

Project: Sports



Invent a sport. You can use the ideas below to help you:

Name, Type (Indoor, Outdoor), Where to play (field, beach), Rules (Number of players, scores/time), Equipment (ball, stick)

Can you name any benefits of your sport?

My favourite sport is ... It ...

- helps me deal with stress.
- relaxes me.
- challenges me.
- helps me meet new people.
- keeps me fit.
- teaches me discipline.
- helps me forget about my worries.
- teaches me respect for others.



An unconventional sport
