

SPORTS AND GAMES

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1. Several kinds of sports





- GOLF
- a game played on a large open-air field, in which a small hard ball is struck with a club into a series of small holes in the ground, the object being to use the fewest possible strokes to complete the course.



- Boxing, often called "the manly art of self-defense," is a sport in which two competitors try to hit each other with their glove-encased fists while trying to avoid each other's blows. The competition is divided into a specified number of rounds, usually 3 minutes long, with 1-minute rest periods between rounds. Although amateur boxing is widespread, professional boxing has flourished on an even grander scale since the early 18th century.

- Rugby is a free-flowing game that features a combination of strength, speed and strategy to move a ball into an opponents territory. Rugby is a full-contact sport yet players wear little-or no protective gear. Rugby evolved from football (i.e. soccer) and is often called the 'game played in heaven.
- The most unique aspect of rugby is the scrum, pictured below, which is used to restart play following minor infractions during the match.





2. Sports and people

"When you saw him you would think: this kid can't play ball. He's a dwarf, he's too fragile, too small. But immediately you'd realize that he was born different, that he was a phenomenon and that he was going to be something impressive."



——Newell's Old Boys youth coach Adrián Coria shares his first impression of the 12-year-old Messi.

Messi (born 24 June 1987) is an Argentine footballer who currently plays for Barcelona and the Argentine national team. Though considered as one of the best football players of his generation and frequently cited as the world's best contemporary player, Messi's success is by no means easy.

When Messi was 12, he was diagnosed with the lack of hormones, which would hinder the growth of his bones. Domestic economy conditions was unbearable for treatment costs, so his family decided to go to Spain for immigration solution.

In September 2000, only 13-year-old Messi was only 140cm, and he went to the Barcelona trial. Without hesitation, the Catalan people allowed him to join the club and made arrangements for him to the registration of medical treatment. When he was 17, he was 170cm tall. In 2004, he became the history of Barcelona in the race as the youngest player.

When the 15th tournament of the screen slowly descended in the Netherlands, only a height of 1.70 meters Argentine left a giant figure to the whole world.

He is Messi.



The flower of success
is admired only in blossom.
Who knows its little bud
is full of tears of effort
and blood of sacrifice!

——Bingxin

Messi is a big success and miracle in the football history, but we all should know and learn his inspiring story.

In the world of football, there is no eternal glory. Messi is not a superstar, he just wants to play better and better. So please do not believe that Messi can make miracles, but we must believe that Messi is not afraid of difficulties and adversities.

3. Meaning of sports

Sport is an indispensable part of our life,
there are several advantages of sport:

1. Physical exercise is one of the most active and effective means to enhance physical fitness.
2. Reduce your risk of premature aging.
3. Conducive to the growth and development of the human body, improve disease resistance, enhance the adaptability of the organism.

1. Physical exercise has the function of regulating the tension of the human body, can improve the physical state, restore physical strength and energy.

2. Stretch the body and mind, help sleep and eliminate the pressure brought by reading.

3. Physical exercise can make us maintain a healthy attitude and improve self-confidence and values, creativity and make a healthy personality in a harmonious atmosphere.

With the improvement of people's living standards and cultural quality, "beauty of the heart, there are people," we want to thrive in sports, in sports to keep fit. Sports have enriched our life, we can not only get the health, but also have fun from them.

Let's exercise!

Thank you!