classes should be compulsory for any students since it improves the students’ habits, provide opportunities for them to discover their hidden skills, and break times. Although students can feel PE class as a waste of time, they will later recognize that their studying skills are also improved along with their physical ability.