

## My favorite sport



My name is Ammi. I like different kind of sports and free time activities. My favorite sport is Tennis. I like to play tennis with my family and friends. It makes me feel awake and with energy. And one of my favorites free time activities is cycling. It makes me feel free because I can go wherever I want and see the beauty of my city.



I think practicing sports is very good for our health, specially for adolescents for many reasons:



### First, Sports Keep You Healthy

The exercise involved in most sports improves teens' health, strength, emotional balance, and life years. Exercise releases cortisol, which reduces stress; and endorphins, our bodies' natural feel-good chemicals. Sports participation is linked to reduced heart disease and diabetes, among other health benefits.



### Second, Playing Sports Can Improve Academic Performance

Participation in high school sports is linked to better grades and professional success in the workforce. If you're an athlete, you tend to have a more positive attitude toward school, improved academic performance, and higher aspirations for college.

### Third, Sports Keep You Safe

Data from a wide-ranging meta-analysis showed that students who played varsity sports were less likely than their peers to drop out of school or smoke by their senior year of high school. In contrast, teens who don't participate in any extracurriculars, like sports are more likely to drop out of high school and get arrested. In fact, in cities where teens play more school sports, juvenile arrest rates are lower.



### Finally, Sports Provide Social Benefits

Sports participation also provides the benefit of peer membership. When you're on a sports team, you belong to a group, an entity greater than yourself. You have a built-in social network, and you know that you can have the support of your teammates when you need it. Since social acceptance is so important during adolescence, having positive relationships with one's teammates can do wonders for a teen's wellbeing.

For all these reasons I believe practicing sports and free times activities is good for us.

**I.- Mark the correct answer (1pt each one)**

**Ammi's favorite sport is:**

- a.- Basketball
- b.- Tennis
- c.- Soccer

**Ammi thinks practicing sport is:**

- a.- Good for our health
- b.- Bad for our health
- c.- She doesn't know

**Ammi's free time activity is:**

- a.- Going skate
- b.- Cycling
- c.- Tennis



**Sport is linked to reduced heart disease and diabetes:**

- a.- True
- b.- False
- c.- None

**Participation in high school sports is linked to better grades:**

- a.- True
- b.- False
- c.- None

**Sports refuse Social Benefits:**

- a.- True
- b.- False
- c.- None

**II.- Answer the following questions (2 points each)**

1.- Name the reasons Ammi give to support practicing sport

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2.- What are 2 things that sport keeps you safe from?

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3.- How does Ammi feel playing tennis?

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4.- The exercise involved in most sports improves teens'?

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