

ESSAY ON SPORTS AND GAMES IN ENGLISH

Sports and games are essential to enjoy overall health and well being. These are a good way to keep fit mentally as well as physically. Various kinds of sports.

Those children who take an interest in sports are more likely to succeed in life. Here is a look at the advantages as well as disadvantages of sports and games: Advantages of Sports and Games There are many advantages of sports and games. A bookworm can read books and cram all the stuff, but he cannot gain the lesson which a good sportsman learns. Sports fills our life with pleasures. Sports and games are recommended for everyone. These are a few such games that people of any age can play easily and enjoy. Good health and peaceful mind are two most important benefits of the sports. It enhances their capability so that they can perform better in their academics and achieve the goal of their life. Some of them have also started sports schools and sports hostels. Playing different games and sports helps them explore their interest and understand what their true calling in life is. In both ways, it benefits our body, mind and soul. They care more for records, prizes and gains than for the pleasure derived from them. It has ability to give sportspersons their required name, fame and money. They learn to increase their capabilities if they want to win the race of life. This hunting becomes their sport. Long and Short Essay on Importance of Sports in English We have provided some essay on Importance of Sports under various words limit for the students. Life of student is tiring because the student has to bear a burden of studies. Therefore, playing should become a part of our daily routine. Parents pay special attention to their children to take part in games. Sports have many physical and psychological advantages on the participants as well as the viewers. He respects the regulations of the school. These games are easy to play and great fun. These are all great fun. If we indulge in them in excess, they damage our physical and mental system. A player becomes broad-minded, tolerant and more honest in his approach and toughs. The importance of sports is increased because it broadens the panorama of students. Our daily work is a great strain on our energies. Sport combines exercise with thrill and excitement. It is a useful means of entertainment and physical activity. For Ex- Cricket, basket ball and volley ball are referred to as games as well as sports. They keep us healthy and fit. Sports are good means of earnings. This is a truth which is universally- acknowledged and "accepted. We come to know about our talent. The lesson of the spirit of sportsmanship is brought home to us. When a player works hard regularly, it becomes his habit. The exhausted brain and fatigued body need a healthy activity to overcome this condition. A self-discipline student progress far more than other students because he understands his duties. If rules of the game are not observed games will no longer remain the civilized activities of human beings. Physical well-being is essential for a happy and a successful life. The time is divided into two halves of 35 minutes each and the game is played with a small ball and a wooden stick. Sports are important because they offer good fitness. We often overlook the importance of games and sports.