

Unfortunately , these days , in some countries , children spend most of their free time on stupid activities . In Britain most children spend 20 hours per week watching television , and refusing other important activities . comparing such a country with mine is a little bit surprising . I strongly opine that parents play a crucial role in their children's routine lives .

In my country , Our young men and women take up much time ~~on~~ working out . For in_ stance , youths cycle or walk to and from school . Parents attempt to persuade their children to work out and pay for them to join ~~to~~ sport clubs . As they are studying , they may have sufficient free time , many of them do their best , and it is true for those ~~whom their~~whose families teach them and do not let them ~~to~~ waste their time on stupid things like poor quality programs . Our school's timetable is also managed to take 3 hours per week on PE . They consider this subject vitally prominent , and try to ~~enthusiast~~ motivate students by organizing interesting programs at school to avoid boredom ~~due to not to be boring~~.

Parents themselves should work out each day in order to be healthy , and also illustrate how ~~much~~ important it is . As young humans acquire from whatever they see around them , as a result of their parents sport , they feel that this activity may count as ~~a~~ part of their lives .children between the ages of 4 and 15 are not capable ~~of to~~ managing their time . In my idea parents should limit their time which they allocate to spend ~~much on~~ watching television . In addition , there are various channels on TV , such as sport channels , which are practical for those children who do prefer staying home and watching Tv . In this way , not only do they get exercise , but also watch Tv .

To sum up , parents by teaching their kids from an early age , and organizing their time can unconsciously make them enjoy physical exercise . Talking to youth about how beneficial ~~is~~ sport is, can be a positive action that cannot be ignored .