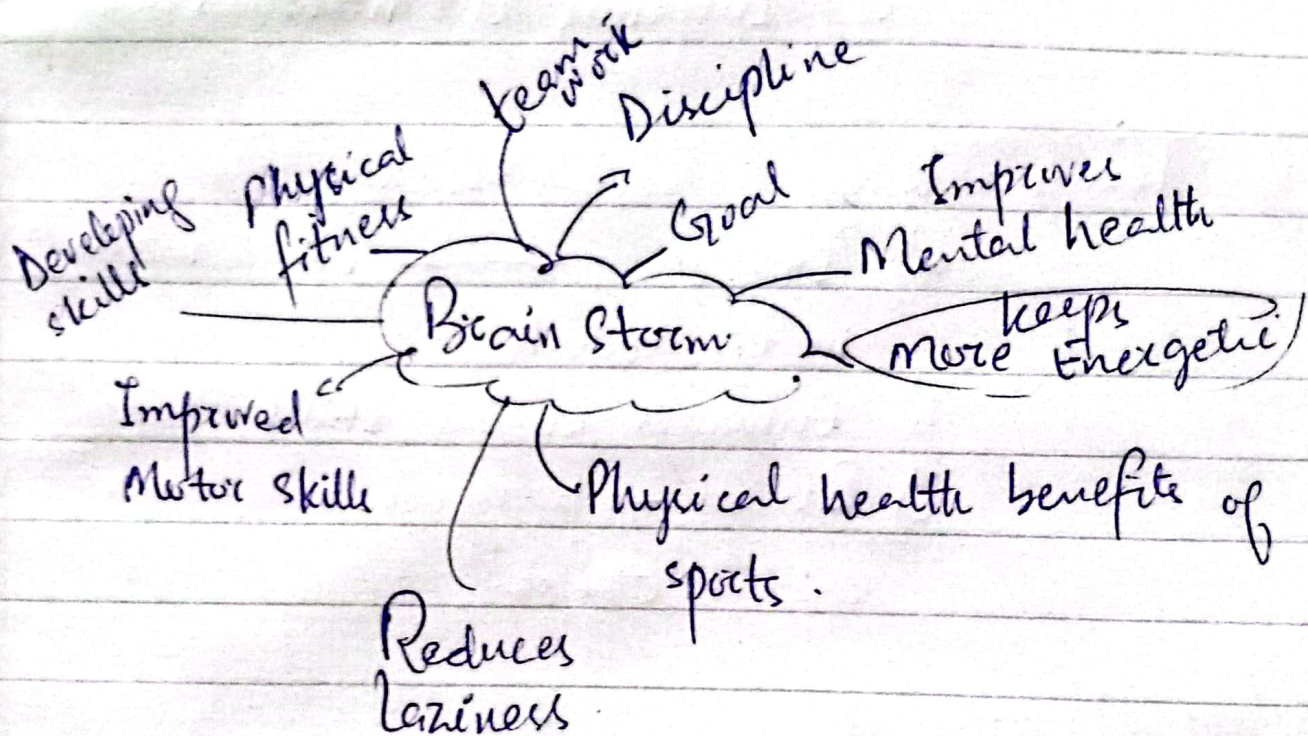


IMPORTANCE OF SPORTS

TYPE OF ESSAY :- Expository



Outline :

- 1) Introduction :
 - a - ~~Importance~~ ^{Definition} of sports
 - b - Thesis statement : sports play a crucial role in promoting physical health, fostering teamwork and helps in developing and enhancing our skills.

2) Physical Health Benefits

- a) Regular exercise
- b) Preventing diseases
- c) Improves one's mental health

3) Teamwork and Social Skills

- a) Improves ~~social~~ collaboration in teamwork.
- b) Enhances social skills
- c) Builds up good relationships with others.

4) Life Skills Development:

- a) Discipline
- b) Time-management
- c) Perseverance
- d) Goal-setting and achievement

5) Conclusion:

- a) Restate the importance of sports.

b. Summarize ~~key points~~ thesis statement.

Thesis statement: Sports are not just about physical activity; they are essential for maintaining good health, learning teamwork, and developing crucial life skills.