

Benefits of sports

By Zahid

The benefits of taking part in sports are phenomenal. For example doing sports can reduce the risk of many illnesses, including cardiovascular disease. It can boost team spirit for students and create good team morale.

Here are some facts about the benefits of sports:

- Sport has positive impact for students, their communities and wider society.
- Regular exercise is needed to get fit, stay healthy and active.
- Studies show that students who participate in sport improve their maths/numeracy scores by 8 per cent on average above students who don't do sports.

ALSO

- Did you know that children are expected to achieve 60 minutes of physical activity every day of which 30 minutes should occur during school?
- Did you know that some children spend 9 hours sitting-down a day?
- Students who participate in sports have better concentration levels than the non-participants because studies show that doing sports improves mental health, intelligence and wellbeing.
- Playing sports helps reduce body fat or controls your body weight.
- Sports help aid coordination, balance and flexibility.

A science fact behind sports:

- In sport, Skeletons can be made remarkably flexible but muscles are needed to move them. In various sports, competitors and athletes are seen in action, using their muscles. Muscles are used every time we move. Muscles are attached to the bone by tendons and work in pairs to allow for smooth movement. To move a joint, one muscle contracts while the other muscle relaxes and becomes longer. Students that are non-participants of sport will not have as flexible skeletons unlike students who do sport.

If you would like further information on the benefits of sports, please see the links below:

<https://www.sportengland.org/research/benefits-of-sport>

<https://www.realbuzz.com/articles-interests/sports-activities/article/the-health-and-fitness-benefits-of-sport/>

<https://www.bbc.com/bitesize/clips/zm29wmn>

<https://www.bbc.com/bitesize/guides/zxd4wxs/revision/1>