

Pe in school curriculum

[Education](#), [School](#)



Nowadays, sport plays an important role in people life-style. School also put PEE in a curriculum to make children like to play sports and know the way of being healthy, though some people does not want school to have PEE class because some sports are quite dangerous and It makes students quarrel when they do not satisfy about the scores. In my opinion, I think it is important for students to study PEE because they would recognize the conformity, get an opportunity, and learn to be healthy. The first reason is to recognize the conformity.

PEE class provides many kinds of sport that students could play as team and couple. Playing sports as a team would let students know the word " team work" which is an important thing to make them succeed and win. Moreover, they would not be a self-centred people because they learn to plan a game with group, play in a rule, and listen to other opinions. The second reason is giving an opportunity for students. Some students are not good in academic subjects such as Mathematics, but they might be good in playing sports.

If school does not have PEE class to show their talents, they would feel fail because they think that they are good with nothing then they do not want to go to school. Moreover, Students might find out what do they belong and school can find an athlete from PEE class because students will show their outstanding abilities. On the other hand, it also gives a chance for students who do not have a free time to play sport. The final reason is being healthy. In a PEE class, the teachers teach their students both of knowledge and performing that students would learn to eat in a healthy way and play sports.

In constant, they know how much nutrients and calories should consume in a day and how often should they play sports because eating too much sweets, fats, and carbohydrates is a cause of diseases. Furthermore, students also relieve from seriousness when they are playing a sport. In summary, sports are necessary for students even they might have some disadvantage. PEE might not provide a dangerous sport in a program and teacher just prepare the safety equipment enough for students in every time when they have a class.

Therefore, School curriculum should have a PEE class in order to make students reasonable, fit, firm, and far from disease. PEE in school curriculum By tracking students know the word " team work" which is an important thing to make them learn to plan a game with group, play in a rule, and listen to other opinions. The second reason is giving an opportunity for students. Some students are not good in academic subjects such as Mathematics, but they might good in playing.