



PHYSICAL EDUCATION MAKES YOU SOCIAL AND HELTHY

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ABSTRACT Physical Education is an important part-human life. Regular physical activity participation throughout childhood provides immediate health benefits, by positivity effecting body importation and muscular-skeletal development, and reducing the presence of coronary heart disease risk factors. In a world that is rapidly changing, children in both primary and secondary schools benefit from developing a range of personal and social skill such as pear relationship skills, leadership skills, problem solving skills, and personal and social responsibility skills.

KEYWORDS : Physical Education, Sports, student, schools College, physical activity, health, social development.

INTRODUCTION:-

The primary recommendation advocates the accumulation of one hour's physical activity per day of at least moderate intensity, through life style, recreational and structured activity forms. A secondary recommendation is that children take part in activities that help develop and maintain physical health related muscular- skeletal. Physical education develops a multifaceted personating and gives a person a healthy and social status. Young people need to take physical education lessons. Without this a capable society cannot be created. Health and physical education includes health, physical education, Sports and Yoga. More emphasis should be given on practice related to physical education activities. All children need to be involved in free play in formal and informal games, yoga and sports activities for physical and psycho-social development (Dr. Sharma. V.k-2018).

Importance of Physical Education:-

Physical Education improves motor skills and increases muscle strength and bone density, which in turn makes students more likely to engage in healthy activity outside of school. It also helps to maintain their brain and mental health. By making exercise 'normal' from an early age this becomes ingrained in them throughout their life's sports helps children develop their motor skills and string then their muses. When fine motor skills develop children will be more h adopt at handwriting or playing a musical instrument children who play regular sports have improve behavior in school (Dr.V.K. Sharma - 2016). Student who play sports are better able to concentrate and maintain focus, which has a positive impact on their academic life this can lead to improved attainment in all other academic subject.

Students who exercise regularly have a better quality of sleep. They are there for more alert at school and have higher level of concentration. Physical exercise help children's relieve stress and anxiety. Young people today are regularly and I'm over ratio than enter, so it is vital for them to have an outlet for this sports. Playing sport is groups help young people to improve their teamwork and leadership skilled. It also helps to from stronger bond between phrase and promoter a healthy class dynamic. Physical activity promotes positive body image and teenagers especially among humans and girls in this age of social media and social pressure to look a certain way this is of almost importance (Martin E. Block- 2015).

Social Benefit of Physical Education:-

Good health is important for a building a good society. It is impossible to build a capable and strong society and distress degrades human health and mentality.

It Makes You a Happier Friend:-

When you are a feeling down, there's nothing like having a good friend around to cheer you up. But friendships are not only about helping each other through the tough times. They are also building our shared laugh and fun experience, working out release endorphins, which have been promoted to make people happy. Not only is this a perk for your overall personality, but its social benefit of exercise that relieves itself through the conversation you have a connection you make and healthy the friendship you build (Rajagopal-2014).

Adjst to New Surrounding:-

We just moved to a new city. As a transplant, making new friends can be a little intimidating. That's why many medical professionals suggest fitness as a way to break the ice. Not only does exercising create an easy way to strike up a conversation with other, but the gym is recommended setting for healthy social interactions too. Sing people achieve their goals can enable you to connect with them on an entirely different level (Paul M Wright, K. Andrew R Richards (-2021).

It Helps to Improve Your Memory:-

Fitness is not just beneficial for your arms, legs and core- It actually does a wonder for your brain health, too. In fact a study found that exercise can improve your breasts functionality, helping you to retain more memories and enhance your constitutive skill. Exercise can help sharp sharpen your memory so you can stay on top of these small social grasses.

It Helps You Find People Like You:-

We all seek to find our tribe- the people we can depend on whole hardly, idly to be there rough thick and thin. As another one of the social benefit of exercise, working out regularly can help you to find people who actually want to spend time with. It's likely you will meet people at the gym who love healthy lifestyle like you. Meeting individuals with similar interest give you the opportunity to build a new supportive circle of friends (Michelle Walton-2018).

It Makes You More Reliable:-

It's not that you want to breathe your friends of the last minute, but if you are not talking prim care of your immune system, you are more likely to get the snuffle. And if you are not active you might like the energy those dinner planes you committed to. When you pica to a fitness schedule, you are likely to become more committed to plants outside of the gym. Since your plans will be able to depend on you your friendship and thus your social life will deepen.

Create Accountability:-

One of the most difficult things about exercising regularly is keeping it consistent, especially if you are new to fitness. or your struggling of a visiting the James going out for a run, or even loading up you are best fitness DVD for a living room workout. But arrived arranging to exercise with a friend's mean means you will be keeping each other in check with the social obligation being another reason to get out the house and get active. Nobody wants your friends to get to final they are lazy or they believe them high and dry when they are trying to do their best too. If you create a goal and follow if a with a commitment to your friends or a class you are more likely to hit your target - your peers will help you to stay a focused and motivated and cheers on your every accomplishment (Dr. John Percy - 2016).

CONCLUSION:-

Physical education show the way to a good and healthy life for every human being it is important to understand that boy way. Exercising regularly every day is essential for good health. Physical education in steel strong sense of self-worth is children's. They can become more confident a sedative emotionally stable independent and self-controlled. Physical activity is an outlet for releasing tension and anxiety.

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