

Composition on The Necessity of Games and Sports

Question: Write a composition on “The Necessity of Games and Sports.”

Answer: Games and sports are sources of enjoyment, amusement, and pleasure. Men are rational beings and they need to develop their faculties to expose themselves in various fields. So, they require the soundness of body and mind for which games and sports are necessary. Games and sports are not only the sources of pleasure and amusement but also the means of keeping physically fit and establishing a relation between the two rival groups by eradicating the conflicts and strifes.

There are various kinds of sports like swimming, boating, running, jumping and games like football, cricket, hockey, tennis, badminton, volleyball, basketball etc. Sports have a great significance in our individual as well as our collective life. It builds our body and gives us more energy at work. It gives us skill, discipline, sense of co-operation and team-spirit. Some games call forth courage and the presence of mind. Sports and games are joyful activities too. A true sportsman is frank, generous and free from petty spite. These are sportsmanlike qualities.

There is no doubt that many outdoor games, such as football, hockey, and cricket are very good for growing boys. They provide physical exercise, so necessary for health, in an interesting form. Moreover, such games, by training boys to work together in a team, teach corporate discipline and so promote what is called esprit de corps. Games form a valuable part of school education. They help in the moral training of boys. They teach certain necessary moral lessons, and in a way, boys can understand that the playing of games promotes co-operation, sense of fair-play, sporting spirit, obedience to

rules, self-control, and sacrifice or self for the good of the whole.

The proverb says, “All work and no play make Jack a dull boy.” The sports can refresh and supply fresh vigor to our body and mind. We should remember that a sound mind exists in a sound body.