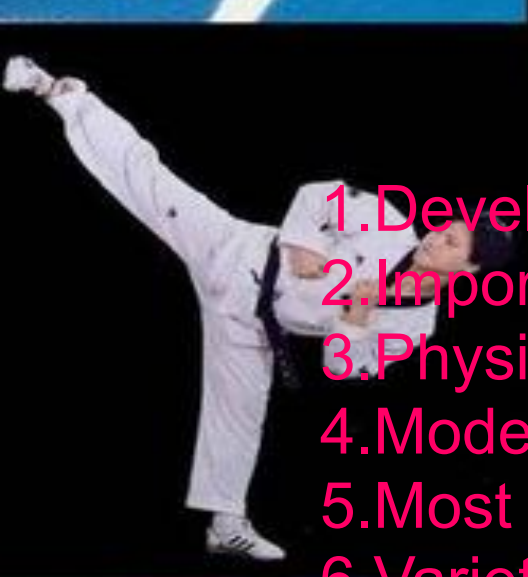
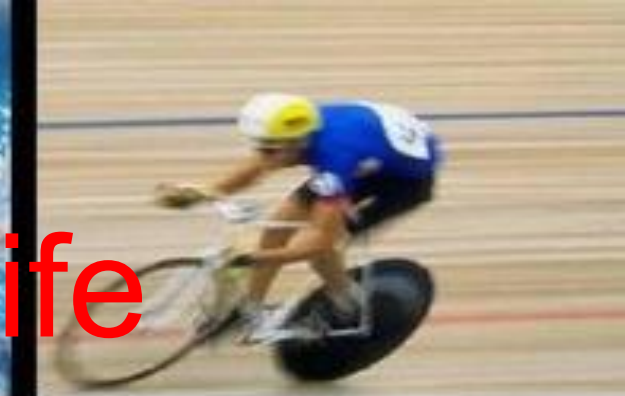


Sport in our life

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Development of sport

- Sport is probably as old as the humanity itself. It has been developing with the developing and growing of the mankind.



Importance of sport

- Sport is very important in our life. It's popular among young and old people. Many people do morning exercises, jog in the morning, train themselves in fitness clubs and gyms, and take part in sport competitions.



Physical training lessons at school.

- Physical training is an important subject at school. Pupils have got physical training lessons twice a week. There are sports grounds and stadiums near many schools and school-children go in for sports outdoors.

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Modern sports

- There are so many kinds of sports, such as cycling, swimming, gymnastics, boxing, skating, skiing, rowing, yachting and many more in which you can take an active part or just be a devoted fan.



Most popular sports



Varieties of seasonal sports



- There are summer and winter kinds of sports. The summer kinds of sports are, for example, swimming, athletics, football, volleyball, basketball and others. The winter kinds of sports are, for example, figure skating, skiing, ice hockey and so on.



Sport on TV



- TV programs about sports are always very popular. For example if you can't go in for sport that you like, you can watch something very interesting every day on TV with friends or yourself.

My attitude to sport

- Let me tell you about my own attitude to sports and sportsmen. As an alternative to the sport I prefer evening walks but now I do not have time for them. I think that the basic needs for successful training it is your mood and good company.

My conclusion.

- Finally I'd like to say that sport plays a great role in our life. We all need to temper or doing morning exercises, if we have the opportunity for this. Regular exercises give you more energy and make you feel and look better.

