

# Images that injure



IMAGES THAT INJURE Images that Injure Physical education is very important for both adults and children since it has physical and mental benefits.

Children who are physically fit tend to develop a healthy and active lifestyle at a very tend age; this also reduces the risk of cases of overweight or one to develop a negative health condition at a later life. Physical education is essential to both children with disabilities or those that are without disabilities, the only difference comes in teaching the disable how to adapt to the physical activities and how the activity is beneficial to them.

For the inclusion of the disable to a school environment then the following factors has to be in place: assessment of all parts of physical education, educators to identify how to modify, adapt, and create of lesson plans that are engaging and lastly, put up a belief that disable children are effective in a community. The effectiveness of the disable is evident in the movie at first sight when Vigril a blind man can find his way to town on his own with ease, he also gives a massage to Amy and she is so pleased. The inclusion of disabled children to the environment helps other children in understanding and appreciating them. There is also the bridge of a special-need child in the mainstream classes, as it creates the best learning and a favorable environment as both the disable children and their counterparts spend time together, share same resources and receive individual treatment from their educators. The disabled also fins away to tackle their challenges, which help them, improve in academics, self-esteem and social skills.

#### Reference

Wisley, T.(2012). Successful inclusion of the disabled children to schools.