



# Sport and my free time

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# The advantages of sport

- To begin with I must say that sport is one of the things that always keep people fit. If you do daily exercises regularly you feel refreshed, have a good posture and that makes you feel well.





# Sport in my life

- I do not do sports professionally but I like running and physical training lessons.



A basketball hoop with a basketball on a blue background. The basketball is orange and has black lines. The hoop is orange and the net is white. The background is a solid blue color.

# Sport in my school

- In every school pupils spend some time going in for sport. First of all they have their physical training lessons. When classes are over they may train at different sports clubs and sections. The most popular kinds of sport in our school are football and basketball.



# Sport in our country



- Among the popular sports in our country are football, basketball, swimming, volleyball, tennis, gymnastics, figure skating and others. You can choose a sport for any season and for any taste.



# My attitude to sport



- I think that everyone must do all he can to be healthy.