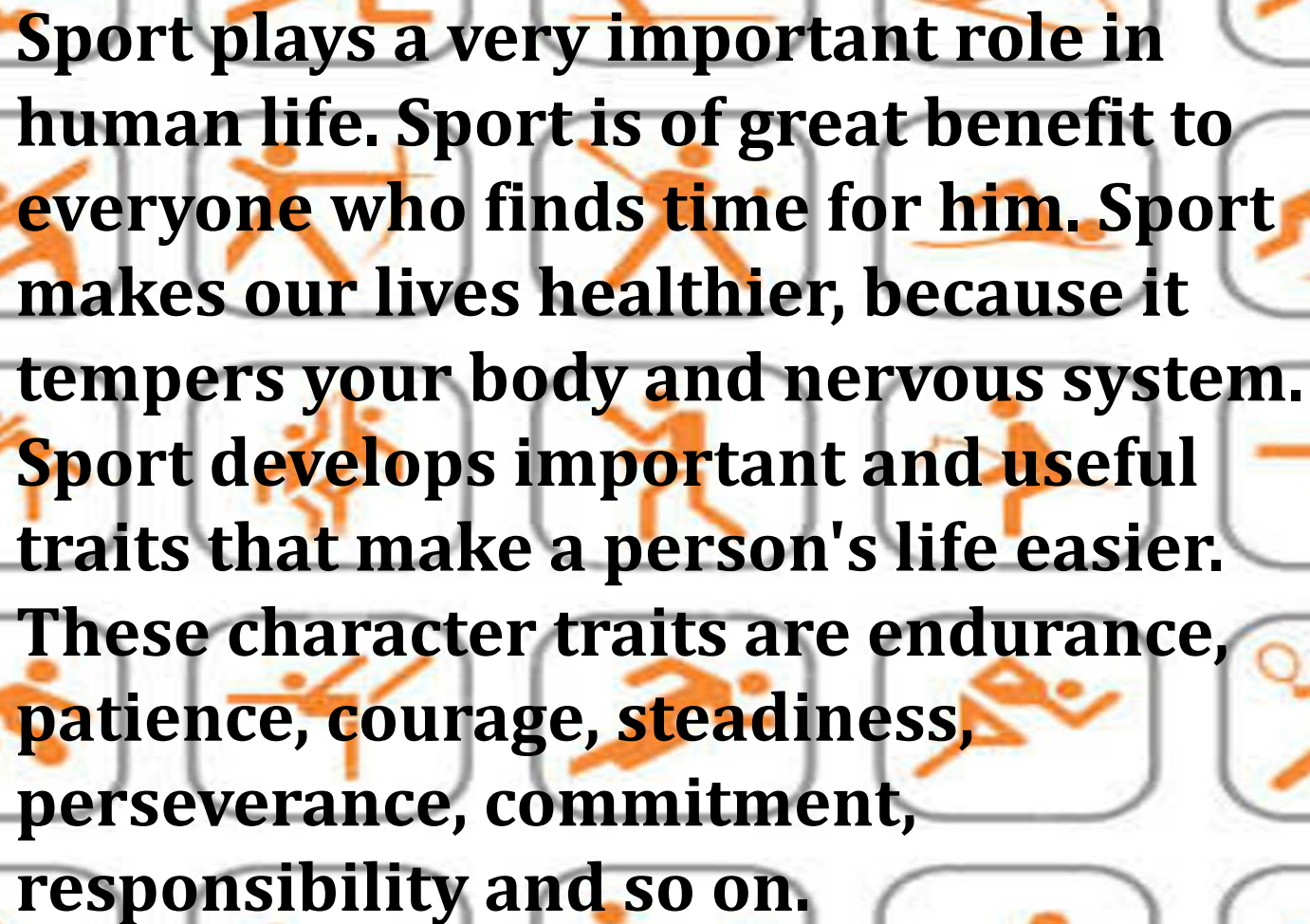




**SPORT
IN OUR
LIFE**

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Sport plays a very important role in human life. Sport is of great benefit to everyone who finds time for him. Sport makes our lives healthier, because it tempers your body and nervous system. Sport develops important and useful traits that make a person's life easier. These character traits are endurance, patience, courage, steadiness, perseverance, commitment, responsibility and so on.

SPORTS - THIS IS LIFE, THIS

So what's sport? It's interesting, it's healthy, it's at the limit of human capabilities, to other sports is fun, healthy. Not only for the elite sport - that's life!

MOVEMENT, THIS IS GREAT!

First of all, sport is health and schaste- zdorove. A is chto.neobhodima cheloveku. Trudno everyone present a happy, if he is sick. "Health will - all dobudesh" -glasit folk wisdom, which can not fail to agree.



CLASSIFICA

TION OF SPORTS

- Individual sports, in which one participant competes (golf, billiards, tennis, chess, etc.);
- Cyclic - Move the body in space by a cyclically repetitive movements (biathlon, swimming, skating, kayaking, skiing, some kinds of athletics, etc.);



- **Command (game) - the competition involved a team of players who usually competes with the same team of rivals (football, hockey, handball, basketball, tug of war, etc.);**
- **Power - participants compete in exercises with special heavy shells (weightlifting, weightlifting, bodybuilding, powerlifting);**
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- **requiring members of special abilities and skills related to the possession of his body and movement coordination (parkour, diving, skiing, acrobatics, gymnastics, etc.);**



- **technical - events associated with the use of technological achievements Society (bobsled, shooting, speedway, racing, motoball, rally, etc.);**



- **Application - competitors demonstrate the skills of military or economic plan (sport fishing, horse riding, sailing, orienteering, casting);**



- **Extreme - events associated with greater risk for the life of the participants (mountain climbing, diving, caving, sports tourism, winter swimming, etc.);**



- **Aviation - the use of aircraft (helicopter and gliding).**



But each of us knows from childhood that there are many kinds of sports. Health should be berech.Radost and happiness, health and longevity, all that is necessary for each of nas.Vedya a healthy lifestyle, we strengthen the physical and spiritual zdorove.I always need to remember that a healthy body, healthy mind.



SPORT IS A
PLEASURE,
HARMONY,
HARMONY
OF MIND
AND SILE.
SPORT - IT
IS WORK.



A 3D rendered white figure with its arms outstretched, standing on a background of a map. The figure is centered in the frame. The map background shows a compass rose in the top left corner and various geographical lines. The text 'Thank you' is overlaid on the figure's torso in a bold, orange font.

**Thank
you**