

Kids need sports

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Kids these days are stuck inside doors just playing video games, doing homework, watching television, and that's just wrong. Kids should be outside playing sports, getting some exercise while having fun. There are many reasons nowadays why kids aren't playing or end up quitting sports, such as their parents don't want them to play and get hurt, kids feel that they can't do the sport or won't be any good at it. A other reason kids end up quitting sports because they don't like to lose or be on a losing team but as Muhammed Ali once said " I never thought about losing, but now that it's happened, the only thing is to do it right" (Ali).

This is a good mindset to have. Playing a sport at a young age helps the child become a better leader, team player, and an athlete that will carry on as they get older. Whoever disagrees that kids shouldn't play sports should consider all the benefits sports bring to a child's life and the people around them. Kids that play a sport are more likely to be in healthy, and have better socializing behavior. There are reasons why kids don't playing sports at an early age due to parents not allowing them, and kid end up quitting sports due to injury and the stress of a sport.

Sports are a great way for a kid to stay in shape and have fun. Playing a sports at a young age has a lot of health benefits. As stated by Family, Youth and Community Sciences " According to the Women's Sports Foundation, girls who participate in sports are less likely to become pregnant as teenagers and are less likely to suffer from depression. There is also evidence that athletic activity can decrease the likelihood of developing breast cancer and osteoporosis. " (" Benefits of Sports for Kids"). Kids that play a sport at a

young age are more likely to have better eating habits, and exercise when they grow up to an adult.

As told by AcademicSearch Premier. " Athletes are generally less likely than their nonathlete peers to smoke cigarettes or to use marijuana or other illegal drugs (" Relationships Between Youth Sport Participation"). When a kid plays a sport they are often on a team which builds socializing skills and teamwork skills. Routledge " Around the world, there is evidence of sport/physical activity programmes being used to re-engage young people in education and society more broadly (" The role of physical activity/sport").

Kids that play sports learn how to share, be a leader, have great team work, and be a better person in both the sport and everyday life. Kid will also have better obedience, and respect to their elders and parents. Sports are a great way to find close friends to talk to play with and they would have the same interests and hobbies as the child would have this makes finding friends easier on the child. Parents need to be involved in their child's life making sure they are up to good; a great way in doing that is to enroll them in a sport.

Parents are the one that need to make the push in their child's life to start playing a sport and finding the sports they would like to play. Often enough parents are also the reason why kids aren't playing any sports. An example would be a mother doesn't want her kid to play football because they can get injured and she is too overprotective of her child, but parents need to know that they cannot keep their kids in door all the time this could cause socializing problems, and health problems. As said by Steinberg Academic Search Premier " As a general rule, kids should start playing sports around <https://assignbuster.com/kids-need-sports/>

age 6 (" Let's play ball! "). There are many reasons why kids quit sports nowadays. Some of the reason are that the kid is under too much stress and got injured and afraid to play again. The kid could be in a great deal of stress with the sports busy work schedule with practices, games, and film. This could be a lot for a kid to handle. Academic OneFile " If your child is unhappily stuck in a high-stress situation, De Lench advises, allow him or her to quit. " As adults, we walk away from situations that aren't good for us, and it's a healthy lesson to teach your child (" Not just fun and games").

Kids also should just play seasonal a sports not a year round sports so he or she is constantly under stress. Youth sports are essential to a kids' development to grow and learn. A child without a sport could have health problem when growing up and likely to get into more trouble with drugs. The kids also build social behaviors and leadership traits that well stick with them for the rest of their lives and good friends along so. The things that are stopping kids from playing g sports are parents, cause of injury, and a stressful environment of the sport itself.