Acceptable answers:

Importance of Physical Education in Schools and its role as a development tool on students'life

Reduces Stress – Regular exercise and physical activity helps to reduce physiological stress. When children regularly play, swim, run, etc this has a positive impacts on the child's mental health. As per research by National Library of Medicine physical activity in school may reduce anxiety, stress, increases resilience, improve well being and increase mental health in children. Hence, importance of physical education is a must in schools.

Building Character and Discipline – During the physical education class in school, students learn discipline as it educates them with team building qualities and group management skills. Through sports and group activities, students learn to respect each- other's opinions, fair play, and team spirit. This way physical education plays an important role in a child's life.

Breaks Monotony – Physical Education courses in schools are designed in such a way that it helps the students in overall growth. A few hours of physical education class breaks the monotony and helps the students remain fresh for the rest of the hours in school. A change in the environment allows students to focus on the subject equally. The variety and break from monotony help the students perform with more energy and motivation.

Cultural Development – Another **importance of physical education** is that it provides the opportunity to learn about various cultures and traditions. Physical Education class gives them exposure to interact with different cultural groups through different sports and activities. Hence, cultural development becomes one of the major areas that helps students grow.