

Name: \_\_\_\_\_

Date: \_\_\_\_\_



# WHY ARE SPORTS IMPORTANT?

## Activity Sheet for ESL Kids



### 1. MATCH IT!

Match the ideas with the correct explanation.

1	Good for Health	A	Sports help our body stay strong and healthy.
2	Learn Important Skills	B	Sports teach teamwork, respect, and how to try your best.
3	Better in School	C	Sports reduce stress and help us feel happy and confident.
4	Good for Mental Health	D	Students who play sports do better in school and focus more.
5	Fair and Equal	E	Everyone can join sports. It doesn't matter where you come from or what you look like.

### 2. TRUE or FALSE

Read the sentences. Write True or False.

- Sports help keep our body and mind healthy. \_\_\_\_\_
- Sports only help students in math class. \_\_\_\_\_
- Sports bring people from different countries together. \_\_\_\_\_
- Women and girls can be leaders in sports. \_\_\_\_\_
- Sports help people with disabilities feel included. \_\_\_\_\_
- Sports can make people feel more confident. \_\_\_\_\_

### 3. PUT IT IN ORDER!

Number the sentences from 1 to 5 to show the main ideas from the article.

- \_\_\_\_\_  Sports improve our physical and mental health.
- \_\_\_\_\_  Sports bring people together and create friendship.
- \_\_\_\_\_  Women and girls are strong and important in sports.
- \_\_\_\_\_  Sports help people with disabilities and make them feel included.
- \_\_\_\_\_  The International Day of Sport for Development and Peace shows how sports create peace.

### 4. FILL IN THE BLANKS

Choose the correct word from the box and write it in the space.

health    teamwork    confidence    equal    opportunity

- Sports help us stay healthy and strong. They are good for our \_\_\_\_\_.
- In sports, we learn \_\_\_\_\_ by working with others.
- When we try new sports, we build our \_\_\_\_\_.
- Everyone has the right to play. Sports are \_\_\_\_\_ for all.
- Sports give us the \_\_\_\_\_ to make new friends and learn new things.

### 5. LOOK, READ AND WRITE!

Look at the pictures. Write one sentence about each picture using the words in the box.

healthy    friends    leader    included    happy



1. \_\_\_\_\_  
\_\_\_\_\_



2. \_\_\_\_\_  
\_\_\_\_\_



3. \_\_\_\_\_  
\_\_\_\_\_



4. \_\_\_\_\_  
\_\_\_\_\_



5. \_\_\_\_\_  
\_\_\_\_\_

### 6. SHORT ANSWER

Answer the questions with your own ideas.

- What is your favorite sport? Why?  
\_\_\_\_\_
- How does playing sports help you?  
\_\_\_\_\_
- Why do you think it is important that everyone can play sports?  
\_\_\_\_\_

### BONUS: DRAW AND COLOR!

Draw a picture of you or your friends doing a sport.  
Write one sentence about your picture.

