

Why PE should be compulsory

In today's world Physical education is at its all time low, from kids looking at screens all day with little physical Activities, to adult life rarely needing the use of physical movement, It all starts from a school age. therefore schools have an important responsibility to provide structured lessons for kids that not only supports physical activity but the learning of PE and the wellbeing of kids physical wellbeing. If Physical education is compulsory it guarantees all students access to movement, skill development and health education no matter on the students backgrounds or interests. Some people argue that it distracts kids from there academic time or even pressuring kids into sports or less athletic than others yet there are bigger positive benefits in physical such as cognitive, mentally and socially that outweighs the negatives.

One of the biggest advantages in compulsory Physical education is in physical health, Participation regularly in Physical activities promotes strengthening in bone muscles, Improves cardiovascular health, manages kids weight, reduces risks from diseases and illness. (Kohl, H.W. and Cook, H.D. eds 2013). Improvements in physical health helps students to feel more energetic and less fatigued or illnesses to stop them avoiding lessons.

Physical eduction also helps students to keep there mental health in the right place. The studies show that regularly doing exercise benefits massively in reducing stress, anxiety, depression, and emotional stability. (Kohl, H.W. and Cook, H.D. eds., 2013). Another review on PE found that In certain situations, physical exercise interventions can provide mental that are equal to other treatments in some cases. (Malm, C., Jakobsson, J. and Isaksson, A. 2019).

Beyond Physical Health, PE also helps improve academic performances. The National Academies of Sciences found that taking the time to do physical activity has either neutral or positive affects on attention, achievement, memory and mental clarity. (Kohl, H.W. and Cook, H.D. 2013).Also evidence supports the relationship between Physical activity and academic performance, for example doing Physical activity for 90 minutes or more per week were related with better academic outcomes for school children and importantly there were no signs of extra Physical activity harming academic results.

Although there are strong benefits of PE the common issue is time critics worry that this will affect subjects such as Maths, English and science especially in the curricula under the pressure for GCSE's. Limited resources are another concern as some schools lack the equipment, facilities and qualified PE teachers making the implements hard for schools that are less funded which may result in low quality PE lessons. (Walker, T.J., Craig, D.W., Pfladderer, C.D., Robertson, M.C., Cuccaro, P., Fumero, K. and Bartholomew, J.B. 2023).

Its also possible that other students may compensate for increased Physical activity during school hours and then reducing activity later in the day. Some analysis shows that not all increase in PE increases overall activity across the day. (Centers 2014)

In conclusion making PE compulsory has its negatives such as Money, critics, resources, These are valid concerns. These concerns can be avoided if done correctly with proper planning and investment it would be a massively beneficial for students all across the world,

so not only can school foster kids education properly it can also have a lifelong positive affect on Physical Health

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