

# Sports and children

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Sports and Children Children today are being encouraged to take on sports. Schools have different sports programs to help get the interest of children in sports. They are doing this because several studies have found out that sports have positive effects on children. Nowadays, most children are spending too much time in front of the computer and spending less time outdoors for physical activity. This essay will discuss the positive effect of sports in children. Sports is fun The primary motivation of a child to go into sports should be because it is fun. It is something that he will enjoy. It should not be stressful. It is fun because they get to play with other children who are in the same age range. In ice hockey, kids of different age groups are classified into different categories such as mite (8 yrs. old and under 8), squirt (10 yrs. old and under 10), peewee (12 yrs. old and under 12), bantam (14 yr. and under 14), midget minor (16 yrs. old and under 16), and midget major ((18 yrs. old and under 18) (Nakate, par. 3). Because of sports, children will have new friends aside from playing with their current friends too. Aside from that, for some hockey players family bonding is increased because their whole family sometimes goes with them on training and watches their games too. Sports are fun too because of the excitement it brings. It is not just about winning but how you play the game. Sports give joy to kids because they get a sense of fulfillment. If the child is not having fun, maybe it is a sign that he should consider other sports. It is the responsibility of the parents to watch out for those signs. Learn new skills Getting into sports will help a child learn new skills. He can learn new skills in the sports that he is into. For example, if a kid gets into ice hockey, the skills that he needs to develop are flexibility, muscle strength, endurance, balance and coordination (Halleck, par. 4). A goalie should be very fast and must

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know how to maneuver his way to prevent the opponent's puck from getting into the goal. Social skills are also developed. Team sports such as basketball, volleyball or ice hockey helps develop camaraderie among the members. Teamwork is not only important in sports. Later on as adults, this skill will prove to be very helpful in the corporate world or in whatever job they will get into. Physical development The obvious positive effect of sports in a child is in his physical development. It enhances his health and fitness (Stewart, par. 6). Instead of spending all day inside the house and doing computer games, he is able to breathe some fresh air and enjoy the warmth of the sun. This is a way of combating obesity which is on the rise because of the sedentary lifestyle of kids nowadays. In ice hockey for example, the players are in constant motion so the fitness factor is there (Holecko, par. 11). Psychological development Sports do not only help in the physical development of the child, it has a positive effect on the psychological development of a child as well. Studies have shown that engaging in sports prepares the child in life's various struggles. According to Eddie Hendersen, a retired U. S. soccer player, " Life sometimes involves competition! We compete for jobs, work, and a better life! Through sports, children can learn about setting goals and accomplishing goals! They will many times deal with adversity!" (America. gov, par. 17). Sportsmanship is an attribute that can develop in an individual who is into sports. This attribute will not be useful only in competitive sports but also in all aspects of life. The other psychological effect of youth sports on children is that it enhances their self-image and they develop more confidence and self-respect (Stewart, par. 5). Parents as well as schools should work hand in hand in encouraging children to go into sports. As discussed above, sports have a lot of positive effects on <https://assignbuster.com/sports-and-children/>

children. Both the parents and the school administrators should be all out in supporting the various sports activities. Parents need to guide their children in deciding on what sports they can get into. The decision on what sport to engage in would depend on the qualities and attitude of the child. Whether sports are recreational or competitive, the conclusion is that it has numerous positive effects in the development of the child. Works Cited America. gov. 29 April 2008. Web. 26 March 2011. <http://www.america.gov/st/washfile-english/2008/April/20080429171207xjsnommis0.7749597.html> Holecko, Catherine. "Youth Sports Profile: Kids' Ice Hockey". About. com. n. d. Web. 26 March 2011. <http://familyfitness.about.com/od/waystoplay/a/icehockey.htm> Nakate, Shashank. "Ice Hockey for Kids". Buzzle. com. 18 May 2010. Web. 26 March 2011. <http://www.buzzle.com/articles/ice-hockey-for-kids.html> Stewart, Wendy. "Positive Effects of Youth Sports". Livestrong. com. 14 April 2010. Web. 26 March 2011. <http://www.livestrong.com/article/106591-positive-effects-youth-sports/>