

Essay: Importance of Sports (Expository essay)

1. Introduction:

- a. Attention Grabber/ Hook
- b. Definition/ Supporting Sentences/ General Statement
- c. Thesis statement: Sports play an important role both on a micro level as well as on a macro level as it helps an individual mentally, physically, socially whereas on a larger level it helps the country diplomatically.

2. Main body

Importance on micro level (Individual):

a) Psychological importance:

- i. Less stress/depression
- ii. Good sleep
- iii. High concentration at work
- iv. Less brain fog.

b) Physical importance

- i. More active less lazy
- ii. Fitness
- iii. Good health i.e. maintains cholesterol levels and less fat, strengthen bones
- iv.

c) Social importance

- i. chance to make new friends.
- ii. Promotes inclusiveness
- iii. Promotes sacrifices
- iv. Teams play matches to raise funds.

d) cultural importance

- i. bring together people of different cultures
- ii. promotes inspiration

Importance on macro level (Country):

a) diplomatic importance:

- i. helps in maintaining ties with other countries. i.e. Zia in India over a cricket match
- ii. improves bad relations between countries

b) political importance

- i. can help make new leaders i.e. Imran Khan and many in India
- ii.

3. Conclusion