education by studying various subjects like English, Maths, Science, Hindi, Marathi, etc. Everyday we learn something new. We realize how far mankind has progressed and the urge to progress further like our ancestors developed in us. We get to know what talents we possess and that helps us to choose the right career.

But along with our knowledge we also need to have some physical exercise. If we only study and do not play we suffer from some disadvantages. One of the biggest disadvantages is obesity. When we do not play or do exercise, it leads us to becoming obese. As the saying goes, ‘All work and no play makes Jack a dull boy’. We must understand our mind too requires some rest. When we play, we get refreshed and a new urge to study develops.

Playing on an open ground and participation in sports is necessary for a child’s overall development. Here, team spirit, cooperation, sportsmanship, leadership qualities and other such qualities are developed. A child also learns to play fair. He realizes the importance of unity in the team. Cheating or blaming others is not going to help him. He learns all these attributes and this is reflected in his studies through his behaviour. He/she develops a sense of discipline.

Thus physical education plays a vital role in our school education and is a must for our overall physical, mental and spiritual development.

Arundhati M Brahme, Std VIII
Carmel of St Joseph School, Malad (W)

Education is a very important part of our life. In order to gain something or to succeed in life we must be educated. This education is received when we attend school. School is an institution which blesses us with knowledge, education, good ideas and a good character. In school we receive our

■ Regular participation in indoor and outdoor team games and individual sports provides sufficient exercise to the human body.
■ Besides maintaining the physical fitness, games and sports can also provide recreation and fun to the individual of every age.

■ Participation in sports and games creates a positive psychological impact, which is helpful throughout one’s life. It helps cultivate certain moral values such as cooperation, friendliness, boldness, sympathy, discipline, respect for authority, sportsmanship etc.

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