



- ✓ Playing sports enables them to create friendships they otherwise might not have formed. For example, the friendships professional athletes create on the field remain intact even when they are not playing sports, and often last a lifetime.
- ✓ Numerous studies have shown that children who play sports perform better at school. It is also within sport that peer status and peer acceptance is established and developed.

O-OUCHES (A Precious Ornament)

- Youngsters are encouraged to learn selfvalue by cultivating their authentic self.
 - · Ouch-(the sound of pain) no pain no gain.
- They view competitions on and off the field as opportunities to learn from their success and failure, Good sportsmanship and celebrating others victory.
- In addition, losing often motivates kids to work even harder for next time.







√ See ahead of time.

✓ Practicing sports enables them to set goals and reach them, whether they are to look and feel better about themselves or become a better player and teammate.

R-RECAPPINGRULES AND REPETITION.

- ✓ Repetition of skills during practice enables them to learn from their mistakes and become a more confident player. Coaches and sports' officials spend a lot of time learning the rules of their game.
- ✓ Players should also learn and practice their sport's rules out of respect for themselves, their teammates and their coaches. Practicing allows time for rules to be understood and implemented.