



Excursion to the world of sports

Sport is an important part of our life. In this presentation, we will consider the main types of sports and their impact on health and self-realization.

Main types of sports



Football

The most popular world sport that unites millions of people around the game and team spirit.



Basketball

An energetic game that develops intelligence, physical strength and strategic thinking.



Swimming

Swimming is useful for physical development, cardiovascular system and hardening of the body.



Tennis

A sports game that develops coordination, muscle strength and endurance.

Sports competitions and championships

World Championship
A fast-paced fight for the title of the best team or athlete in their discipline.

1

Olympic Games

The most prestigious sports competitions in which the best athletes from all over the world compete.

2

3

Leagues and cups

Seasonal competitions and tournaments where teams compete for championship titles and trophies.

The role of sports in health and physical development

F itn ess

Sport keeps our body in good shape, increases the energy level and improves the quality of life.

A healthy heart

Sports activity helps reduce the risk of cardiovascular diseases and improves blood circulation.

Mental state

Sport reveals our potential, has a positive effect on mood and reduces the risk of depression.

Co n cen tr atio n

Regular exercise improves memory, concentration and cognitive abilities.

The importance of supporting sports in schools

Physical health	Sports develop physical skills and ensure a healthy lifestyle.
Social integration	Sports unite children and teach teamwork, leadership and solidarity.
Academic success	Physical activity supports cognitive functions, which can positively affect learning.

Sport and friendship



Team spirit

Sports unite people, forming strong bonds, friendship and mutual support.



Delicacy

By playing together, people learn to be tolerant and respect each other.



Shared emotions

Experiencing victories and defeats in sports improves friendships and creates unforgettable memories.

The influence of sports on self-realization



Popularity of sports in Ukraine

1

Football

The unsurpassed Dynamo Kyiv, Shakhtar Donetsk and legendary footballers such as Shevchenko and Rebrov.

2

Boxing

Oleksandr Usyk, Vasyl Lomachenko and other Ukrainian boxers achieved great success in the world.

3

Gymnastics

Oksana Chusovitina and Diana Varinich became real heroines of our country in artistic gymnastics.

4

Hockey

Andriy Shevchenko, Yevhen Malkin and the national team of Ukraine play at the international level and tear our fans away.

Thank you for attention!



Oleksandr Usyk



Andriy
Shevchenko



Svyatoslav
Mykhailiuk