

Sports



***Sport is as old
as the
humanity
itself. To my
mind we can
hardly
overestimate
the meaning of
sport in our life
and
day-to-day
activities.***



Its main purpose is to bring up the harmoniously developed generation - the generation of strong and healthy people.



Sport makes our bodies strong, quickens our reaction and shapes the wits.



It also prevents us from getting to fat.



*Sport makes
us more
organized and
better
disciplined.*



**I'm absolutely
sure that
doing sports is
the best way
to keep fit.
There is
always a kind
of sport which
will suit you.
There are
many
different kind
to choose
from.**



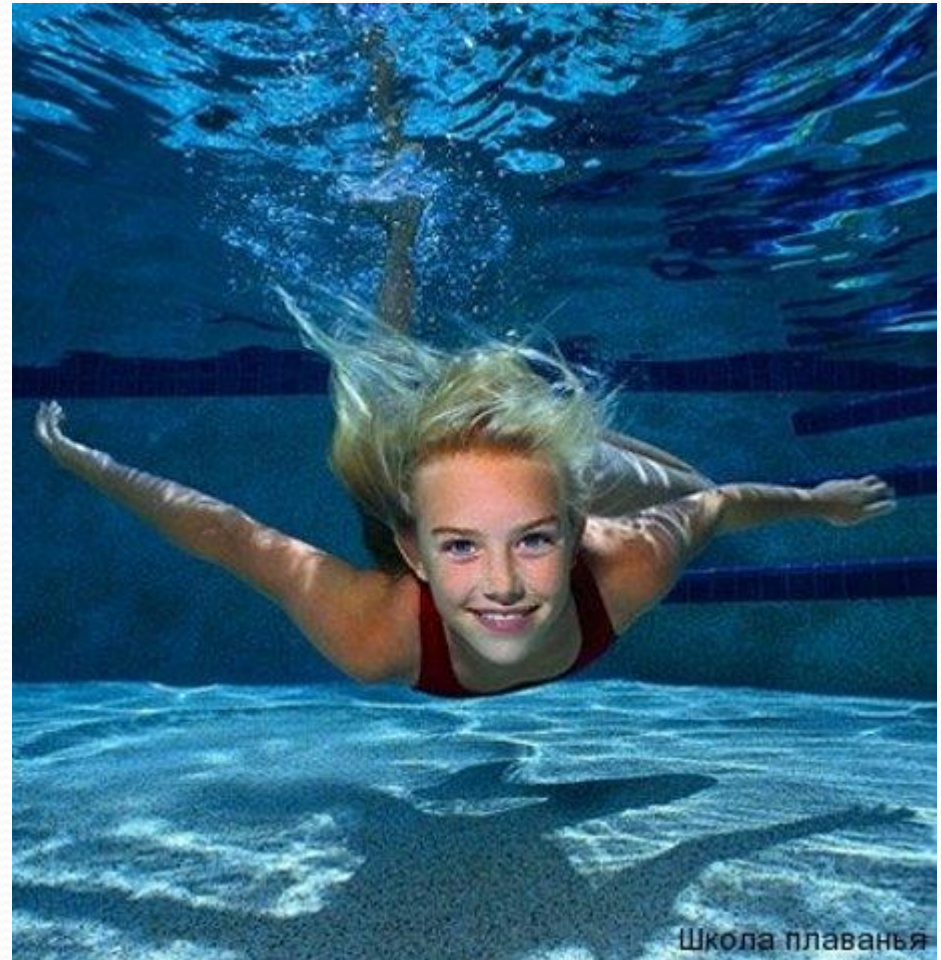
*If you like team games ,try hockey,
football,volleyball or basketball.*



Games for you to play with a friend include badminton, tennis and table tennis.



If you enjoy doing things on your own, you may take up swimming, riding, golf or athletics.



*I`m sure you kow an axiom:
"Sport makes people healthy".*



Sport is very popular in our country. There are many stadiums, sport grounds and swimming pools in every town.



*We have out P.T. lessons
twice a week.*



*We jump, run and
play team games.*

In winter we like skiing, skating, sledging and play hockey.



*Boys
are fond
of
wrestlin
g and
boxing.*



*Girls are
fond of
gymnastics
and
aerobics.*



We like to take part in different sport competitions.

