

Article Example 3

IMPORTANCE OF OUTDOOR GAMES

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Sports occupy a prominent place in the life of a nation. It not only helps keep you healthy and fit but also plays an important part as a recreational event.

Unfortunately, in our country, the trend is such that it focuses only on the academic front. To grow a tree, we have to water its roots; just like that, to prepare athletes that could play for the country, we need to inculcate the concept of sports at the primary level, i.e., the school level. What we are missing out is that sports play a vital role in imparting complete education.

Clearly, things did not go well in the Rio Olympics, and as everyone gets down to doing the post-mortem of our performances, often breathless, blame the quality of attention being given to athletics.

The benefits of playing sports are several, as it leads to balanced mental growth. It teaches the children life skills like team efforts, leadership, patience and social skills. It inculcates confidence, discipline and playing without crossing the rules.

Thus, it becomes all the more important to change the attitude of schools towards sports. It should be made a compulsory activity. It has been rightly said, "Children learn as they play. Most importantly, in play, they learn how to learn."