

# Benefits of Playing Team Sports

By : Daniela Lozano

Persuasive essay on the benefits of playing team sports.



Published on  
**Booksie**

[booksie.com/Daniela Lozano](https://booksie.com/Daniela%20Lozano)

Copyright © Daniela Lozano, 2015  
**Publish your writing on Booksie.com.**

# Benefits of Playing Team Sports

Have you been considering entering your child in a team sport of some type lately? It might not be such a bad idea. It is a proven fact that team sports offer many benefits. Instead of considering whether to enter your child in a team sport or not, perhaps your next thought should be about when to get started! The benefits of playing team sports include meeting new people, staying fit, and learning personal values.

Statistics show that kids who take part in team sports develop higher social interaction skills than those who do not participate. Team sports can help kids overcome shyness by putting them into situations where they need to communicate with others. Likewise, children who play team sports are less likely to feel isolated. Ross Morrison, a sports expert with the NSW Department of Education and Communities says, "Friendships and camaraderie are gained through team sports." Kids embrace a sense of belonging and team membership by participating in sports.

Simultaneously, children who partake in team sports tend to stay healthier than those who do not. Obesity now affects 32% of all children in the United States. Children involved with team sports are less likely to be a part of that 32% and more likely to stay fit. Coupled with physical health, team sports are also beneficial to a child's mental health. "Children who play team sports learn how to be more resilient when presented with a setback," says Ross. Team sports enhance self-esteem and self-concept within children.

Additionally, team sports teach personal values to children who are involved. "Kids learn that things aren't going to go their way all the time, and that they need to respect their peers as well as referees and sports officials," says Ross. These experiences can influence kids throughout their lives such as when it comes to being a cooperative employee, respecting the police, or other authority figures. As well as teaching kids respect, team sports also teach kids to be less selfish and more thoughtful. "When you play a team sport you learn that it doesn't just come down to the best player," says Ross. Team work is all about understanding and appreciating your teammates' different abilities. Team sports give kids the opportunity to deal with winning as well as losing.

Being a part of team sports is beneficial to every aspect of our lives. If every kid in America participated in sports our society would improve. Engaging in activity produces a positive atmosphere that can last a lifetime. If you want your child to grow up to be a confident and well-adjusted adult, then team sports may well be the answer.

## Benefits of Playing Team Sports

## Benefits of Playing Team Sports

Created from Booksie.com

Generated: 2015-01-29 05:32:23