**Beyond Books**

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It’s a well-known fact that our education system emphasizes more on academics and less on physical education and outdoor activities. In such a scenario, a school’s role becomes important in making children understand the importance of exercise and fitness as regular physical activity is like preventive medicine and it should be part of one’s lifestyle.Today, childhood obesity is a problem; and addiction to gadgets has certainly contributed to obesity and a host of other health issues in kids. Unfortunately, children grow up with a lot of emphasis on intellectual development and not enough on physical and overall development.

As a result, they end up paying in terms of health problems, weaknesses, and lack of performance in the sports arena. It’s been well-established that physical exercise releases positive hormones and keeps the mind healthy. Also, team games build social skills and strategic thinking.Besides nurturing the habit of being active physically, play time is a wonderful way for an impressionable child to learn the deeper lessons of life that become so critical later in life issues like how to handle expectations, cope with failure, compete hard but fairly, to take any result in one’s stride, to cooperate and yet be competitive – these are things that cannot be taught in theory in a classroom.

Outdoor activities help in development of their gross and fine motor skills, allow them to explore and develop their imagination and build lasting relationships. Sports, physical education and athletics should be crucial part of the curriculum planning at a school level.

A culture that promotes a holistic approach to growth and development is the key to bring in transformation.

Being active makes children concentrate better, be happy imbibe life skills in addition to increased blood circulation, muscle development and so on. Playing sports is also a great way to make the children aware of themselves, their emotions and their reactions when faced with different situations. They evolve into agile thinkers, situational leaders and problem solvers.

Outdoor time, be it, being on the sports ground or being amidst nature, helps children discover the many wonders of the world in a completely organic way. Spending time outdoors they develop a close association with nature and become aware of the environment and are sensitive to different life forms around them. It also equips them with the ability to live in harmony with the world around them and become well-informed and responsible citizens.