Sports is Equally Important as Academics by Osa

Article published on January 3rd 2012 | K-12 Education

Most of the children are found to be less interested in academics if they concentrate more in sports and the vice-versa. They often fail to balance between the two since these two are highly different fields. If we see on the other side, maintaining a balance between academics and sports is not a that difficult task. For example, there are many well-recognized sports personalities who have showed their excellence in both of the fields.

Here comes the question that how did they manage to make a balance between these two different poles? As we all know, the key to success is properly managing and having the sense of time and showing complete dedication to your work. Unlike the early times, the present world has become highly competitive. Education has become one of the basic necessities as it promises a secured future with a good job to earn bread and butter, hence formal education is vital for any person in the world. Whereas, getting involved with sports keep you fit and healthy.

Therefore, kids should be taught to give equal importance to both sports and academics. Though, children are found to be paying interest to sports more than academics because they can move freely and they enjoy it. Sports is not only a fun activity, it also offers many health benefits, thus contributes a lot to a personâ€™s physical and mental well-being. All types of sports play a vital role in the improvement of a kidâ€™s personality by being an important and strong source of exercise as well as entertainment.

It is the duty of the parents to teach their kids to practice time management. Parents should make it sure that their kids spend every minute fruitfully. Students, who keep themselves more involved with sports, mostly miss the classes in the schools and do not get enough time to prepare properly for their exams. In such cases, if they are taught skills to organize their time schedule in a right manner then they can confront with fewer tensions during the exam time. Here are a few effective tips that can be taught to the children to practice:

1. Ask your children to make a â€œto do listâ€• everyday and to follow the list properly and honestly

2. Keep time for each activity and make sure they practice every activity that are been mentioned in the list

3. Set timetable so that they can follow it strictly. Also make your kids understand that they may have to compromise with some of the activities.

Like nothing is impossible in this world, even maintaining time between many works is also not a big job. It is just you should know the art of time management.

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Article Keywords:
Top Schools in Guwahati , Top Schools in Gwalior , Top Schools in Hyderabad

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