

Importance of community sports programmes



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INTRODUCTION

The lack of a sports programme in our community has left many young people with no choice but to rely on gadgets for entertainment and to pass time. Therefore, I feel strongly that there's a need for us to try and save our young generation from the world of new technology that has taken the whole world by storm. We need to go back to those days where the only way to entertain yourself was through activities, e. g. playing games, dramas, socializing and so forth.

DISCUSSION

Today in our community, young people have lost the practicality of what life is. Many of the youths have become too lazy, they can't even use their brains to do anything involving or rather challenging instead they rely on apps to do everything.

Many of these young people are now doing very much less in terms of socializing and helping their parents doing chores at home. Above all their health is at high risk because they are not doing anything to keep them physically fit.

I argue that council representatives need to recreate sports programmes in our community as soon as possible. As these programmes will boost their young people participation in sport that can generate a variety of economic benefits. Sports in the community can, and does do, have positive impacts on individuals, especially young people in the communities and

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wider society. Below is the research on how sports have impacted on our economy, health and culture.

Economic impact

In 2010, sport and sport-related activity contributed £20.3 billion to the English economy – 1.9% of the England total.

The contribution to employment is even greater – sport and sport-related activity is estimated to support over 400,000 full-time equivalent jobs, 2.3% of all jobs in England.

Health impact

- Physical activity, including sport, is linked to reduced risk of over 20 illnesses, including diseases such as cancers
- Taking part in regular sport can save between £1,750 and £6,900 in healthcare costs per person.

Social and cultural impact

Published studies show the positive effects of sport on education include improved attainment, lower absenteeism and drop-out, and increased progression to higher education. For instance, young people's participation in sport improves their numeracy scores by 8 per cent on average above non-participants. Sport programmes can help youths who are at risk of criminal behaviour to enhance self-esteem and reduce reoffending.

- Benefits of sport | Sport England
- <https://www.sportengland.org/research/benefits-of-sport/>

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CONCLUSION

Sport(s) is something all can bond over, despite the differences in social or economic circles. You don't ??? Besides, you don't have to be rich, well educated, or come from a good home to enjoy sports. All walks of life find themselves staring at the television rooting onfor their favourite team. All fans, no matter their background, want(s) to be in the stands during an exciting game and they don't care if they are sitting next to someone of the same social standing as they are, so long as they are a rabid fan rooting for their team, of course. For a moment, at least, there is no worry about who has more than whom. There is no comparison, Thanks to sports that makes us all equal.

- <http://www.artsite.tv/impact-of-sport-on-human-society/>

Sports is something all can bond over, despite the differences in social or economic circles. You don't have to be rich, well educated, or come from a good home to enjoy sports. You don't have to be refined or crass to be a rabid spectator. All walks of life find themselves staring at the television rooting on their favorite team. All fans, no matter their background, wants to be in the stands during an exciting game and they don't care if they are sitting next to someone of the same social standing as they are, so long as

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they are a rabid fan rooting for their team, of course. For a moment, at least, there is no worry about who has more than whom. There is no comparison, no socio-economic struggle. There is just a group of people enjoying a game.