

P.e standards

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R. Preeti 17/5/2008 Physical Exercise Introduction In today's fast-paced modern world, man has no time to repose or lead a more relaxed life. He continues in pursuit of work, career building, fulfilling family responsibilities and financial stability. In this maddening rush and busy life, one loses out on important activities, like adequate food, sleep, relaxation and of course, physical exercise.

Due to this, man's life has been plagued by lethargy, fatigue and varied forms of diseases. However, one needs to realize that physical exercise and activity is just as important as any other part of one's life. In fact, it is said, "Health is Wealth" and that, "It is in a healthy body that a healthy mind exists". Today, man is slowly realising the importance of good health, hygiene and fitness, due to the absence of which, his life has been plagued by ill-health! Where else can physical fitness be inculcated, than at the school level, right from kindergarten'

Forms of Exercise

Physical activity can take numerous forms, depending on the aim. Simple forms of exercise include healthy breathing exercises, walking, jogging, bending and stretching. However, when one takes on the aim to conquer one's overweight body or to attain higher levels of fitness, one takes the decision to take professional guidance, by joining institutes or gyms, where higher forms of exercise like lifting weights, cardio exercises, muscle-building, etc. is taught. Thus, exercises range over a great variety and it depends on the lifestyle, aim and interest-levels of an individual, in terms of the exercises he can adopt in his day-to-day activities. However, some form of exercise and physical activity is mandatory to lead a healthy life!

Why Exercise Classes'

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Improvisation of body: Joining physical exercise and activity classes results in the improvement of body shape, strength and fitness levels. In addition to this, toning and shaping of body takes place, which greatly improve one's health. The treadmill running helps strengthen muscles while increasing stability in posture.

Professional help: Physical exercise classes provide mentored services, monitoring and supervising, due to which one need not fear of committing errors or of performing incorrect exercises. One cannot take up certain exercises without the guidance of physical exercise teachers, even at school level.

Great environment: The environment in a physical exercise class is totally charged up, with students trying their best to achieve fitness. The atmosphere often bursts of energy and music, which are encouraging to work out in; without any thoughts about the homework to be completed or the like.

Pumping up: Exercise classes propel an individual towards muscles and body building, paving way for not only good health, by also good looks.

Psychology: Increase in psychological levels of discipline, co-ordination and co-operation are direct results of exercise class sessions, due to the interaction and the energy levels of the class.

Repose: Greater levels of concentration and relaxation are attained, which help one concentrate on other aspects of life, with not only good health, by also a clear mind!

Thus, the California Department of Education has been very instrumental and foresighted in coming up with the physical education programme for students, right from kindergarten through school. The goal of the

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department is to ensure fitness, that would positively enhance other aspects of development and growth in students at school level.

Reference:

Website: <http://www.cde.ca.gov/ci/pe/cf/documents/pefrwk.pdf>