



**Sports in my life**





Rhythmic gymnastics - a relatively young sport.

In a short period of its existence, this sport has won international recognition and has many fans in all corners of the globe.

In the USSR gymnastics as a sport originated and developed in the 1940s.



I started practicing rhythmic gymnastics in 4 years. In CYSS №1.

For 3 years I have achieved remarkable of endurance and speed. Athletics is the queen of sports.

Every six months we had competition between different regions of Ukraine where I took prizes.





From 9 to 14 years engaged in saber. In CYSS №2. Fencing - individual sport. Our school participated in various competitions in the region between the cities and national competitions. I participated in the Open Championship Cherkasy region with saber in CYSS number 2. Participation in the championship was young fencers from Cherkasy, Kyiv, Khmelnytsky, Odessa.











Sport is very important in our lives. Sport is good for everyone. It helps a person to be physically fit, and in addition it brings character and willpower.

Sports help to promote health.

