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.

1. Sports help keep our body and mind healthy. _____
2. Sports only help students in math class. _____
3. Sports bring people from different countries together. _____
4. Women and girls can be leaders in sports. _____
5. Sports help people with disabilities feel included. _____
6. 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

1. Sports help us stay healthy and strong. They are good for our _____.
2. In sports, we learn _____ by working with others.
3. When we try new sports, we build our _____.
4. Everyone has the right to play. Sports are _____ for all.
5. 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.

1. What is your favorite sport? Why?

_____

2. How does playing sports help you?

_____

3. 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.

LIVEWORKSHEETS