More PE lessons ☹

As we sit, staring at the clock, active, ready to jump and play, our teacher bothers us with maths. We have so much energy, waiting to burst out of us like a rocket, yet it stays trapped in the confines of our body. How can we do this to kids, filled with energy and a yearn to run? How can we sleep at night with that energy bubbling up inside of us, ready to be unleashed at any moment? We need more PE lessons, for improved physical and mental health, upgraded academic performance, and something most adults lack, social skills.

First of all, PE improves not only physical health, but also mental. Science has shown that when children, and even adults, participate in games in the sun, being active, their body rewards them with dopamine, which makes you happy. Being happy can improve mental health, by reducing stress greatly, enhancing resilience, an important skill many people still lack, and most of all, promoting positive behaviours and social connections, allowing us to feel better when we do things, be it Mathematics, English, Science, or any other subject, even if it isn’t a child’s favourite one. And, physical health is also rewarded, due to increased activity and increased fitness.

Secondly, PE is really good for improved academic skills, as mentioned before, it causes our brains to release dopamine, a toxin that makes us feel happy. Improved happiness levels can greatly improve academic performance, even if you don’t normally get good marks. This is because dopamine has been proven to constantly boost motivation, enhance memory, and improve focus. This way, kids will want to do better, they will retain lessons for longer periods of time, and they won’t get distracted during classes. This is vital for improving test scores, and therefore academic grades. And often, good grades mean better high schools and jobs.

Finally, PE improves social skill, due to the fact that during PE team games are played, so one must work with other people to find a strategy to win. This requires talking, not cutting people out to say your idea. Often, kids who do not participate in team activities benefit greatly from more PE, with social skills boosted greatly. This means that kids learn not to butt in when someone else is talking. Doing so can help kids make friends that don’t grow tired of them being disrespectful to them.

In conclusion, more PE is vital for students, as I have proven to you that it improves physical and mental health, boosts academic performance, and strengthens social skills. For these great reasons, schools should cut out more time for PE, so that our students don’t get bad marks, or lose friends to bad social skills. We cannot let this happen to our students, and we must put in more PE time for kids.