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Are Sports Important for Children by Manishpaull

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Sports are the backbone of development in children, teenagers and young adults. It constitutes a major part in the physical development of a child into a teenager and in later stages into a young adult. Their morphing during the seven ages of life brings numerous changes within them among which the physical condition is of pivotal importance. Physical growth is directly proportional to the amount of time spent to remain fit and sound. It inculcates agility, awareness about the surroundings, and manifests physical strength in their body.

They also tune up childrenâ€™s reflexes and help them in developing their sixth sense which is of vital importance since it gives crucial help to them during a situation crisis anytime or anywhere. Sports education is a valuable endeavor for children since it helps in getting them an overall development. Physical activities help juveniles to develop social skills and get involved into group conversations. All safety measures as appropriate in each game should be taken for the protection from any kind of injury.

The interest of children in sports starts developing usually between the ages of 5yrs to 6 yrs. In many cases they start getting attracted earlier too. When they are quite young, parents should supervise their sport activities in order to keep a tap on their urge to compete. The ideal way of learning comes through cooperation rather than competition. These activities help children to develop their focus and concentration which is important for anyoneâ€™s life in future. Children who are active participants in outdoor activities tend to reduce their chances of having any anxiety, depression, heart diseases and osteoporosis. Ideally any humanâ€™s body should be flexible and adaptive to change, if not the stagnancy can pose serious threats in future. After many observations itâ€™s been concluded that physically fit children tend to mature faster into mature adults.

They also reduce their chances of falling ill or suffer from behavioral problems. There are numerous benefits of active participation of children in sports. It provides a healthy growth of muscles and bones, reduces the risk of obesity, improves the sleep pattern which is extremely important, boosts up self-confidence and helps in building social and personal skills like team work, leadership and cooperation. Moreover, if in anyway a sedentary lifestyle takes over due to reasons like Internet games, homework, exams and television, it will have adverse effects on their future and metabolism as well.

Physical growth is good for children; but emotional growth is equally vital for full development. This can occur only with the help of parents and constant guidance teamed up with other experiences children get with time. Parents can motivate their children to be actively involved in sports only by leading an active life themselves, they should be encouraged to walk and ride bicycles rather than getting used to going by a car and they can be encouraged from the sidelines while they are playing on the field as well. Guardians or parents need to set their time limits for sedentary work like homework, studies, indoor entertainment, etc. They also need to be in regular touch with their childrenâ€™s school teachers in order to know their progress in the overall personality. It all depends on the way parents take care of their children and how much children want to improve themselves, rest everything depends on mutual understanding and the zeal for success.

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