Complete the texts below with the missing words.

Team sports are a fantastic way to build friendships and cooperation ..... . Playing in a team, like football or basketball, teaches us to work together, communicate ..... and support each other. In team sports, victory and challenges are shared with others. It's not just about ..... goals or winning; it's about the sense of togetherness and ..... that make every game memorable. That's how we learn the value of collaboration and the joy of achieving something together.

teamwork | effectively | skills | scoring

Individual sports, such as swimming or running, allow us to ..... on our personal goals and strengths. In these sports, it's about self-discipline, ... and self-improvement. When we engage in individual sports, we set our own pace and ..... ourselves to do better each time. These sports teach us self-reliance by helping us become more ..... and independent. The victories in individual sports are deeply ..... , reminding us of our progress and hard work, making them a rewarding choice for those who keep looking for motivation.

confident | challenge | determination | focus | personal

LIVEWORKSHEETS