

# Sport in school essay

[Linguistics](#), [Language](#)



Sport at school should NOT be compulsory. Sports training and PE take up time that could be better spent learning other subjects, and PE and Sport are not as important as other subjects like maths, science etc. It is also my belief that it students should have the right to choose whether or not we do sport/PE, because we are allowed to choose the subjects that are more important, so why are we not allowed to choose whether or not we do sport? Every year in PE, we do the same sports and the same practice drills, so after year 7, there is no point continuing to do PE, because the you are just doing the same things that you have done in previous years.

2 periods per cycle are spent on PE, 2 periods which could be spent on subjects like foreign languages, which are only allocated 4 periods per cycle or English or Science, which get 5 periods per cycle. These subjects are more important than PE and time the two periods given to PE would be better used if distributed to these subjects. As well as PE, we spent up to 3 hours a week at training and another 3 hours on Saturday for competition. Can you imagine students' academic performances if we were to spent 6 hours a week doing homework or study? And it is not only the actual time you are at training that counts, because often, after training you are tired and cannot be bothered to do homework or study, again dragging down our academic results. If sport was optional, then the people participating in the teams would be the people that wanted to be there, the people who wanted to play and win.

But instead, there are people in the teams who are not interested in the sport, not interested in winning and are only there because they have to be.

These people drag down the team and ruin the sport for those that want to be there.