

It is very important to  
get kids involved in  
sports



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(Assignment) It is Very Important to Get Kids involved in Sports Volumes have been written on the significance of sports in human life. However, the vital role of sports in child development is still not a trivial subject for further research. Beyond the entertainment and happy moments, sports offer kids valuable lessons of practical life. In other words, it is essential for kids to get involved in some sorts of sport activities for the natural way of their physical and intellectual development. However, as Ripken, Ripken B, and Scott (4) remind, a kid's basic interest in sport has to be cultivated and maintained carefully because his/her interest levels might vary from time to time.

Therefore, parents and academic reformers should heed genuine attention to integrate sports into school curriculum. To illustrate, the hustle and bustle of modern life have heavy impact on the lives of children today. They have been given little chance to understand the importance of their health. Since higher emphasis is given to academic training, sport often becomes the least important aspect of curriculum. However, sport is the most important aspect of a child's various stages of development. Evidently, sports help children to practice self discipline that will have a long term positive effect on their future life. Children who practice self discipline are less likely to fall in bad habits mainly for two reasons. Firstly, they will have the moral courage to overcome such situations; and secondly, they deliberately avoid such chances as they are well aware of the importance of health. Moreover, kids who involve in sports, learn the basic lessons of social life and cooperation. Since every sport is played between two or more individuals, children will naturally learn how to interact with other persons in a healthy manner for their common goal. According to the sport psychologist Patrick Cohn, "sports help kids get used to the competitive environment" (American Motor <https://assignbuster.com/it-is-very-important-to-get-kids-involved-in-sports/>

Cyclist, 40). Moreover, without any external pressure, they will respect each other and will comply with the norms of each sport they play. In addition, kids who involve in sports will maintain good physical health as well. Hence, sports play a vital role in the overall development of the kids. In short, involving in sports is essentially good for kids in every sense. It will help them smoothly pace with the changes of age and environment. With regard to the social value of sport, kids will learn good lessons of discipline, responsibilities, and social cohesion. Sports will help children to develop personal integrity and physical fitness. Therefore, parents who aim at their child's comprehensive development should ensure its active participation any sports. Works Cited Ripken, Cal Jr., Ripken, Bill and Scott, Lowe. Coaching Youth Baseball the Ripken Way. US: Human Kinetics, 2007. Print. "What Kids Get from Racing". American Motor Cyclist: Magazine of the American Motorcyclist Association. June, 2004. Print.