

Why Sport Is Good for Our Minds and Body

Playing sports is not just fun—it also helps our minds and bodies in many important ways. Sports give us the chance to improve our physical fitness, build friendships, and learn teamwork. Regular sport activities help us develop a strong body, increase our concentration, and reduce stress. When we play sports, we learn important lessons about discipline, leadership, and responsibility. These skills can help us in school and in everyday life. Whether you play on a team or just for fun, sports can lead to a happier and healthier lifestyle.

Fill in the Blank: Fill in the blank with the correct words.

1. Playing sports helps with the _____ of muscles and bones.
2. Team sports teach us the importance of _____ and working together.
3. Regular physical activity can improve our _____, making it easier to focus in school.
4. Being part of a sports team increases our _____ to lead and inspire others.
5. It is important to show _____ by practicing regularly and following the rules.

Word Bank: leadership, development, responsibility, concentration, discipline

Multiple Choice Questions: Choose the correct answer from the choices for each question.

1. Which noun suffix is used in the word “development”?
 - a) -ness
 - b) -ment
 - c) -ion
 - d) -ship
2. What does playing sports regularly help to improve?
 - a) Only our grades
 - b) Only our social life
 - c) Both our mind and body
 - d) Only our creativity
3. Which of these words means “the ability to lead others”?
 - a) Development
 - b) Leadership
 - c) Concentration
 - d) Discipline
4. Showing up for practice and following team rules is an example of showing:
 - a) Leadership
 - b) Creativity
 - c) Responsibility
 - d) Excitement
5. Which word with a noun suffix means “the act of focusing”?
 - a) Develop
 - b) Concentration
 - c) Leader
 - d) Responsible