

A STUDY THE BENEFITS OF PHYSICAL ACTIVITIES IN SCHOOLS

Ranvir Singh, Ph. D.

Assistant Professor Physical Education Department, National P.G. College Bhongaon, Mainpuri

Abstract

The present conceptual paper is focused on benefits of physical activities with prime aims (i) To understand the various physical activities in schools. (ii) To discuss the importance of Ways to Promote Physical Activity in Schools. (iii) To discuss the importance of Physical Activity in Schools. The present conceptual paper studies the benefits of physical activities.

Physical activities can offer us reduce the tress, increase the confidence, mindfulness and hope in our lives. The present paper focuses on the benefits of physical activities in school.

Key words: *Benefits, Physical Activities*



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Introduction:

Physical Activity (PA) is an important factor in health promotion and disease prevention, and physical inactivity is linked with many chronic diseases and their risk factors. Therefore, Physical Activity (PA) recommendations have been established in order to give information to people of what is, in general, a minimum amount of Physical Activity (PA) to improve health. The aim is to increase knowledge, which would optimally be reflected in PA behavior. Physical activity is an essential part of a healthy lifestyle for children, and schools can play an influential role in helping students engage in physical exercise and play. We're going to look at the importance of physical activity in schools and discuss some ways you can put this information into action so you can help your students do better in school and develop healthy habits.

Schools have played a central role in the provision of physical activities in school. Physical activity is any form of exercise or movement of the body that uses energy. Some of your daily life activities doing active chores around the house, yard work, walking the dog are examples.

Objectives of the Study:

- (i) To understand the various physical activities in schools.
- (ii) To discuss the importance of Ways to Promote Physical Activity in Schools.
- (iii) To discuss the importance of Physical Activity in Schools.

PHYSICAL ACTIVITIES IN SCHOOLS

Mental health

Mental health is an important aspect of children's development and, though it is a separate issue deserving of its own attention, tends to go hand in hand with physical health. Regular physical exercise decreases the likelihood that children will deal with depression or anxiety. Mental health issues can directly impact students' academic performance.

School attendance

Since regular physical activity contributes to overall health, active students are less likely to miss school due to an illness. As we'll see, some students also miss school for mental health issues, which physical activity can hedge against, as well. Missing school, even as early as first grade, can indicate an increased likelihood that students will drop out of school eventually. Attendance is critical so students stay on track with their class and receive a complete education.

Memory and concentration

Research has demonstrated that physically active children have greater ganglia and hippocampus capacities — parts of the brain associated with memory and cognition — compared to children who are more sedentary. Being able to focus better in the classroom and retain more of the information taught can help children make the most of their education. Improved memory and concentration can also help students in other areas of their lives.

Classroom behavior

Physical activity during the school day can also help students behave better in the classroom. Especially for younger children, sitting still, listening and following instructions can be a real challenge. When students feel fidgety or distracted, it can be harder for them to behave. Physical activity helps students satisfy their need to move and play so they're better prepared to focus and listen when they're in the classroom.

Academic achievement

In addition to looking at individual factors, we can also see a direct link between physical fitness and higher grades. Because of the many cognitive benefits students gain when they're physically active, higher academic performance is a natural by-product. It's also true that physical activity can lead to higher grades in the immediate future.

The benefits don't stop here. Staying active as children and adolescents can also help set students up for a healthier future as adults. Regular physical activity helps students build strong bones and muscles, improve their cardio-respiratory fitness, maintain a healthy weight and avoid future health problems such as heart disease.

Important ways to Promote Physical Activity in Schools

Since physical activity helps students in so many ways, parents, educators and school administrators must partner to facilitate and encourage physical activity among students. Let's look at 10 strategies for promoting physical activity in schools:

1. Inform Students of the Benefits

Promoting exercise in schools can start with educating students on the benefits we discussed above. By informing students of how impactful physical exercise is to their health and wellbeing, as well as their performance at school, we can motivate and empower them to stay active. This is especially important for older students since they're more capable of understanding the research on physical activity's benefits and tend to have more say over how they spend their time at home.

2. Inform Parents of the Benefits

Parents can also play a vital role in helping their kids stay active, especially when it comes to younger children, so schools should find opportunities to educate parents on just how beneficial physical activity is for their kids. Encourage parents to limit the time their children spend in front of a television or computer screen and instead plan activities for the whole family that involve physical exercise, such as a bike ride or a hike. Parents may also want to enroll their children in extracurricular activities to help them stay active.

3. Prioritize Physical Education Classes

Physical education courses give students the opportunity to get some exercise during the school day and can help them learn healthy habits for leading active lifestyles. Physical education classes that teach sports and other team-building games add a social component to

physical activity that can make it more fun and meaningful for kids. Physical education classes can play an influential role for students who otherwise live sedentary lifestyles.

4. Build Time in the Schedule for Recess

Recess is another important way you can promote physical activity at your school. Whereas physical education courses are structured, recess should focus more on free play. There are various models for recess you can implement at your school. It could be one recess period in the afternoon or a series of short recess periods throughout the day. However you choose to include it, make sure your school builds time into the schedule for recess so it is not crowded out by other things.

5. Include Physical Movement in the Classroom

Teachers can help students stay active by incorporating physical movement into their lesson plans. For example, teachers can set up learning stations at the four corners of the room and have students walk to each station as part of the lesson. Even if teachers are intimidated by the idea of incorporating physical activity into their lesson planning, they can simply have students stand up periodically during class to stretch or “get the wiggles out” so they can focus.

6. Host Sports Events

Sports can be a fun way for kids to stay active. However, some kids don't have the interest or time to dedicate to being on a sports team. That's why it's a good idea for schools to host sporting events beyond their normal sports games. For example, you could host a fun run, a sack race or an obstacle course for students to participate in. You can also form recreational sports teams for older students who enjoy sports but are intimidated by the thought of being on a varsity team.

7. Celebrate Students' Healthy Habits

Positive reinforcement is a proven strategy for teaching children to repeat certain behaviors, turning them into habits. Physical activity should be a key part of children's lifestyles, so using positive reinforcement to help them form healthy habits is a great strategy. Find ways to praise students for prioritizing physical activity at home and for their accomplishments in sports or physical education classes at school.

Conclusion

Students can build their own programs from scratch and transform the way they look at fitness with groups and activities that interest them. Sports clubs, Celebrate fitness with festivals etc. allow students to take on accountability and responsibility, giving them a sense of fulfillment, while developing competencies that can be applied within the school and beyond. Sports clubs also help young adults build lasting friendships and make them feel part of a wider community.

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