

# P.E. is the Best Special

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Have you ever had the feeling that you just want to take a break from learning? P.E. is the perfect special for that. Many people don't realize it, but I've come to know that it is very important. P.E. is the best special because it is fun, you can learn how to play new sports and most of all it is very good for your health.

PE is the best special because it is fun. P.E. is fun because you play sports. Sports are fun because you can play a lot of them and they never seem to get boring. For example, one day I didn't feel so well and I didn't want to go to school, I wasn't having much fun because I felt a little bit sick. When we started P.E. that started to change, I started playing Basketball and I was having such a good time. After we got back we had writing and I didn't feel sick anymore. Kids have too much energy inside of them and they will not be able to pay attention in class and what's the point of teaching kids if they are not going to listen or learn? You can have fun by playing with your friends, running around or doing a sport that you love. For example Basketball, Football and other sports. I think that P.E. is fun because you can do a lot of things. P.E. is the best special because it is fun!

Another reason why P.E. is the best sport is that you can learn how to play new sports. You can learn how to throw a football. You can learn how to shoot a basketball. You can learn how to swing a baseball bat and much more! It is important for kids to play different sports because we are still growing. P.E. can also help you choose what sports you are good at and what sports you want to play. You never know what sports you like before you try them. One example is, in Kindergarten my mom signed me up for little league baseball and I hated it. Four years later, baseball is my favorite sport and now I play for the travel baseball team. P.E. is the best special because you can learn to play new sports.

My last reason is, P.E. is good for your health. It is important for kids to get exercise and we only have P.E. twice per cycle which is twice every six days and that is not enough exercise. For instance, did you know that if you run just 15 laps in P.E. you can lose up to 60 calories. Another example is one day I walked into school very tired and I didn't feel any better after lunch. Later that afternoon we had P.E. The moment we started the MLB run I felt so much better. A lot of people think that P.E. is a waste of time and they could be learning but too much learning can lead to stress and stress can cause bad behavior and bad grades. In P.E. You can run, throw, catch and do many more things that you enjoy. P.E. is the best special because it is good for your health.

Others should care about this because P.E. is good for you and really fun. There should be more P.E. in school because sports are really fun, you can learn new sports and most of all, it is good for your health.

