

Learn Swimming, Stay Healthy!

Do you feel tedious of playing ballgames in PE lessons? There are only few kinds of common sports in the PE curriculum. In order to encourage students to get more involved in sports, our school wants to add one more sport to it.

Swimming could be a proper choice. China has brilliant achievements in Olympic Games on swimming. In order to follow the fever, we should introduce swimming to our students.

Incalculable amounts of benefits can be brought to students by participating in swimming. Being physically active can help to build a healthier heart. We can also improve our stamina while swimming. Nowadays, many students suffer chronic diseases, for example asthma. Taking part in swimming enhances our resistance to illness and helps to combat chronic diseases by making our body stronger. It does contribute to lower the chances of having spinal disease since swimming can train our muscles and maintain our strength of backbone.

Swimming is suitable for all age. To carry out this plan, we should hire a swimming coach to teach students professional knowledge about swimming. During the PE lesson, students can go to the public swimming pool in Po Lam to attend the swimming lesson. Since it is near our school and we can hire the school bus to take students there together. Also, we should provide adequate swimming equipment such as swimsuit and goggles. If possible, school can build a professional swimming pool.

What concern us is that school does not have enough funding to carry out this scheme. What we can do is raising funds for school to build a swimming pool which certainly can do well to all students.

Comprehensive education system helps nature well-rounded people. Learning swimming can make students healthier.