

# SPORTS



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- Sports are all forms of usually competitive physical activity or games which, through casual or organized participation, aim to improve physical ability and skills while providing enjoyment to participants.
- Usually sports are divided into two categories



team sports



individual sports



# TEAM SPORTS

- Basketball
- Football
- Volleyball
- Rugby
- Water polo



# Benefits:

- Cooperation
- Team spirit
- Team work
- Lifestyle improvement

# INDIVIDUAL SPORTS

- Tennis
- Swimming
- Athletics
- Gymnastics
- Cycling





# Benefits

- Lifestyle improvement
- Concentration
- Easier treatment of the athlete
- Independence

