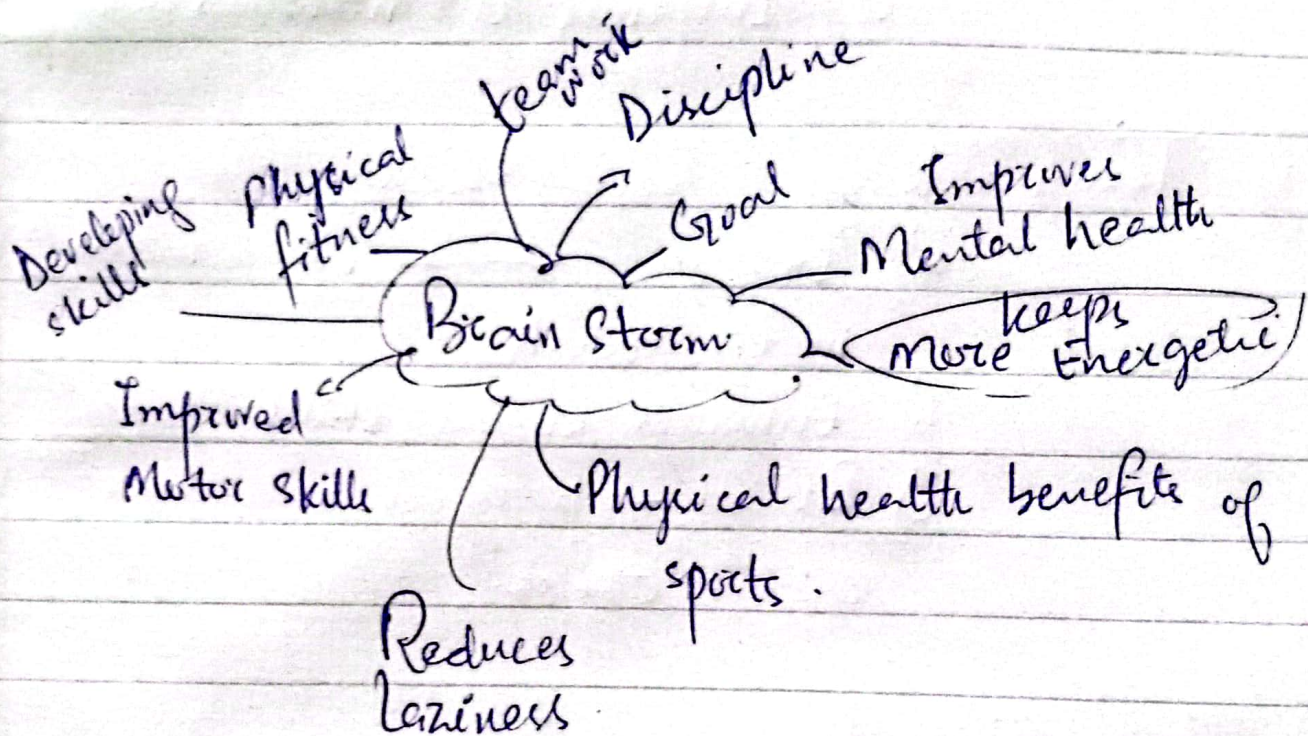


IMPORTANCE OF SPORTS

TYPE OF ESSAY :- Expository



Outline :

- 1) Introduction :
 - a - ~~Importance of sports~~ ^{Definition}
 - 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 ~~our~~ mental health ✓

3) Teamwork and Social Skills ✓

- a) Improves ~~social~~ collaboration in teamwork ✓
- b) Enhances social skills ✓
- c) Builds up good ~~relationships~~ ^{relations} 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.

Add more arguments

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.