

Sport at a young age free essay

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Sports at a Young Age There is over a hundred sports to play in the world and people should play or participate in one of them even if not big fan of sports. There are a ton of sports to play but not all of them are easy like football, it's hard it takes a lot of endurance, aggressiveness, and toughness it's not a baby sport. Everybody should participate in at least one sport even at a young age. But even doing sports at a young age could be dangerous and could lead to serious injury.

Doing sports at a young age is a great use of physical activity something fun and still get good grades in school. Participating in sports at a young age is very good use of physical activity. Sports participation is a very good way to use physical exercise (www.livestrong.com) and still have fun.

Sports and games provide exercise that helps kids stay in shape and healthy. Participating in at least one team sport is a good way to show goal setting. Being at a young age is healthy is for children. Children who do team sports do well in school and really excel in there academics (www.education.com). Doing team sports improves academic achievement. Student doing team sports maintain a good grade point average (GPA). physical activity while playing sports can improve test scores, and grades. Doing team sports helps improve academic success in school.

Doing a sport at a young age can be very dangerous, it could lead to a severe injury and also could possibly lead to academic failure in school while doing a team sport. While doing a sport some student athletes struggle to maintain academic eligibility. In games or practices tough competitors can lead to a serious injury like a concussion. A severe injury can end the

experience of an athlete. Doing a team sport at a young age can lead to injury and possibly bad grades in school. Doing can possibly affect your academic performance in school and on a team sport.

Playing a sport can be very fun but also safe and doing that sport at a young age can be a big motive on you to get better at that sports. I believe that sports at a young age can be very healthy for their body, and stay in shape it's also a good way to put in use of physical activity and still achieve well grades and test scores in school. Playing any type of sport can be fun but also hard but it's always safe in some type of way that makes it fun for children. Sports at a young age can be very fun at a young age and healthy. Doing an apart as a child can be a great to start out new and continue in that sport and get better and better. Doing a sport and starting out can be a big influence on yourself to get better and become more of an athlete.