

Sport



Sport

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to go in for sports

SPORTS



good health



jogging



to skate



The Text

«Sport»



Sport is very important in our life. The general **belief** is that a person who **goes in for sports** can't be weak and ill. Physically **inactive** people get old earlier than those, who find time for sport **activity**. And of course **good health** is better than good medicine.



People all over the world are **fond of** sports and games. In our country sport is being widely popularized as well. The most popular kinds of sport are football, volleyball, basketball, tennis, figure-skating, aerobics, ping-pong and swimming. A lot of people are fond of **jogging**. In schools and colleges sport is a **compulsory** subject. Many young people attend sport sections. Some of them dream to become professional sportsmen.



As for me, I can't imagine my life without sport. In summer I go jogging every morning and when I have free time I attend swimming pool. In winter I like to skate with my friends. It's fun. Also I'm fond of aerobics. First of all aerobics helps to keep myself fit. In conclusion I'd like to say that I'm absolutely sure that **doing sports** is the best way to **keep fit**. Sport makes our bodies strong, it **prevents** us from **getting too fat**, and makes us more self-organized and better disciplined.



The End