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## PE can help build a child's self-esteem

A healthy self-image allows them to perform to their potential.

Our self-esteem is the armor we wear to face the challenges life throws at us every day. The beliefs and feelings that create self-esteem will influence us all our lives.

When teachers hold a class of students accountable for respecting each other, the result is that those same students also feel respected. This boosts confidence levels, leading them to experience a healthy self-esteem.

There is a positive correlation between students' self-esteem and their levels of achievement. Most people probably think that PE classes are competitive, with winners and non-winners, or even worse, athletes and non-athletes. But new concepts for physical education support noncompetitive team-building and problem-solving activities designed to help students find their value within a team, regardless of their physical talents.

As a physical educator, I strive to create an environment where students feel secure analyzing their strengths and weaknesses, with the goal of prospering. It's rewarding to see a child's self-image improve, and with that, improvements in things like grades, test scores and behavior.

Children with high self-esteem typically are optimistic, confident and independent. These traits allow them to make better decisions about social conflicts and challenges that often occur before, during and after school.

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<http://www.kansas.com/2010/09/28/1514465/pe-can-help-build-a-childs-self.html>  
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