

# Why Children Need Physical Education

Well-planned, well-implemented physical education programs can

- Improve physical fitness.
- Reinforce knowledge learned in other subject areas such as science, math, and social studies.
- Facilitate development of student self-discipline and responsibility for health and fitness.
- Develop motor skills that allow for safe, successful, and satisfying participation in physical activities.
- Give children the opportunity to set and strive for personal, achievable goals.
- Influence moral development by providing students with opportunities to assume leadership, cooperate with others, and accept responsibility for their own behavior.
- Help children become more confident, assertive, independent, and self-controlled.
- Provide an outlet for releasing tension and anxiety.
- Help children socialize with others more successfully.

Source: National Association for Sport and Physical Education. Sport and physical education advocacy kit (SPEAK) II. Reston, VA: National Association for Sport and Physical Education, 1999.