

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 Nike running and physical training Essons.

Sport in my school

 In every school pupils spend some time going in for sport. First of all they have their shysical training lessons. When classes are over they may train at different source chos and sections. The most possible and solutions. The most possible and solutions of sport in our school are footbal and basketball.

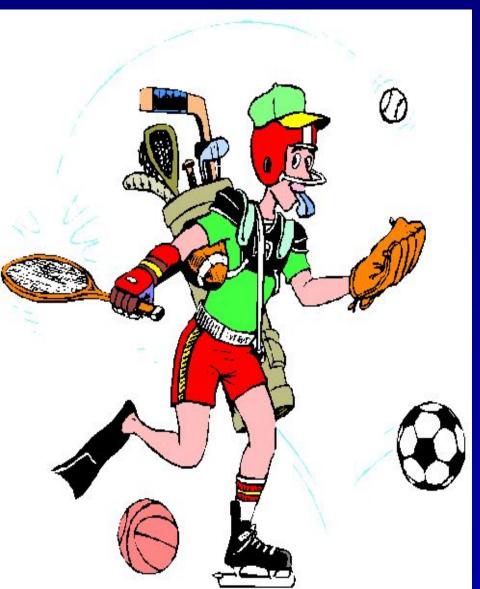
Sport in our country





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.