FORM 3 CLOSE UP

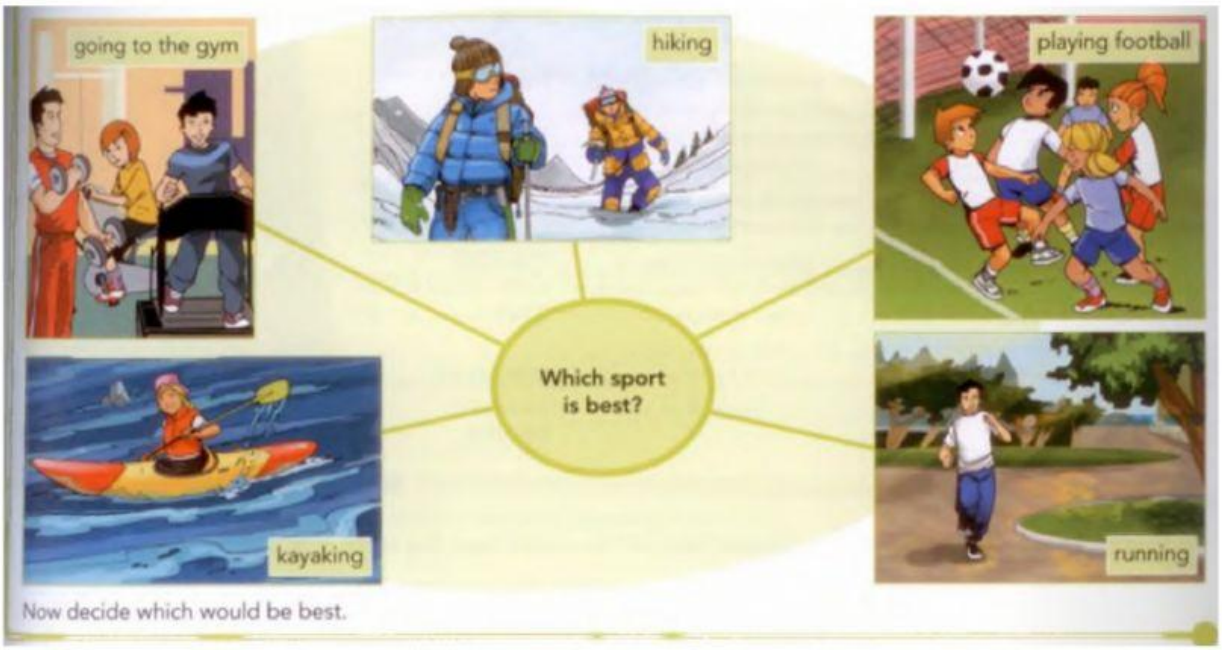
Unit 6

READY, STEADY, GO!

EXAM TASK

[PAGE 75]

A FRIEND OF YOURS WANTS TO TAKE UP A NEW SPORT TO GET FIT AND MEET NEW PEOPLE, BUT SHE HASN'T GOT MUCH TIME. TALK TOGETHER ABOUT THE DIFFERENT ACTIVITIES SHE COULD DO.



NOW DECICE WHICH WOULD BE BEST. (GIVE YOUR REASON)

teacher Hasnih

LIVEWORKSHEETS

Unit 6

READY, STEADY, GO!

READING

READ THE PASSAGE BELOW.

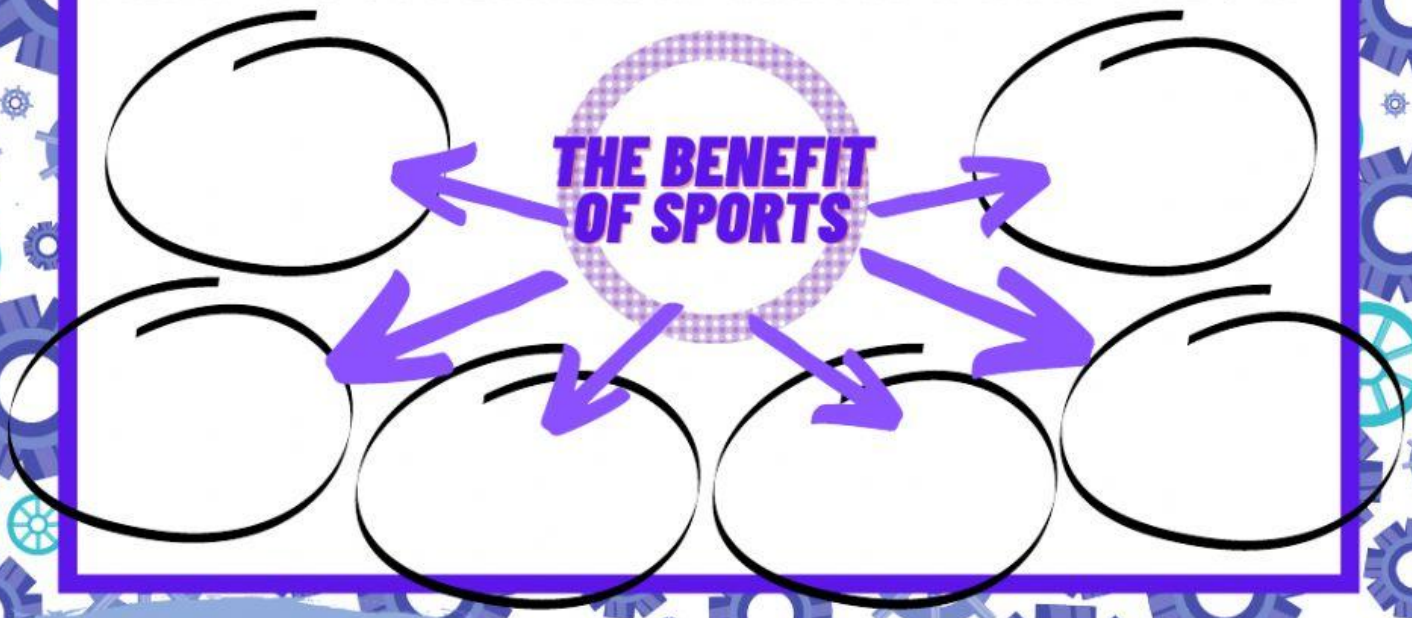
Sports is more than just fun, games and entertainment. Sports involves discipline, fitness and team spirit. It develops a strong body and mind, as well as leadership and communication skills. Children, especially, should be encouraged to exercise and play outdoors. Taking part in regular sports activities is excellent for physical development and general health.

Sports teaches children to understand and follow the rules. Learning that the rules are there to keep the game fair and safe is a valuable life lesson. Taking part in sports and games is a great way to form friendships and build strong relationships. In team sports, each player has a part to play. Social skills like respect, obedience, kindness and looking after one another are all learnt and developed through sports.

Competitive sports can help to build confidence. If players feel like they're doing a great job, it can improve their self-esteem. Taking part in sports is a great way to feel proud of one's achievements. When taking part in competitive sports, children learn to handle losing in a safe and supportive environment. Learning to cope with failure is a good lesson for the real world. Children learn that although it is great to win, it is also okay to lose. Instead of thinking too much about their losses, they can think about how they can do better next time.

Participating in competitive sports teaches individuals to be committed and to play as a team. Learning to be a team player at a young age teaches participants to be responsible, supportive and encouraging towards others.

THEN, GIVE A SUMMARY OF THE PASSAGE BY FILLING OUT DETAILS IN THE MIND MAP BELOW.



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LIVEWORKSHEETS