

Name _____

Game On: Why Kids Should Dive into the World of Sports

Short Answer Key

1. Participating in sports contributes to an active and healthy lifestyle by involving physical activities that keep the body strong and fit. For example, activities like running, jumping, and playing sports are great ways to stay active.
2. Working together as a team in sports helps kids develop skills such as communication, cooperation, and support for teammates. These skills can be useful beyond sports by helping build friendships and enhancing social interactions.
3. Playing sports teaches discipline and responsibility through practices, following rules, and showing up on time. These qualities are important because they instill a sense of commitment and accountability that can benefit kids in school and other aspects of life.
4. Achieving goals in sports can boost a child's confidence and self-esteem by proving that hard work and determination lead to success. When kids see their progress and accomplishments in sports, they gain confidence in their abilities, which can positively impact their self-esteem.
5. Stress relief is mentioned as a benefit of playing sports because physical activity releases endorphins, which are natural mood lifters. Engaging in sports activities can reduce stress and anxiety, making kids feel happier and more relaxed.

