

## Level 4

# Children and Sport

Children should play more sport. Sport is important for health and for personal development.

Firstly, playing sports helps children stay fit and healthy. Many young people today don't get enough, or any, exercise. This is one reason many children are becoming overweight. Being overweight can cause several health problems, especially later in life. Sport is a great way to encourage kids to get moving. Children who participate in sport get more exercise each week than children who don't.

Another benefit of playing sport is social development. Children learn valuable social skills and develop their confidence. They learn to interact with a range of different people. Learning how to make new friends is a skill that is important for kids and adults alike. Playing sport is the perfect way for children to learn develop their social skills.

Playing a team sport also teaches children how to work together. Knowing how to get along with other people and how to work as a team are very important life skills. Team sports such as soccer, football and basketball help develop such skills. Children can learn how to solve disagreements, and they learn how to work together to achieve a common goal.

Children must play more sport. Let's turn off the TV and get our children moving!



## Task A: Comprehension

1. What is the purpose of this text?

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2. What sports does the author suggest are good for teaching teamwork skills?

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3. List 3 reasons given by the author that sport is important for kids.

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4. Which word from the text means 'advance'?

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5. Do you agree with the author? Why or why not?

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6. Which of the author's reasons do you think is most persuasive? Why?

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7. Who do you think the intended audience of this text is? Explain your answer.

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## Task B: Language and Grammar

1. Make a list of **6 words or phrases** the author has used to make the reader **feel positively** about children playing sports.

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_____	_____
_____	_____

2. **Synonyms** are words that have a similar meaning. Eg. 'important' and 'valuable'. Search the text for **synonyms** of the following words:

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|--------------------|---------------------|
| a. motivate- _____ | b. abilities- _____ |
| c. engage- _____   | d. variety- _____   |

## Task C: Challenge

Design a poster that encourages kids to be active.