**Sport**

Ok, I am going to tell you something about sport. I have chosen this topic because we should know something about one of the most popular leisure time activities. I would say, that sport is an organized, competitive, entertaining activity requiring commitment, strategy and fair play. Each sport is governed by a set of rules or customs. Activities like “mind games (card and board games)” or playing catch we can also mark as a sports. But there is a question, why we do sports?

This is mainly due to the fact that they help one to keep fit both physically and mentally. Such a form of relaxation as sport is refreshing, can help take off some weight and makes use of one’s skills. What is more, during sports you can meet a lot of new people and feel how it is to be a winner or a loser.

Something about the history. The first roots of sport come from China around 4000 years Before Christ. At that time the most popular sport was gymnastic. As the main break of sport is considered arrival of Greeks, who established very popular games, called Olympic games. These games were part of Greek’s culture. In the picture there is famous statue, called Discobolos.

We can divide sport into two groups according to where they can be practiced. They are indoor and outdoor sports.

Indoor sports include for example gymnastic, table tennis, boxing, wrestling and so on. On the other hand, among outdoor sports are skiing, sledding, hiking, rock climbing, horse riding, aquatic sports or windsurfing.

Division of indoor and outdoor sports doesn’t mean you have to do sports outside or under the roof. Disciplines like sprints, high and long jump and so on you can practice all over.

I am going to tell you something about these countries. It means GB, the USA and the CR.

The British are great lovers of competitive sports. Football is the most popular sport in England. There are a lot of good teams…In London there is one of the world’s biggest football stadium- the Wembley Arena. Other sports are rugby football, horse – racing, rowing, tennis-Wimbledon.

In the USA are four popular games- American football, baseball, basketball and ice-hockey. These games are turned into big shows in which the sports stars make a lot of money.

In our country ball games rank among the most popular ones. They include especially football, volleyball, basketball, tennis or handball. I have to say that our country has produced many sportsmen who have success in top international competitions.

Where can we see sports? I think that sports are all over in the world. Any time there are many championships. For example hockey championship is once a year, football world championship is once every four years. I would like to mention Olympic games once again. There are winter and summer Olympic games and each of them are once every four years. We can see symbol of Olympic games . Every circle marks one continent.