

Ensuring that children have regular physical exercise should be the responsibility of parents and therefore schools should not waste valuable school time having sports lessons as part of the curriculum.

To what extent do you agree?

According to some people, parents should make sure that their children are doing physical exercise regularly. As a result of this schools should not take sport lessons as part of the curriculum, hence avoid spending precious time in an unproductive manner. In my opinion, youngsters should obtain lessons on physical training both from their parents as well as schools. With proper care and right guidance, students can evolve into great athletes and represent their country on global stage.

Parents are often considered as first teachers of their children. They invariably try to get better versions of the youngsters, as a result of this parents encourage them to do exercise daily.

This is beneficial for not only the children but also the parents. In other words, if children are in a healthy state, they will eventually do well in studies and absence of diseases will save a fortune both in terms of money and time. Therefore, the more children do the exercise, the easier the life would become for parents.

Schools play an incredible role in shaping the future of the students. It is widely known that many famous sports person often start taking interest in the sports during their school time. Thus, it is crucial that valuable lessons on physical education should be provided to all students. Furthermore, not all the parents are well-versed with the profound knowledge of correct eating habits and right set of exercises, this leads to lack of guidance for youngsters. Hence, inhibiting them from adopting a healthy lifestyle.

To sum up, children are the future of a country, hence we need to strike a proper balance between the efforts put by parents and schools, so that youngsters are able to get appropriate nourishment and proper guidance. This will lead to children achieving their dreams as their minds and bodies will be in optimum state.