

Name _____

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

Open-Ended Response Answer Key

1. Participating in sports involves physical activities like running, swimming, cycling, and playing games such as soccer and basketball. These activities help kids stay active and healthy by improving cardiovascular fitness, building muscle strength, and promoting overall physical well-being.
2. In a soccer team scenario, teamwork is essential for success. For instance, during a game, players need to pass the ball to each other, communicate their positions, and coordinate their movements to score goals. This teamwork not only helps the team win but also builds friendships as players learn to trust and rely on each other.
3. Discipline and responsibility in sports can be seen in the commitment to attending practices, following the coach's instructions, and respecting rules. For example, showing up to every practice on time demonstrates discipline, while respecting game rules shows responsibility. These qualities are important in life as they teach kids to be accountable and organized.
4. Achieving goals in sports can boost a child's confidence and self-esteem because it provides concrete evidence of their abilities. When a child scores a goal in soccer or makes a basket in basketball, they experience a sense of accomplishment, reinforcing their belief in themselves.

