



# Sport and Exercise

Myrto, Briony, Emiel, Lucy, Yazid, Jason, Frankie



What is sport and what  
is exercise?

# Benefits of sport

- improves health and fitness
- build leadership skills and a good personality





# Types of sport

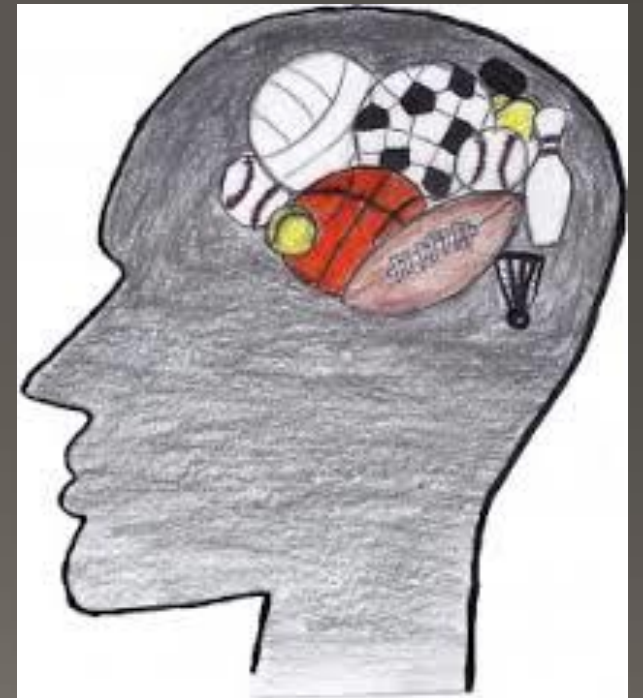
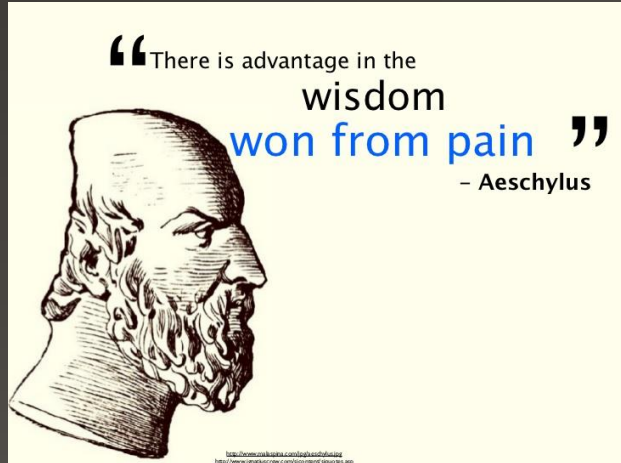
The number of sports that are internationally recognised are 442 some examples are:

- Football
- Tennis
- Swimming
- Hockey
- Trampolining
- Basketball
- Rugby
- Skiing
- Golf
- Cricket
- Rounders
- Shooting
- Volleyball
- Martial Arts



# Mental and psychological benefits

- Improved confidence
- Relief of stress/tension and stress related illness





# Physical benefits

- Losing weight
- Improved posture



# Social benefits

- Meeting people
- Making friends
- Building relationships
- Helps to strengthen cooperation of working both individually and in a team



# Developing personal qualities

- Co-operation – working with others.
- Competition – testing yourself against others.





