

Parents need to get their children active in sports

[Health & Medicine](#), [Obesity](#)



Parents need to get Their Children Active in Sports Everyone wants the best for their children, right? What if I said there is a fun way to keep kids physically healthy while building emotional and life skills. What if I said kids will do academically better in the classroom. How? Sports! In sports children overcome challenges, make new friends, develop skills all while having fun. Parents need to get their children active in sports. Physical activity helps children build healthy bones, maintain a healthy weight, increase agility and coordination. According to Center for Disease Control and Prevention (2011), children and adolescents should do at least 1 hour of physical activity every day. Sadly, many kids do not meet this requirement. In fact 58 percent of kids ages 6 to 11 do not get the recommended 60 minutes of fitness a day, and as they get older activity levels decrease (Peyman, 2011). And we wonder why obesity is on the rise. The number of adolescents overweight has tripled since 1980. Not only have the number of adolescent overweight increased, but the heaviest who are overweight are heavier (Glied, 2012). Let's stop this now! Sports provides children with plenty of physical activity. While children's sports does boost fitness and prevents obesity (Mayo clinic staff, 2010), it does a whole lot more. Children's sport provides emotional benefits. " While there are many benefits to being involved in sports, one of the most important contributions that sports makes to youth development is in the area of social and emotional development" (Gatz & Messner, 2002, p. 33). It has been statistically proven that sports builds self-esteem and confidence. Approval from teammates, coaches, and parents are all self-esteem and confidence boosters. Children who have self-esteem and confidence feel good about themselves. As children build self-esteem and

confidence, they are having fun playing games, playing sports. Children interact with other children and form friendships. An American study reports kids in sports achieved better grades and behaved better in the classroom (Jeziorski, 1994). Gaining these benefits at an early age is important in a child's development. I interviewed a 9 year old and a coach to get their perspective on sports for kids. Ivie a 9 year old girl has played soccer, softball, and cheerleading. Ivies' favorite sport is soccer, she like kicking the ball. She said she likes soccer because she made a lot of friends. Mr. Martinez has been a pop warner football coach for three years. He loves the game and helping kids better themselves. Martinez says with all the agility and sprint drills he notices the team's fitness levels skyrocket. Martinez has a strict rule for his players. He tells them they must perform well in school or they will not be able to play in the game. Which he mentions, with a smile, he has not had to enforce. Like everything else in life children's sports do cost money. Registration fees are one that can put a whole in parent's pockets. Registration fees vary from sport to sport ranging anywhere from \$100 to \$300. Some counties offer fee waivers or reduced fees for lower income families. Other counties offer parents to pay monthly installments. Yes, it can be expensive, but the question is, is it worth it? A season of sports usually last 3 to 4 months long and longer if the team makes playoffs. \$300 for three months of athletics and entertainment, that's a great deal! Factor in the emotional benefits gained but kids do not only gain emotion benefits they also learn life skills. Life skills are skills that will be used throughout life. These skills are used to handle problems and questions encountered in daily life. People learn these skills through direct experience. Problem solving and

time management skills are acquired by being part of a team. Good sportsmanship, learning to win and lose well is taught through sports (Beccera, 2012). The discipline and responsibility gained, by being a teammate, are great life lessons. These skills taught by playing sports will help children with their journey through life. Sports are not just fun and games. Sports do teach a lot more than how to throw a ball. By playing sports, children could be getting their daily exercise. Children get to learn about commitment, taking turns and how to follow rules in a fun way. All while feeling great about themselves. Let's keep our children healthy. Let's give our children a head start in life. References Beccera, J. J. (2012). Children and sports. Retrieved from Ebsco Host database How much physical activity do children need? (November 9, 2011). Retrieved from <http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html> Gatz, M. and Messner, M. (March 2002). Paradoxes of youth and sport (pp. 33-34). Retrieved from Ebsco Host database Glied, S. (2012). Childhood Obesity. Retrieved from http://aspe.hhs.gov/health/reports/child_obesity/ Jeziorski, R. M. (1994). The importance of school sports in American education and socialization. California: University Press of America. Mayo clinic staff (May 2012). Children's health. Retrieved from <http://www.mayoclinic.com/health/childrens-health/MY00383> Peyman, B. (May 2011). Percentage of kids that don't get enough exercise. Retrieved from. http://www.livestrong.com/article/424382-percentage-of-kids-that-dont-get-enough-exercise/?utm_source=popslideshow&utm_medium=a1 To the editor, If there is one person that can help spread my message it is you. You see, we have a problem. According to the Weight-Control Information Network (WCIN 2011), <https://assignbuster.com/parents-need-to-get-their-children-active-in-sports/>

only 42 percent of children (ages 6-11) get the recommended 60 minutes a day physical activity and this number is declining. I want parents to know the benefits of getting children active in sports. Yes, there is the physical health, but I want parents to be-aware sports also help kids develop other ways. Such as mental benefits like self-esteem, confidence, social development, teamwork and leadership skills. These important skills can be gained from participating in sports. Please help me spread the message and thank you from your time. Overweight and Obesity Statistics. (2011). Overweight and Obesity Statistics Retrieved from <http://win.niddk.nih.gov/statistics/>
Presentation Link: <http://www.facebook.com/BenefitsOfChildrensSports>