



Otázka: Sports

Jazyk: Angličtina

Přidal(a): DJ

Sports are very good for active relaxation and they are very important for our physical and mental health. Sports and games are one of the most popular leisure time activities too.

There are lots of types of sports and games, which we can do. We have outdoor sports like hiking, climbing, fishing. Indoor sports are as follows: table tennis. The next type of sports are water sports like diving, sailing. According to season we divided sports on summer like swimming and winter like skiing. One of the most loved winter sport is skiing, I don't like it, but many people love it and they go to ski regularly. In my opinion popular games in the world are ball games like basketball and football. The very famous sports event is the Olympic games. They are held every 4 years and they have their winter and summer parts.

I like to play volleyball. I play it with friends at school or on the weekends with my brother. When I was a child I played on a team and we participated in various competitions. In the spring I like to go running. Over the summer I go swimming in the rivers and in the autumn month I go to swim in a pool with friends. During the winter I prefer skiing. I would like to try bungee jumping, because it is a sport full of adrenaline. I don't like water sports, because I hate water. I like to play sports myself because it is funny and it's good for my body. Sports develop strength, alertness. Sports also provide an opportunity for cooperation. My preference is for team sports like basketball, volleyball or football.