

# 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

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