

Physical Education Should Not Be a Punishment, Explains Shai Fisher, Commack, NY

Written by Australian Business

COMMACK, NY, September 20, 2013 /24-7PressRelease/ -- [Shai Fisher, Commack, NY](#), is a proud health and physical education educator and tennis coach. He enjoys helping his students get fit and lead active lives. Now, Fisher is lending his support to a new [article](#) that discusses how gym class should not be positioned as a punishment for students. Instead, it should be viewed as an equally important part of the school curriculum, just like English or biology class.

The piece explains that many children have developed a negative attitude toward exercise, and see P.E. class as a chore. While there are many reasons for this shift in attitude, a study done by Middle Tennessee State University suggests that exercise is frequently used as a punishment for school-aged children. As a result, these individuals may grow up into adults who dread working out, even when it is not part of a gym class.

The study, which was done by former doctoral student Monica O'Rourke, explains that middle-aged men and women who had experienced unpleasant memories in high school gym class were much more likely to be overweight and inactive as adults. They were also more likely to have negative attitudes toward exercise, particularly compared to those who had positive high school physical education class experiences.

In order to prevent this from impacting future generations, educators should position the class as a positive part of the school curriculum. Teachers should make it a point to make the class fun for kids of all ability and fitness levels. This makes everyone feel welcome, thus creating a positive experience for all.

"When kids associate gym class with being picked last for a team, tripping over themselves trying to learn a new sport, or feeling inadequate compared to their peers, it's no surprise that these feelings may translate into similar experiences during adult life. To prevent physical education class from becoming a negative experience, gym teachers should plan curriculum that works for all ability levels. It should be less about competition and more about having fun and getting exercise.

This relieves some of the stress associated with the class, making great athletes and those with two left feet feel equally comfortable," states Shai Fisher, Commack, NY.

Some examples of inappropriate use of gym time include forcing students to run laps or perform

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push-ups due to behavioral issues. Others include withholding gym class or recess due to incomplete work. Instead, the class should be treated just as any other part of the curriculum.

"We know now that physical education class can really shape the way a student sees exercise. For this reason, it is important that their experiences are overwhelmingly positive. Students should be allowed to learn and grow, without feeling as if they have to compete against other students in an aggressive way," states Shai Fisher, Commack, NY.

ABOUT:

Shai Fisher, Commack, NY, is a physical education and health teacher at Syosset High School. He has worked at the school for the past seven years, and has nine years of experience in the education field. He is also proud to coach both the girls' junior varsity and boys' varsity tennis teams. He believes in living a healthy lifestyle, and enjoys instilling these values in his students.