

Anybody who enjoys sport would probably like to be a top athlete. Of course, that isn't possible as we don't all have the talent. There are other reasons for doing sport though, apart from being the best. We interviewed two young people to learn why they recommend everyone be involved in sport.

Kerry, a 15-year-old from Southampton, says that she loves tennis and has been playing it since she was little. When she was younger, she won quite a few tennis tournaments and her dream was to become a champion. The problem was, as she got older, she started losing. She was training hard, but just wasn't as strong as some of the other girls. For a while she was really unhappy and had even decided to give it up. Her mum sat Kerry down and they had a talk about tennis. Her mum said that even though Kerry wasn't going to be the best, she was still a good player. She pointed out that Kerry loved the game, that it kept her fit and that all her best friends belonged to the tennis club. Her mum suggested to her that the best thing would be to continue playing for fun and see how it went. Last year, her friend and the best player in the club, Freddie, asked her if she'd be his doubles partner. Kerry agreed, and they went on to win the cup! Now they train together. Kerry wants to do well with him, but she doesn't think that's the most important thing. A love of the sport is the reason why she plays tennis now.

We also spoke with Thomas, 14, from Cardiff, who told us he had always wanted to take up a sport but was too shy. He was a bit overweight and because he never practised, wasn't very good at sport. Whenever he played a game like football, he thought everybody was laughing at him. One day, he heard about a meeting for kids that were overweight but wanted to do a sport. Thomas talked about it with his parents, and they agreed that it was perfect for him. He started going to the meetings and learnt rugby and squash. He was really happy to see that he was quite good at the two games, and since then he's started playing football and basketball too. Oh, and two really good things came out of it for him. First of all, Thomas made some very good friends at the meetings and secondly, he's lost a lot of weight. Now that he can exercise without feeling bad about his body, he plays sports all the time, and that's really helped him to lose weight. Thomas would like to tell everybody that it's very important to keep in shape, and doing sport is a fun way to do it. He also has a bit of advice for teenagers: 'Don't worry if you're overweight — most young people feel uncomfortable about their body at some time, but when you're all playing a game, you have so much fun that everyone forgets to feel bad. So go for it!'

Now that we've seen that sports helps you develop your abilities, helps you lose weight, keeps you fit and provides opportunities for interacting with people and making new friends, what are you waiting for? Go out and start playing a sport today!

1 In the first paragraph, the writer says that not everybody

A admires top athletes enough.

B who does sport can be a champion.

C should do sport on a regular basis.

D has good reasons for doing sport.

2 Kerry stopped winning tournaments because she

A didn't train hard enough.

B was weaker than other players.

C was too old.

D gave up tennis.

3 How does Kerry feel about tennis now?

A She plays it because she wins tournaments.

B The most important thing is her training.

C She plays it because it's her passion.

D She plays it to see her best friends.

4 How did Thomas use to feel about sports?

A He didn't like any of them.

B He thought they were funny.

C He didn't like football.

D He wasn't comfortable playing them.

5 What advice does Thomas give?

A People should lose weight.

B It's worth getting involved.

C Take up rugby if you're obese.

D Don't worry if you don't like sport.