

AGAINST OR FOR? FOR

Many people at schools get restless and some want to go outside to play whilst it is learning time. This is why schools must get standing desks. This is because it gives students more room to move and they can move their legs if they want to stretch. It also gives better posture for students as when you sit some people hunch their shoulders which can cause spinal problems later in life. As well as that, sitting around all day isn't good for your health.

As a first reason, students get restless a lot and need brain breaks, this why standing desks could be a big help with students. They could do some exercise inside the classroom such as jumping or marching on the spot as they learn or work. This can be helpful for many teachers as lots of teachers sometimes give their students brain breaks but if they have standing desks they could always do some jogging on the the spot. Picture this, a teacher is taking their class out for a brain break. The next day they need to do work but none of the students are concentrating. If they had a standing desk the teacher could get them to do some jumping and running on the spot which takes up less time than going outside to play. This is for sure a good reason why standing desks should be put into schools.

A second reason is that standing desks are amazing to use at schools, is posture. Some people when they sit hunch their backs which can cause back problems later in life. Lots of people then have to use canes or have neck problems when they are older just because of slouching or crouching down. Try sitting down on a chair. Don't lean against the back of the chair- if you do you won't be able to feel your spine and leaning against the back doesn't make a difference. Feel your spine when you sit. Does it curve forwards? Most of the time it does naturally which means you are slouching. This is definitely another reason to take in why classes need standing desks.

Finally, many people believe that sitting all day isn't good for your health comfort can also be a big problem for many people. Scientists believe that sitting around all day can increase risk of certain cancers, diabetes and many more health problems. If you are standing you may not reduce your risk of any health problems but it is just naturally better for you because it improves blood circulation and energy, making you less tired and it makes sure that you concentrate better which many teachers would definitely approve of. This is definitely another reason why schools must have standing desks instead of making students sit.

In conclusion, in all classrooms it is compulsory that they have standing desks because, sitting all day is really bad for your health, posture improvements and many students need regular brain breaks. This must be why every single classroom must have standing desks in schools.