

## Resource 2

Look at the resource below, which shares more information about sport and exercise. Do you enjoy both sport and exercise? Do you have a favourite?

### What is sport?

Sport is a game, competition or activity which involves physical activity and skill. Sports often have a set of rules and an individual or team takes part in order to find a winner.



#### Examples of sport

- Cricket
- Fencing
- Football
- Kayaking
- Martial arts
- Netball
- Running
- Swimming
- Tennis
- Volleyball

Some activities such as running, swimming and cycling can be both sport and exercise. We usually describe them as sport if we are competing.

I play hockey. My team competes weekly against other teams. As well as taking part in the match, I have a hockey training session, where we practise and develop the skills we will need in the match and I go to the gym, where I work on my strength and fitness.

Paul

### What is exercise?

Exercise is physical activity that is carried out for a specific purpose such as to improve health and fitness or to practise or develop skills.

#### Examples of exercise

- Bike ride
- Circuits class
- Gym session
- Running
- Swimming
- Walking
- Weight training
- Yoga

#### Physical skills

Agility  
Balance  
Coordination  
Flexibility  
Power  
Speed  
Stamina  
Strength

Do you think that exercise in the gym will help improve Paul's ability to play hockey?

*Pictured right: children taking part in yoga. Yoga is a form of exercise which can develop strength, balance and flexibility.*

