



INDIAN SCHOOL AL WADI AL KABIR
DEPARTMENT OF ENGLISH [2022– 2023]

TOPIC: ESSAY WRITING

HANDOUT-2

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NAME: _____ CLASS: SEC: ___ DATE: _____

IMPORTANCE OF SPORTS IN OUR LIFE

Sports are essential for every human to keep one fit and for good physical strength. Sports have an importance at every stage in life. They should be given priority due to several health benefits. Sports help to develop a positive outlook towards life. It helps students to face many challenges and should be a regular habit to improve their quality of life.

Just as a healthy diet is needed for nourishing our body, sports hold a great significance in enhancing our life. Playing sports helps students to cope with exam pressure, develop a great deal of self-confidence and make them more responsible. It helps them face with further challenges by providing them with mental and physical strength. Students who are involved in sports sustain good values of mutual respect and cooperation and the value of team spirit. By playing sports one can learn the art of living, taking lead and managing things individually. A person who plays sports can have a positive outlook towards life and can easily deal with obstacles. Sports help in developing immunity and help in defending from diseases, improving heart function and also help to reduce stress and tension. Playing sports help in building an impressive personality. They also help in dealing with obesity. It teaches one to handle difficult situations, making quick decisions and problem solving. One can acquire good values by playing sports. By playing sports one not only enjoys, but also learns many significant lessons in life.

Many eminent sports personalities have brought laurels to our country by proving their mettle on different sports grounds. Some of them are Sachin Tendulkar, Mary kom, Dhyan Chand and Saina Nehwal. They have proven that hard work and dedication can help one to reach their goals.

Sports are an important part of our life as they make our body and mind strong .They bring discipline in life. Sports can be played both indoors and outdoors. They help in reducing stress. They make one energetic and active. So, sports should be made mandatory for all, as a 'Healthy mind dwells in a healthy body.'"

