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Sports and Adventure

Sports are really essential for both the mental and physical health. Also it increases immunity of the person. Sports increase the blood flow of the person, this keeps the heart in the best condition. Sports like football, cricket, basketball improves the stamina of the person. As these sports involve more of running automatically the stamina is increased. Some sports are played individually and some are with the team that increases the team work. Even we can learn to be a leader. Sports can also be as stress relievers. It gives your mind enthusiasm and energy for the next day. Sports like football, cricket, baseball can be dangerous at times. Because any injury may occur while playing these sports. Therefore a person playing these games should wear proper safety gears while playing these sports. Sports require energy so a person should eat well before playing the sport. The world's famous sport is football also known as soccer. Its also my favourite sport let's see few rules of football. Football increases teamwork ability if one is uncooperative whole team may lose. Two teams each with 11 members play and one member in each team is Goalkeeper. All players must only use their legs, head and chest. Only goal keeper is allowed to use the hand that too only in the designed area. The soccer ball is made of leather and the size of the ball should be 27 to 28 inches. So let's all play a sport and be fit.

Thank you