

Sports In Schools

How would a student's school experience be without sports? All work, no play...no outlet for kids to escape the stress and pressure of school and personal life. How would the cut of school funded sports affect YOU? Most researchers and health professionals have proven sports to be beneficial to kids and teenagers yet, why do some people want to cut sports in schools? Recently in the Bay Area, some school officials are considering the discontinuation of school funded sports. However, I am completely against this idea, not only because I am a student athlete but, also because of the following reasons as well. For one, research shows that sports give kids confidence on and off the field which is highly important for middle school and high school students who are getting used to their new surroundings. In addition, sports have been proven to be good for not only the physical well-being but, also for the educational and social areas of a student's everyday life like, earning rewarding friendships. Lastly, sports are a tradition for kids and teenagers around the world to follow in a hero's footsteps or to make a name for themselves. School sports are an essential part of a student's life so, why would you want to take that away?

School sports are very beneficial for a student, because it gives them a sense of confidence on and off the field. According to Katie Couric's "Kids and Sports" (Source #1), a study from the University of Albertus has proven that sports really do give kids confidence which can help a child in his/her present and upcoming school years. Giving a student confidence is so important because many teens and kids are committing suicide and harming themselves because of felling like they don't belong, and by getting involved in sports, it gives those troubled kids the confidence and motivation to keep moving forward which could help save somebody's life. Although you may be thinking, "Not all kids are athletes, what about the scholars, or the musicians, or even the artists?" Well, everybody should get the same amount of recognition but, many kids these days are athletes and just like how some artists or musicians get credit, so should athletes because they put work in too. Like how music gives a musician the motivation to succeed, sports give athletes that same confidence that drives them to do their best.

As well as giving kids confidence, sports have not only been confirmed to keep you physically fit but, they have also recently been showing extended help in the educational and social aspects in a student's day to day life. In a short video called "How Much Is Too Much?" (Source #2), a high school basketball coach stated that "The more you play, the more you hit the books." He then went on to say that, "Multiple sports and high academic schedules for a student, helps them in the long run." This just proves that aren't strictly physical, they have educational purposes as well like: teaching problem solving skills, teamwork, leadership, and organization to balance out a busy schedule. Sports can also benefit a student's social life, how you might ask? In Katie Couric's "Kids and Sports" (Source #1), studies show that sports provide kids with rewarding friendships and helps to make them feel more important which boosts self