

PHYSICAL EDUCATION IN DANGER

I have chosen this issue because Physical Education (P.E.) is my favourite subject and I decided to be a teacher long time ago. I think it is very important, but unfortunately, in this moment it has lost its value.

Firstly I have to remember the history of Physical Education in order to understand its importance. In the eighteenth and nineteenth centuries, education was for the wealthier classes of society. Gymnastics Schools in Germany and Switzerland were the first with analytical, hygienist and militaristic methods and they influenced our country deeply.

Our way of thinking was changing with the Free Institution of Education, which was created in 1876. In this period the word "Gymnastics" was altered to "Gymnasia", and later, from 1911, to "Physical Education". However, people have gone on saying "Gymnastics" until today.

During the Civil War and after that the only way to practice gymnastics and sports was in the activities of the Franco regimen. Until the period of democratization P.E. did not become a right of all citizens and it was included in all school programmes and social activities.

In the 21st century the full integration of Physical Education in education is an important achievement. We, P.E. teachers are responsible for the knowledge of our students about healthy habits, parts of the human body, its movements, sports, correct postures, body language, dances, theatre, becoming uninhibited, and also, we work other attitudinal contents such as respect for classmates, collaboration, learning to win and lose, hygiene, co-education, etc. These are necessary for a complete development of children, who enjoy learning with games.

Unfortunately, this year has suffered a regression. A new law has been approved, it is called LOMCE (law for the quality of the education) and this subject has been downgraded to optional subject. Each school can decide whether or not to offer it, depending on their preferences. It seems that it is considered useless, which contrasts with nowadays' social reality, where the percentage of childhood obesity is increasing and our unhealthy sedentary lifestyle causes diseases and worsens our quality of life.

In conclusion, I chose this topic because I like physical education, but mostly because I think I have a duty to defend it, because I know that it is essential for everyone, and even more so for children.

Nobody dies from not learning to read, but not to take care of your body can cause serious illnesses, reduce your quality of life, and even provoke death. Is not that important? Then what?

Rocío Villaescusa Navalón