

Why do you do sport?

Pre-task:

Many people exercise regularly. What sports do you do? Which sport do you enjoy? Tell your partner about your activities.

Task 1:

Why do you exercise? Collect arguments for sports together with your partner. Compare your reasons with those from an article on the topic, e.g. [5 Reasons Sport Is Great For Your Career](#).

Did you also write these down? Do you agree with these reasons? Are there also arguments against sports?

Task 2:

There are also tests on the internet to check whether you are sportive. Both of you take such a test. Compare your results: who is more sportive?

Example for a test:

[Are You Sporty Or A Couch Potato?](#)

Follow-up activity:

Try a new sport, maybe that of your partner and tell each other about your experiences afterwards!

Sources

Text 1 <http://www.inspiringinterns.com/blog/2017/05/five-reasons-sport-is-great-for-your-career/>

Text 2 (Test) <https://www.proprofs.com/quiz-school/story.php?title=are-you-sporty--couch-potato>