



Reading: Why Sports Are Important

Sports are very important in our lives. Many people play sports like football, basketball, or tennis. Sports help us stay healthy and strong. When we play sports, we move our bodies and feel good.

Sports are also fun. We can play with friends and meet new people. Team sports teach us how to work together. We learn to help each other and communicate.

Playing sports can make us happy. It helps reduce stress and gives us energy. Students who play sports often feel more active and ready to study.

In conclusion, sports are good for our body and our mind. Everyone should try to play a sport regularly.

Questions

1. Why are sports important?

- A. They are boring
- B. They help us stay healthy
- C. They make us sleep

2. What do sports help us do?

- A. Eat more food
- B. Move our bodies
- C. Watch TV

3. What can we do when we play sports?

- A. Sleep
- B. Meet new people
- C. Study math

4. What do team sports teach us?

- A. To work together
- B. To be alone
- C. To read books

5. How do sports make us feel?

- A. Sad
- B. Angry
- C. Happy



6. What do sports reduce?

- A. Stress
- B. Food
- C. Homework

7. Who should play sports?

- A. Only teachers
- B. Only children
- C. Everyone