



The Benefits of Participating in Sports

Playing sports helps you stay in shape, teaches you how to organize your time, boosts friendships, and builds relationships with your peers and adults. Through athletics, you gain skills that can best be acquired on a court, track, or field.

Explain in 1 or 2 sentences how the benefits of Participating in Sports affect your teenage life.

1. Friendship
2. Family
3. Coaches
4. Health

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

テキスト全文はレッスン受講時に担当講師よりお受け取りください。